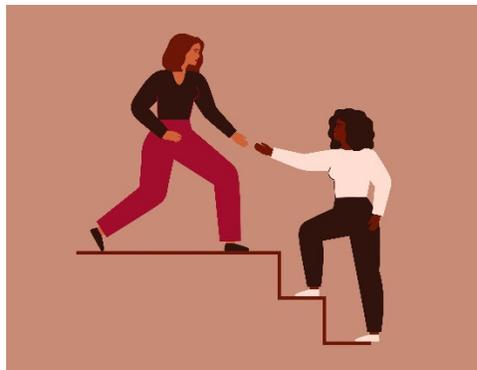


A weekly reflection by members
of the Precious Blood Community

February 11, 2026

Fr. Timothy Armbruster, C.P.P.S.

“If you want to lift yourself up, lift up someone else.”
Jack London



When I first began college, I was asked to declare a major. Not sure what to choose, I was encouraged to select something of interest. I expressed an interest in computers/technology, only to discover I had to choose between Math/Computer and Business/Computer. Neither math nor business spiked my interest, so I flipped a coin and went with Business/Computer. I excelled in computer classes but struggled in business classes. All along, remaining in conversation with the community, and eventually made the decision to apply to enter our Formation Program. Once accepted, I moved into our Formation House in Kansas City and transferred to Rockhurst College. I continued with the Business/Computer degree, though I was still not too thrilled with the business classes. In frustration, I decided to explore my options and discovered Rockhurst offered a BS in Computer Science. I quickly dropped the business part of the degree and continued with the classes I enjoyed. Although I struggled with the business classes, I do remember one gem I gleaned. “A person can make himself or herself look good by either stepping on or knocking others down or make everyone look better by building others up and in turn making yourself look better.”

How many times in our own lives have we heard the story of someone getting ahead at the expense of others or the story of someone building a strong team and foundation, and everyone succeeding?

The queen of Sheba had been hearing reports of all that Solomon had accomplished and wished to find out for herself. When she realized the extent of his riches and wisdom, she was overwhelmed and no longer questioned his power or wisdom. No longer a competitor, she became an admirer. She learned of his strong foundation and wisdom that not only made him look good, but also everyone under him.

Do we see others as competitors, or do we see fellow pilgrims working together to build up the kingdom of God?

Fr. Timothy Armbruster, C.P.P.S. is a member of the Missionaries of the Precious Blood and has served for many years in parish ministry. He currently serves as a Spiritual Director at the [Precious Blood Renewal Center](#) in Liberty, MO. To learn more about the Missionaries of the Precious Blood, [click here](#).

This weekly reflection is made available to everyone in our Precious Blood family. Feel free to share it with others. If you would like to write one of these reflections occasionally, or to learn more about Precious Blood Spirituality, visit our website: pbspiritualityinstitute.org.