

Ted & Paula Gray  
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In today's first reading, God makes a covenant with Abraham. He promises Abraham everything he wants: descendants, land and God's favor. In return Abraham promises that he and his descendants will remain faithful to serving God.

Jesus established a new covenant with us promising eternal life. How might we keep this covenant with him? In exactly one week priests, bishops and even the Pope will wash the feet of disciples all across the world; just as Jesus did at the last supper.

This humble act of ministering to others is a great way to fulfill our part of the covenant. Let's ask ourselves: am I serving others with humility even when it's inconvenient? Am I trying to minister to others even when it's something that I don't want to do or feel uncomfortable doing?

Maybe a good examination of conscience would be: Whose feet did I wash today? Equally important would be an examination of consciousness: Who has God placed in my path and asked me to wash their feet?

We encourage you to come to the Holy Thursday Mass next week and watch this covenant with Jesus on display. Between now and then, let's try to serve someone who needs their feet washed.