

# 16th Sunday in Ordinary Time

Luke 10:38–42

**‘Martha welcomed him. Mary has chosen the good portion.’**

At that time: Jesus entered a village. And a woman named Martha welcomed him into her house. And she had a sister called Mary, who sat at the Lord’s feet and listened to his teaching. But Martha was distracted with much serving. And she went up to him and said, ‘Lord, do you not care that my sister has left me to serve alone? Tell her then to help me.’ But the Lord answered her, ‘Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her.’

## Reflection

In this story, Martha is busy doing many things to welcome Jesus, but Mary chooses to sit and listen to Him. Jesus tells Martha that Mary has chosen the “good portion,” which means that it’s important to spend time with Jesus, to listen, and be close to Him, especially in our busy lives.

As followers of St. Vincent de Paul, we’re called to serve and help others, just like Martha. But we’re also reminded that it’s just as important to spend time with Jesus, to pray, and listen to Him, like Mary. We can’t do everything all the time. Sometimes, we need to stop and be with God to find peace and strength.

Let’s remember to listen to Jesus and make time for Him, even when we’re busy helping others. When we do this, we can serve better and love more!

“We must love God in the poor, and love the poor for the sake of God.” – St. Vincent de Paul



## Materials needed

A way to watch a video about Chronos and Kairos– Or the transcript.

Paper

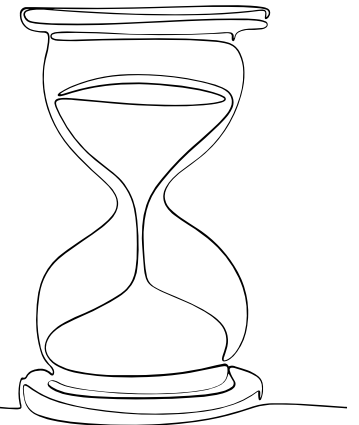
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## Activity

- Watch [this video](#) about Chronos and Kairos, or read the transcript overleaf.
  - When have you experienced a Kairos moment—a time when something happened that felt perfectly timed, meaningful, or guided by God?
  - How does living in Chronos time (focused on schedules and deadlines) sometimes prevent us from noticing Kairos moments?
- On one half of a sheet of paper, write “Chronos Time.” On the other half, write “Kairos Time.”
- Under “Chronos Time,” list daily activities driven by the clock or routine (e.g., work, school, meetings).
- Under “Kairos Time,” write ways to create or notice moments of grace (e.g., helping a friend, pausing to pray, enjoying nature).
  - How can we balance Chronos and Kairos time in our daily lives?
  - What might change if we became more open to Kairos moments, particularly in the way we serve others?

## Call to Action

Ask each person to choose one small way they can create space for Kairos moments this week—such as taking time to listen to someone, pausing to pray, or being open to unexpected opportunities to serve. Encourage them to write it down as a reminder.



Different languages have different words for time.

In German it's "Zeit"

In Spanish it's "Tiempo"

In French it's "Temps"

In Italian it's "Tempo"

In Greek, there are actually two words for time- Chronos and Kairos.

Chronos is the everyday time we use, like when we look at a clock or make plans. It's all about the minutes and seconds, like the time we spend at work, school, or doing our everyday tasks.

Kairos is a special kind of time. It's not about the ticking of the clock, but those moments that stand out...

moments that change our day

Theologian Ant Towe explains it like this: Chronos is like business as usual, while Kairos is a time that snaps us out of routine - maybe a moment that surprises us or teaches us something important.

Why does this matter?

We usually think of time like Chronos. We have 24 hours in a day, a list of things to do, and only so much time to get it all done.

But sometimes, if we focus too much on Chronos we might miss out on special moments, the Kairos moments that God is giving us. A Kairos moment could be something simple, like sharing a smile with a friend or helping someone who needs it. Sometimes, Kairos time can even be difficult, like when things don't go as planned, but it's still special because it teaches us something important.

The Church in its wisdom often gives us deliberate Kairos moments like a Jubilee, Pilgrimage or a Retreat.

So, let's remember to make time for both: We use Chronos to get things done, but let's not forget to look out for those Kairos moments that change us and bring us closer to God.

