

# St. Agatha Memorial

Today we celebrate the memorial of St. Agatha. She was a consecrated virgin and a martyr, cruelly tortured and eventually killed for her insistence on living out her faith no matter the cost.

While we most likely won't be asked to shed our blood like Agatha did, we are asked to give our lives as bloodless martyrs in everyday sacrifices for others.

The Beatitudes give us an outline of how to do this. For example:

To humbly think of others first, and to act to care for them rather than staying within ourselves.

To be compassionate and walk with others in their time of need, to love them as 'another self'.

To stand up for what is right, even when it is inconvenient or uncomfortable.

To be a channel of God's mercy, to be the 'heart of God' to others.

To be an instrument of Christ for unity.

To endure persecution as St. Agatha did, keeping our eyes on Christ, who is everything we need.

Remembering the martyrs we venerate, and how they stayed the course, can help us to joyfully live our lives for Christ, and rise with him for eternity.