



Pastor's Message

June 28, 2020

“Anyone who angers you, conquers you.” Elizabeth Kenney, a nurse involved in alternative approach to polio treatment during the 20th century, said that.

Granted, anger is sometimes necessary. It can do a lot of good. Nevertheless, anger that is excessively, excitably and for a long time directed toward someone else, has the potential to overtake your inner peace and sound thinking. Then, the anger you have stewing inside of you due to being upset with someone else, becomes self-destructive. You find yourself conquered by it!

Moreover, if your anger is so substantial that it does seem to have conquered you, then you're letting the other person win the battle after all. Ironically, he/she may not even beware of the great degree of the anger inside of you, while you are experiencing the inner rage. So, when you look in the mirror guess who's the loser?

Just rise above it all. Don't let the anger get the better of you. Also, don't let the other person win, because you're full of anger “agita.” (For non-Italian speakers, “agita” is like a kettle full of boiling water in your stomach, but the steam fails to find an escape.)

Peace. That is what you need if you are dealing with raging thoughts and feelings of anger. Pray for it.

Fr. Marc