

Reflection by Sister Lucille Welbig



May 2, 2016

Memorial of Saint Athanasius, Bishop and Doctor of the Church

“One of them, a woman named Lydia ... a worshiper of God, listened, and opened her heart to pay attention ... After she and her household had been baptized, she offered us an invitation. ...” (Acts 16: 14-15)

*As I reflected and prayed these readings for today, I was uncertain which verses to choose for my reflection. Over the course of the week, I found my attention returning to Paul’s description of the conversion of Lydia. Here gathered along the river were Lydia and other women, listening to Paul. Lydia **listened** to Paul and her heart was opened to pay attention (**reflect**). After she and her household were baptized, she invited Paul and his followers to stay at her house (**respond**).*

In my daily life and yours, too, we have opportunities to listen deeply to one another, whether it’s a family member, coworker, a patient or family, and reflect on what they are saying to us. This helps us identify how we can show pastoral compassionate care. And finally we become aware of how we can touch another in need.

We can be in touch with another’s need by deeply listening and taking time, even if only a few moments, to reflect on what we hear and then respond to their need. This is our acting out our call to the healing ministry of Jesus.

Compassionate God,

Open our hearts to listen deeply to one another.

Reflect on what we see and hear and

Respond with Your love and care.

Amen.