

There are quite a few TV shows about how to survive in the wilderness.

*Survivor* is in its tenth season.

Then there's *Man vs. Wild*, and *Survivor Man*.

There are military manuals on how to survive, Boy Scout manuals, all providing lists of what you need to survive.

Depending on who you ask, there are six, seven, even ten essentials needed for survival.

A rough guide to survival is sometimes called the "Rule of Threes."

You can't survive more than 3 hours in extreme heat or cold.

You can't survive more than 3 days without water.

You can't survive more than 3 weeks without food.

That's pretty intense ... three weeks without food?

In the First Reading from Genesis, we hear about Abraham providing hospitality, in the way of food, water, and shelter, to three mysterious visitors. In Abraham's time, the Bedouin culture offered food, water, and shelter to strangers and travelers – in the hope that such help or hospitality would be provided in return when it was your were the stranger.

In the Gospel text we hear the story of Martha and Mary. Martha is "*burdened with much serving,*" and is "*anxious and worried about many things.*"

Our Lord responds by telling her that “*There is need of only one thing.*”

The Greek word translated here as ‘need’ tends to mean “such things as [are] necessary for sustenance.”

That is, what is needed to survive.

And Jesus is indicating that Mary’s choice – that is, sitting at the feet of Jesus – just being in the presence of God the Son – is what is necessary for survival.

That isn’t a poetic or metaphorical statement ... Jesus is saying that HE is the one thing necessary for our survival in this world.

How does that sit with us? Where on our list of priorities is Jesus?

Today as we approach this altar to receive the Sacred Body and Blood of Our Lord Jesus Christ ... let us desire His presence as the one thing needed for our survival. And if we struggle with where we place Christ in our priorities ... let us ask God for the grace to realign those priorities ... so that we may really know the ONE thing that is NEEDED for our SURVIVAL ... the ONE who sustains us in our need ... Jesus Christ, Our Lord and Savior, the Second Person of the Trinity. Let us pray for the insight to be able to choose the better part ... and as we rest in the presence of Jesus Christ ... be assured that “it will not be taken from” us.