



# *Pastor's Message*

May 14, 2020

Care for your mind. Have only good thoughts!

When we have constant worry, it becomes an unwanted guest inside of our head. The following are the results of such troubled repetitive thinking:

1. It creates a paralysis from moving forward in life.
2. It fails to offer a solution to the dilemma that is fueling all the anxiety.
3. It identifies some degree of faithlessness in the power of God to help you.

Certainly, all of us ought to discern carefully before critical decisions are executed. Our decisions have an impact on others. Careful discernment is so important for you, as well as others. Constant worry is enemy of both.

Henceforward, avoid the ruminating, obsessing and fearing which results in becoming a worried person. Rather, shift from repetitious acts of worry, to the subsequent healthy practices.

First, gather all the information possible about the troubling matter. Second, actively focus on finding a reasonable solution. Finally, couple the presumed reasoned solution with a prayerful seeking if it is God's will for the matter.

Worrying doesn't give anything to manage what is ahead for tomorrow. All it does is deplete the energy needed for all you got to do today.

Care for your mind! Have only good thoughts!

God bless you.  
Fr. Marc