



# Pastor's Message

June 13, 2020

Mark Twain, a famous 19<sup>th</sup> century American author, said, “I have known a lot of troubles in life, but most of them never happened.”

Unquestionably, each one of us has troubles in life. Unfortunately, some people have more troubles than most. However, all of us sometimes imagine troubles will occur that never happen. Thus, what is the result of sometimes imagining troubles will occur, but never happen? The result is so much needless worry!

Now, you may say to yourself, “Hey, I thought I read about this topic in one of Fr. Marc’s previous messages?” Yes, you did. But, I am reiterating the point of the previous message because presuming there will be more troubles tomorrow than in reality will occur, is so commonplace in the human mind.

Indeed, I am not advocating an existence whereby the predominant thought in one’s mind every hour of the day, whether there is an impending crisis or not, should be “Don’t worry, be happy.” That is living in a state of illusion and denial. What is advocated is the following three healthy habits.

1. Plan carefully.
2. Discern what should be done with the help of God.
3. Seek advice from trustworthy people,

The possibility of troubles in your life in the future will be considerably minimized, if the three aforementioned habits are followed. Will they totally eliminate troubles for you tomorrow? Surely not. But, what will be eliminated to a great extent is the fermenting, fearful, and frustrating worry which can plague your life today.

Be free of worry. Be at peace. Be mentally healthy.

Fr. Marc