



Daily Reflections

AWE OF THE BLESSED MOTHER

By Sr. Jayne Helmlinger, CSJ

An Excerpt from Today's Gospel

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... ."

LUKE 1:26-32

Reflection

Reflecting on the life of the Blessed Virgin Mary can be overwhelming if we reflect on the totality of her life. Her "yes" to what was being asked of her is

difficult to wrap our minds and hearts around because of the depth and breadth of the impact of being the Mother of Jesus.

I can only imagine Mary's confusion, questions, and wonderings as the Angel Gabriel appeared and began speaking to her. Why her? What would Joseph think? How would he respond to her? Why was this happening!

Over the years, as my own relationship with the Blessed Mother has evolved, I've drawn strength from her strength, courage from her courage, trust from her trust, and faith from her faith. Today, as this first week of Advent draws to a close, it is a sacred time to reflect on how Mary impacts and intersects with our own lives.

Her "yes" reverberates through the centuries and alights anew in our own hearts this day. How prepared are you and I for the in-breaking presence of God in our lives? How ready are we to respond "yes" to what God might be asking of us at this time?

Mary's "yes" was given without knowing the journey of joy at Jesus' birth. She would not have known all that would unfold in raising Jesus, the Son of God. Mary would not have known the pain she would experience as her son was scoffed at, belittled, and ultimately crucified. And yet, she said "yes."

Earlier this week we reflected on the ground on which our house of faith is built. Mary's faith was strong as she was able to say "yes" to the Angel Gabriel. How strong is our house of faith when we are given the opportunity to say "yes" to what God might be asking of us – today or in the days to come?



Annunciation fresco by Fra Angelico, Museo San Marco in Florence, Italy
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- When have you responded "yes" in faith to an unknown future that was not as you had planned? How were you able to remain grounded in your relationship with God in order to respond positively?
- Reflect on your relationship with the Blessed Mother. How has it evolved over the years? How might you deepen your relationship with Mary, as an intercessor and companion as you walk in the footsteps of Jesus?

For Prayer

*O God of surprises,
may you find us prepared for whatever is being asked of us this day.
We pray for the courage, insight, and faith to say "yes"
to what comes our way.
Let us pray in thanksgiving for the gift of Mary in our lives,
and in gratitude for her generous "yes."
Amen.*

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