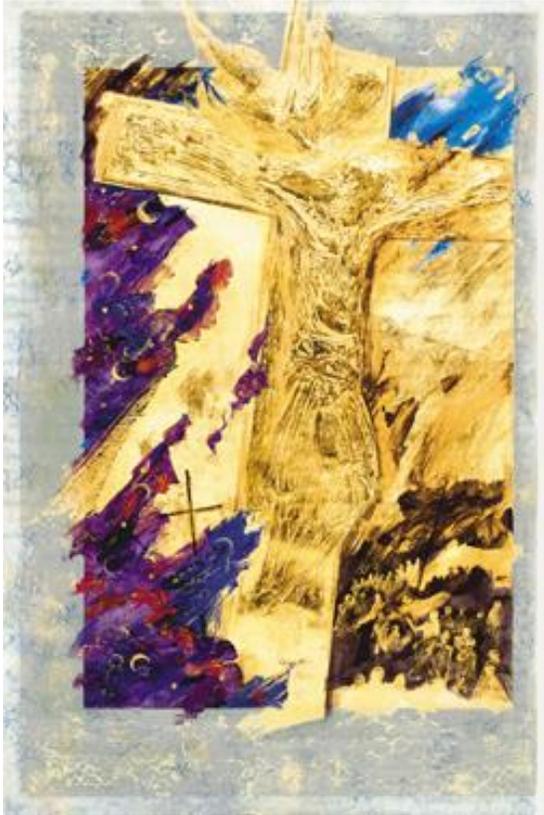


# *Lenten Reflections*

*March 25, 2019*



The virgin shall be with child and shall name Him **Emmanuel**, which means **“God is with us!”**

Our faith tells us that this passage from Isaiah was fulfilled in the person of Jesus Christ who was born of the Virgin Mary, lived to show us the way to the Father, died to redeem us from our sins, and rose again in glory to sit at the right hand of His Father in heaven. This belief may lead us to wonder how Christ can continue to be with us today.

John Michael Talbot, an American singer and songwriter known for his compositions for musical meditation and contemplation, has paraphrased a poem by the great mystic Saint Teresa of Avila. I believe it offers great insight into some of the ways **God is with us**.

Christ has no body but yours.

No hands, no feet on earth but yours.

Yours are the eyes with which He looks compassion on the world.

Yours are the feet with which He walks to do good.

Yours are the hands with which He blesses all the world.

I encourage you to click on [this link](#) and listen to some soul-stirring music.

Finally, ask yourself two questions:

Who is Emmanuel for me?

For whom am I called to be Emmanuel?

*Sister Elizabeth Morley, CSSF, Coordinator of  
Tutoring Services,  
Class of 1973, Education*

**Solemnity of the Annunciation of the Lord**  
**Lectionary: 545**

**Reading 1** [Is 7:10-14; 8:10](#)

The LORD spoke to Ahaz, saying:  
Ask for a sign from the LORD, your God;  
let it be deep as the nether world, or high as the sky!  
But Ahaz answered,  
"I will not ask! I will not tempt the LORD!"  
Then Isaiah said:  
Listen, O house of David!  
Is it not enough for you to weary people,  
must you also weary my God?  
Therefore the Lord himself will give you this sign:  
the virgin shall be with child, and bear a son,  
and shall name him Emmanuel,  
which means "God is with us!"

**Responsorial Psalm** [Ps 40:7-8a, 8b-9, 10, 11](#)

R. (8a and 9a) **Here I am, Lord; I come to do your will.**

Sacrifice or oblation you wished not,  
but ears open to obedience you gave me.  
Holocausts or sin-offerings you sought not;  
then said I, "Behold I come."

R. **Here I am, Lord; I come to do your will.**

"In the written scroll it is prescribed for me,  
To do your will, O my God, is my delight,  
and your law is within my heart!"

R. **Here I am, Lord; I come to do your will.**

I announced your justice in the vast assembly;  
I did not restrain my lips, as you, O LORD, know.

R. **Here I am, Lord; I come to do your will.**

Your justice I kept not hid within my heart;  
your faithfulness and your salvation I have spoken of;  
I have made no secret of your kindness and your truth  
in the vast assembly.

R. **Here I am, Lord; I come to do your will.**

**Reading 2** [Heb 10:4-10](#)

Brothers and sisters:  
It is impossible that the blood of bulls and goats  
take away sins.  
For this reason, when Christ came into the world, he said:

"Sacrifice and offering you did not desire,

but a body you prepared for me;  
in holocausts and sin offerings you took no delight.  
Then I said, 'As is written of me in the scroll,  
behold, I come to do your will, O God.'

First he says, "Sacrifices and offerings,  
holocausts and sin offerings,  
you neither desired nor delighted in."  
These are offered according to the law.  
Then he says, "Behold, I come to do your will."  
He takes away the first to establish the second.  
By this "will," we have been consecrated  
through the offering of the Body of Jesus Christ once for all.

### **Verse Before the Gospel [Jn 1:14ab](#)**

The Word of God became flesh and made his dwelling among us;  
and we saw his glory.

### **Gospel [Lk 1:26-38](#)**

The angel Gabriel was sent from God  
to a town of Galilee called Nazareth,  
to a virgin betrothed to a man named Joseph,  
of the house of David,  
and the virgin's name was Mary.  
And coming to her, he said,  
"Hail, full of grace! The Lord is with you."  
But she was greatly troubled at what was said  
and pondered what sort of greeting this might be.  
Then the angel said to her,  
"Do not be afraid, Mary,  
for you have found favor with God.  
Behold, you will conceive in your womb and bear a son,  
and you shall name him Jesus.  
He will be great and will be called Son of the Most High,  
and the Lord God will give him the throne of David his father,  
and he will rule over the house of Jacob forever,  
and of his Kingdom there will be no end."  
But Mary said to the angel,  
"How can this be,  
since I have no relations with a man?"  
And the angel said to her in reply,  
"The Holy Spirit will come upon you,  
and the power of the Most High will overshadow you.  
Therefore the child to be born  
will be called holy, the Son of God.  
And behold, Elizabeth, your relative,

has also conceived a son in her old age,  
and this is the sixth month for her who was called barren;  
for nothing will be impossible for God."  
Mary said, "Behold, I am the handmaid of the Lord.  
May it be done to me according to your word."  
Then the angel departed from her.