

THE BAD WEATHER OF OUR LIVES...

The other day listening to a radio show, I was surprised to hear the broadcaster describe Monday, January 18th as “The most depressing day” of the year. Apparently this particular Monday of January is called “Blue Monday” because the holidays are over, the bills are coming and we are in the middle of winter! No doubt, winter is a tough season to get through. As I am writing this article, there are predictions for a lot of snow during the coming weekend which is bad news for any Pastor. But, winter, like every season, has its good points. One snowy winter a couple of years ago, as I drove through the parking lot at Sacred Heart Church, I noticed that some kids had made a really beautiful large snowman that stood out. The snowman reminded me of that old saying, “When Life Gives You Lemons, Make Lemonade.” In other words, make the best of each season, and the best of each day! But we fail to do that. It seems that we are always looking ahead and thinking about tomorrow. Certainly all of us are anticipating the warmer days of the spring that will soon be coming our way. Yes, it will arrive. But the point is that God has given us this moment, this hour in which we are now living- so we need to appreciate it! Seems to me, that many of us make a mistake in life. Either we are looking back to the past and thinking of mistakes that we made or bad decisions and we ruminate on how things “might have been.” But this kind of thinking can cause anxiety and sadness. Then conversely, there are people who are always looking to the future, what tomorrow might be like, reflecting on what might come. This too can be a source of stress. In fact, we don’t know if we will even have a tomorrow! “Going back” over the past or anticipating an imaginary tomorrow really results in so much wasted psychic energy. Therefore, we need to treasure the precious moment that God has given us in life-snow and all! Jesus reminds us in the Gospel of St. Matthew, “Do not worry about tomorrow, for tomorrow will take care of itself. Each day has enough troubles of its own.” How true our Lord’s words are. Jesus does not say that we can’t think or plan for the future or utilize the mistakes that we made in the past to do better, but He tells us to avoid useless anxiety and worry. Such lack of confidence erodes our relationship with God. So let’s not fret or complain about the weather because in a few months we will be complaining about the heat and humidity! Maurice Chevalier, the great French actor, in one of his movies sang a song with these lyrics: “Why cry about bad weather enjoy it! Each moment is a treasure enjoy it! We are travelers on life’s highway enjoy the trip... Each lovely twist and byway each bump and dip. If there’s a complication enjoy it; You’ve got imagination employ it! And you’ll see roses in the snow-Joie De Vivre will make them grow. Voila-that’s life enjoy it! Have a good week!

Sincerely in Christ,

Father Jerome