



A weekly reflection by members of the Precious Blood Community

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**Sr. Rosemary Oellermann, C.P.P.S.**

**“Set out for the great city of Ninevah” (Jonah 3:1)**

When I taught high school algebra I often had to coax some of my students to step out of their comfort zone of I hate math or I can't do math to at least try the process I was presenting to experience some element of success and build up their confidence. In today's first reading, Jonah is asked by God a second time to step out of his comfort zone and go to Nineveh and preach repentance. The first time, he fought tooth and nail and went through great turmoil, running away from God. Now that he is in Nineveh and does what God asks, his work is easier than he could have imagined. It only takes one day for word to travel, and the entire city repents.

Working with God can make stepping out of that comfort zone so much easier. During this Lenten Season, what might God be asking me to risk leaving behind for a while? It doesn't need to be the size of Jonah's call, but with God's help the result might surprise me.

It could be as simple as giving some of my Precious Blood at the Red Cross even though I hate needles, or becoming a lector at Mass, or volunteering to visit someone in the nursing home who doesn't get visitors. Nineveh is different for each of us, but wherever it is, take God along. The result will be awesome.

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*This weekly reflection is made available to all who are part of our Precious Blood family. Feel free to share it with others. Would you be willing to write a reflection? If so, please contact Vicky Otto at [votto@pbspiritualityinstitute.org](mailto:votto@pbspiritualityinstitute.org)*