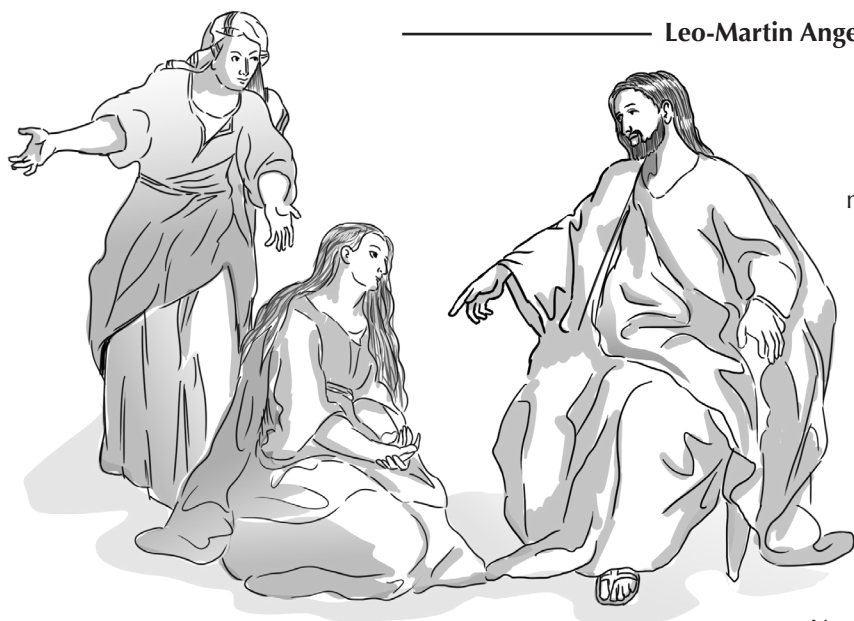


# THE BETTER PART

Leo-Martin Angelo R. Ocampo, OP



In written exams, we sometimes encounter the option ‘all of the above,’ allowing us to select every choice at once. However, in real life, decision-making is rarely that simple. We cannot always have everything; instead, we must weigh our options carefully and commit to the one we believe is the best. Every choice comes at a cost—taking one option often means letting go of others. This makes decision-making a thoughtful process, requiring us to consider our priorities, values, and long-term goals to ensure that what we choose aligns with what truly matters to us.

In today’s Gospel, two sisters, Martha and Mary, faced the challenge of hosting their friend Jesus at their home. Martha ensured that their house was clean, the food was prepared, and everything was in order. Her priority was offering Jesus the best possible hospitality.

Mary, on the other hand, had a different priority: she set aside her household tasks so she could sit at Jesus’ feet, listening intently to his words and accompanying him throughout his stay. Both choices were important. Martha could attend to her tasks because Mary was there to take care of Jesus himself. Mary could focus on being present to Jesus because Martha was doing all the usual tasks of a proper hostess.

Nevertheless, this otherwise practical arrangement became a source of conflict when Martha, overwhelmed at preparing for Jesus as a one-woman team, began to complain to Jesus that her sister was not lifting a finger to help, leaving her to do “all the serving” alone. Martha asks their visitor to tell Mary to help her. Without dismissal or rebuke, Jesus responds: “Martha, Martha, you are anxious and worried about

many things. There is need of only one thing. Mary has chosen the better part, and it will not be taken from her.” It may seem that Jesus here is reprimanding Martha for stressing over her responsibilities. How could he be so unappreciative? Did he not see that everything she was doing was for him?

Yet, if we look more closely, we realize that Jesus was not disregarding Martha’s efforts, but redirecting her focus. He probably noticed that while she was diligently cleaning and cooking, she had lost the joy of welcoming him. Her service, though well-intentioned, had become a burden rather than an act of love.

This is what makes Mary’s choice the better one. She chose to center herself on Jesus—the one thing truly necessary. When our hearts are not anchored in Christ, we may do many things for him yet miss the joy of being with him. We may even fall into resentment, comparing our efforts with those of others. Ultimately, in serving Jesus, what matters most is not how much we do but whether our actions flow from love. A heart always focused on loving Jesus fills even the simplest acts with a joy that no fatigue can take away.

## THE INTRODUCTORY RITES

### Entrance Antiphon

(Ps 54 [53]:6, 8)

*(Recited when there is no opening song)*

**See, I have God for my help.  
The Lord sustains my soul.  
I will sacrifice to you with  
willing heart, and praise your  
name, O Lord, for it is good.**

### Greeting

*(The sign of the cross is made here.)*

**P—The Lord be with you.**

**All—And with your spirit.**

### Introduction

*(These or similar words may be used to address the assembly.)*

**P—**Like Martha in today's Gospel, we can be "anxious and worried about many things" when entertaining people. We can learn something from Mary. We can go out of our way to be attentive to others. We can spend time listening to their stories. They need to be listened to just as much as they need to be served.

The same is true in our life of faith. What the Lord wants of us, first of all, is to be close to him, to put our trust in him amid life's concerns.

### Penitential Act

**P—**Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries. *(Pause)*

**All—I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, *(strike your breast)* through my fault, through my fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.**

**P—**May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.  
**All—Amen.**

**P—**Lord, have mercy.

**All—Lord, have mercy.**

**P—**Christ, have mercy.

**All—Christ, have mercy.**

**P—**Lord, have mercy.

**All—Lord, have mercy.**

### Gloria

**All—Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

### Collect

**P—**Let us pray. *(Pause)*

Show favor, O Lord, to your servants and mercifully increase the gifts of your grace, that, made fervent in hope, faith, and charity, they may be ever watchful in keeping your commands.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever.

**All—Amen.**

## LITURGY OF THE WORD



### First Reading (Gn 18:1-10a) *(Sit)*

*Abraham welcomes strangers with the greatest hospitality, not knowing that they are angels of the Lord. Abraham's hospitality prefigures the welcome that Jesus receives from Martha and Mary in the Gospel.*

### A reading from the Book of Genesis

THE LORD appeared to Abraham by the terebinth of Mamre, as he sat in the entrance of his tent, while the day was growing hot. Looking up, Abraham saw three men standing nearby. When he saw them, he ran from the entrance of the tent to greet them; and bowing to the ground, he said: "Sir, if I may ask you this favor, please do not go on past your servant.

Let some water be brought, that you may bathe your feet, and then rest yourselves under the tree. Now that you have come this close to your servant, let me bring you a little food, that you may refresh yourselves; and afterward you may go on your way." The men replied, "Very well, do as you have said."

Abraham hastened into the tent and told Sarah, "Quick, three measures of fine flour! Knead it and make rolls." He ran to the herd, picked out a tender, choice steer, and gave it to a servant, who quickly prepared it. Then Abraham got some curds and milk, as well as the steer that had been prepared, and set these before the three men; and he waited on them under the tree while they ate.

They asked Abraham, "Where is your wife Sarah?" He replied, "There in the tent." One of them said, "I will surely return to you about this time next year, and Sarah will then have a son."

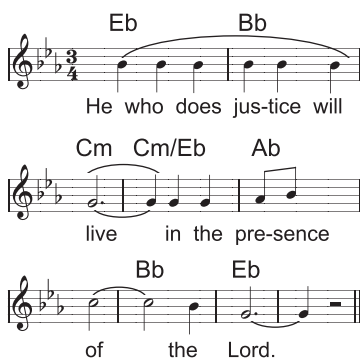
—The word of the Lord.

**All—Thanks be to God.**

### Responsorial Psalm (Ps 15)

**R—He who does justice will live in the presence of the Lord.**

*Allan A. Puno*



1. One who walks blamelessly and does justice;/ who thinks the truth in his heart/ and slanders not with his tongue. **(R)**

2. Who harms not his fellow man,/ nor takes up a reproach against his neighbor;/ by whom the reprobate is despised,/ while he honors those who fear the LORD. **(R)**

3. Who lends not his money at usury/ and accepts no bribe against the innocent./ One who

does these things/ shall never be disturbed. (R)

**Second Reading** (Col 1:24-28)

*St. Paul suffers many things in the course of preaching the Gospel, but he takes joy in his suffering because he knows he bears it with Christ, and it produces merits for the whole Church.*

**A reading from the Letter of Saint Paul to the Colossians**

BROTHERS AND SISTERS: Now I rejoice in my sufferings for your sake, and in my flesh I am filling up what is lacking in the afflictions of Christ on behalf of his body, which is the church, of which I am a minister in accordance with God's stewardship given to me to bring to completion for you the word of God, the mystery hidden from ages and from generations past. But now it has been manifested to his holy ones, to whom God chose to make known the riches of the glory of this mystery among the Gentiles; it is Christ in you, the hope for glory. It is he whom we proclaim, admonishing everyone and teaching everyone with all wisdom, that we may present everyone perfect in Christ.

—The word of the Lord.  
**All—Thanks be to God.**

**Alleluia** (cf. Lk 8:15) (Stand)

**All—Alleluia, alleluia. Blessed are they who have kept the word with a generous heart and yield a harvest through perseverance. Alleluia, alleluia.**

**Gospel** (Lk 10:38-42)

**P—**A reading from the Holy Gospel according to Luke  
**All—Glory to you, O Lord.**

JESUS entered a village where a woman whose name was Martha welcomed him. She had a sister named Mary who sat beside the Lord at his feet listening to him speak. Martha, burdened with much serving, came to him and said, "Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me." The Lord said to her in reply, "Martha, Martha, you

are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her."

—The Gospel of the Lord.  
**All—Praise to you, Lord Jesus Christ.**

**Homily** (Sit)

**Profession of Faith** (Stand)

**All—I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.**

**I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, (at the words that follow, up to and including and became man, all bow) and by the Holy Spirit was incarnate of the Virgin Mary and became man.**

**For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.**

**I believe in one, holy, catholic, and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.**

**Prayer of the Faithful**

**P—**We turn to you, heavenly Father, that our lives may be marked by a deep love for you, manifest in listening, hospitality, and service to others. Full of trust, we pray:

**R—Lord, listen to our prayer.**

**C—**Lord, may those who exercise authority in the Church and in the government listen and learn from you so that they may truly be humble servants. We pray: (R)

**C—**Lord, may those who dedicate themselves to the care of their families or to the service of the sick, the poor, and the handicapped learn to give themselves in joyful service and in love. We pray: (R)

**C—**Lord, may those who are anxious and upset about many things at home or at work know how to give priority to the more important things so that they may spare themselves from useless anxiety. We pray: (R)

**C—**Lord, may we value the ministry of listening and understanding as we journey toward becoming a "synodal Church." We pray: (R)

**C—**Lord, may the sick, the old, the handicapped, and the dying be renewed by the consoling presence of the Holy Spirit, so that they may unite their pains and sufferings with Christ. We pray: (R)

**C—**Let us pray for the urgent concerns of our community and our personal intentions (pause). We pray: (R)

**P—**Father, we pray for guidance and enlightenment. Make us sensitive to the needs of others in whom we see Christ himself.

Through Christ our Lord.  
**All—Amen.**



**Presentation of the Gifts**  
(Stand)

**P—**Pray, brethren...  
**All—May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.**

**Prayer over the Offerings**

**P—**O God, who in the one perfect sacrifice brought to completion varied offerings of the law, accept, we pray,



this sacrifice from your faithful servants and make it holy, as you blessed the gifts of Abel, so that what each has offered to the honor of your majesty may benefit the salvation of all.

Through Christ our Lord.  
**All—Amen.**

**Preface** (*Ordinary Time III*)

**P**—The Lord be with you.  
**All—And with your spirit.**  
**P**—Lift up your hearts.  
**All—We lift them up to the Lord.**  
**P**—Let us give thanks to the Lord our God.  
**All—It is right and just.**

**P**—It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God.

For we know it belongs to your boundless glory, that you came to the aid of mortal beings with your divinity and even fashioned for us a remedy out of mortality itself, that the cause of our downfall might become the means of our salvation, through Christ our Lord.

Through him the host of Angels adores your majesty and rejoices in your presence for ever. May our voices, we pray, join with theirs in one chorus of exultant praise, as we acclaim:  
**All—Holy, Holy, Holy... (Kneel)**

**Acclamation** (*Stand*)

**All—When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.**

**THE COMMUNION RITE**

**The Lord's Prayer**

**All—Our Father, who art in heaven, hallowed be thy Name. Thy Kingdom come, thy will be done, on earth as it is in Heaven. Give us this day, our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.**

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**P**—Deliver us, Lord...  
**All—For the kingdom, the power and the glory are yours now and for ever.**

**Invitation to Peace**

**Invitation to Communion**  
(*Kneel*)

**P**—Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.  
**All—Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.**

**Communion Antiphon**  
(Ps 111 [110]:4-5)

**The Lord, the gracious, the merciful, has made a memorial of his wonders; he gives food to those who fear him.**

**Prayer after Communion**  
(*Stand*)

**P**—Let us pray. (*Pause*)  
Graciously be present to your people, we pray, O Lord, and lead those you have imbued with heavenly mysteries to pass from former ways to newness of life.  
Through Christ our Lord.  
**All—Amen.**

**THE CONCLUDING RITES**

**P**—The Lord be with you.  
**All—And with your spirit.**

**Prayer over the People**

**P**—Bow your heads and pray for God's blessing. (*Pause*)  
Be gracious to your people, O Lord, and do not withhold consolation on earth from those you call to strive for heaven.  
Through Christ our Lord.  
**All—Amen.**

**P**—And may the blessing of Almighty God, the Father, and the Son, (†) and the Holy Spirit, come down on you and remain with you for ever.  
**All—Amen.**

**Dismissal**

**P**—Go in peace, glorifying the Lord by your life.  
**All—Thanks be to God.**

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