

FROM FATHER DAVE, PASTOR

Back in the 70's when I was a child there used to be a television commercial that famously asked the question, "How do you spell relief?" The relief in this case was for heartburn and acid indigestion. Do you remember the answer? ROLAIDS. It is interesting to note that Roloids ended up sponsoring the Major League Relief Pitcher of the Year Award.

So many of us trudge through life looking for relief. The relief we seek is not just for heartburn but also heartache. Many of us are also looking for relief from anxiety. According to the Anxiety and Depression Association of America anxiety disorders affect 40 million adults in the United States age 18 and older which amounts to about 18.1% of the population. In addition to these "disorders", there are those daily events and situations that engender anxiety within us. Sometimes these anxieties can become more pronounced the older we get in life.

Anxiety can be defined as "painful or apprehensive uneasiness of mind over an impending or anticipated ill; an abnormal and overwhelming sense of apprehension and fear marked by physiological signs as sweating, tension and increased pulse, by doubt concerning the reality and nature of the threat."

There are many issues like illness, change, loss, work, relationships and age that can trigger anxiety. Sometimes when it comes to anxiety, we can be our own worst enemy. Often many of the things that we worry about never come to fruition.

Saint Paul had many reasons to be anxious. For example, he struggled with a "thorn in the flesh." We do not know what the thorn was, but it obviously was real. In today's second reading St. Paul finds himself in prison. His main concern is not with his own anxiety but that of the people of Phillipi. He says, "Brothers and sisters: Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God."

Quite simply, Saint Paul spells relief with two words. The first word is prayer. We can always find relief from anxiety through the quiet of prayer. We need not say anything. It could be as simple as imagining ourselves sitting on a bench with our Lord just being with him. Prayer can move mountains. It can also reduce anxiety.

The second way that Saint Paul spells relief is "gratitude." When we pause to be grateful, we forget in, many cases, all of our fears, worries and concerns. An attitude of gratitude can go a long way in mitigating anxiety.

The next time we find ourselves wrestling with anxiety and seeking relief we need to remember the advice of Saint Paul to not have any anxiety and to turn to prayer and gratitude.



Today, October 4, we will have the Blessing of Pets in the parking lot at Saint Alexis campus. All pets are welcome but must be on a leash or in a cage!

Holy Hour will take place this week at **7:00 p.m. on Wednesday, October 7.** Next week Holy Hour will return to **Tuesday evenings at 7:00 p.m.** We apologize for the change but there were Confirmations scheduled on Tuesdays.

Very soon we hope to have available for purchase specially made Saint Aidan facemasks, shirts and caps with our name and emblem. Stay tuned.

Have a spectacular Sunday!