



A weekly reflection by members
of the Precious Blood Community

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“Announce to it the message that I tell you.” (Jonah 3:1)



Some people look for signs to indicate to them that God is guiding their lives. They find a hidden and mysterious message in the rainbow, the bird, and the unexpected text or phone call. In today’s readings for the first of five more Lenten Wednesdays, the reluctant and obscure prophet Jonah trudges through the city of Nineveh calling for repentance and conversion, goals that have been incorporated into our observance of Lent. Embedded in this story is a sign to consider, namely that Jonah is a Jewish prophet in the non-Jewish city of Nineveh, the capital of Assyria. God’s message is for all people. All are called to a change of heart. Another signal to note is that the king of Nineveh pays attention to Jonah’s message of conversion, repentance, and change and calls for a city-wide time for prayer, fasting, and penitence. People of other belief systems might be quicker to respond to God’s request than “the faithful.” God listens and does not carry out the Divine threats. The sign of Jonah is a voice calling in the city streets, a messenger who is listened to.

In the Gospel of Luke Jesus pointedly says that no sign will be given except for the sign of Jonah. The Queen of the South will come looking for the wisdom of Solomon but “there is something greater than Solomon here.” The people of Nineveh repented, “And there is something greater than Jonah here.” A sign greater than Jonah is the presence of Jesus Himself who also calls for repentance and a change of heart. If the people of Nineveh can convert to a new way of living, so can the Jews of Jesus’ time, and so can the people of our own era. At this flashpoint in the history of our nation, we pray for the sign of Jonah that calls us to compassion, not threats, reconciliation, not division.

We continue to look for signs, and one of the signs is our own Precious Blood spirituality. Grounded in the Paschal mystery, our spirituality is a sign, a symbol, and a call to a change of heart that leads us through the days of Lent to the mystery of the Resurrection. We are encouraged to repent, to convert, and to help others along the same journey to wholeness. Continue to look for the ordinary signs of daily life that wait for our interpretation as pathways into the Paschal Mystery.

Sr. Regina Siegfried, ASC, has been an Adorer of the Blood of Christ for over forty years. She spent her career serving as a teacher and sharing her faith with others. After receiving her doctorate, she served as a professor of theology at Saint Louis University. She has also written extensively about the history of the Adorers congregation. To learn more about the Adorers, [click here](#).

This weekly reflection is made available to everyone in 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