



“I am Creator’s servant,” she said with boldness. “Let it be for me just as you have said.” Luke 1:38 *First Nations Version*

Mary’s Great YES!

The gospel reading for this day tells the story of an unassuming young girl who encounters a Great Spirit messenger who tells her that she is about to become the mother of God. Imagine what it must have been like – this very young, innocent person going about her daily routine – not in the least suspecting that on that day, in that moment, an angelic presence would appear and, calling her “highly favored one,” announce that she was chosen to accomplish the impossible and would participate in one of the greatest mysteries of all time.

Her voice, no doubt, trembled and her eyes grew wide in disbelief as she asked “How can this be so?” On hearing the answer – that she would encounter the Holy Spirit – this young girl named Mary replied with an unequivocal and resounding YES!

Mary’s great affirmation places her within the Trinitarian flow – a state of inner aliveness and dynamic movement where God as “Formless Mystery,” the Christ as “Incarnate Embodiment,” and Spirit as “Indwelling Energy” are merged into One¹.

We can experience this same “Yes” energy when we align ourselves to a higher calling and mission. Spirit-filled energy flows outwardly through us, yet we remain energized and renewed by it. This is in contrast to “No” energy, a response we might fall into when we are distracted from our mission and block the flow of Spirit. Rather than being invigorated by the energy, we hoard it and risk being left feeling tired and depleted.

REFLECTIVE PAUSE: How might we live out Mission even during our daily routines? Learn to recognize the differences in how energy flows when you say Yes! to your mission and when you’ve said No!

1. Inspired by Richard Rohr’s teaching: “Inside the Trinitarian Flow: A Practice for Discerning and Drawing Upon It”