



Minute of Mercy

PERSONAL SUFFERING

Suffering is defined as experiencing something unpleasant. It is a word we all don't like to hear. We've all asked ourselves Why me? Why now? Sometimes, we suffer in little ways and sometimes it's a lot more than what we think we can handle. Because we are united to Christ through Baptism, suffering takes on a different meaning, a richer meaning. Just as in the Book of Revelation, "a loud voice from the throne said 'Behold, I make all things new,'" we ourselves become new creations through our sufferings when we unite them with Christ's sufferings. It is through suffering that we grow in holiness. In fact, if we prayerfully offer up our sufferings to God, we can benefit those in the world who are suffering but do not know Christ. We've heard Catholics say, "I am offering it up." This means, one can offer up their suffering for the good of the souls of others.

A good example of this takes place in the Diary of St. Faustina (Entry 276):

September 16, 1937: At eight o'clock I was seized with such violent pains that I had to go to bed at once...No medicine had any effect on me...Jesus had me realize that in this way I took part in His Agony in the Garden, and that He Himself allowed these sufferings in order to offer reparation to God for the souls murdered in the wombs of wicked mothers...I have gone through these sufferings three times now...no injection or medicine helped me at all...now I understand the nature of these pains, because the Lord Himself has made this known to me...What it pleases God to send, I will accept with submission and love. If only I could save even one soul from murder by means of these sufferings!

*Perhaps it is a loved one who is suffering. Rest assured, the Church teaches us that suffering is not to be feared. Rather it's an opportunity to carry out acts of love and compassion. In this Jubilee Year of Mercy, one way you can help those who are suffering is to perform the Corporal work of mercy **Comfort the Sick**.*

*St. Pope John II states in his book **Rise, Let Us Be On Our Way**, "Only later did I begin to grasp the profound meaning of the mystery of human suffering. In the weakness of the sick, I saw emerging ever more clearly a new strength – the strength of mercy. In a sense, the sick provoke mercy...By their illness and suffering they call forth acts of mercy and create the possibility for accomplishing them."*

Mercy in Action

*This week's **Mercy in Action** is for all of St. Peter Parish to pray a decade of the Rosary for the respect of life, and to end abortion and euthanasia.*