



## A message to the faithful of the archdiocese from Archbishop Michael Jackels

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**31 July 2019, 9:00 AM**

### **Part 3: Happiness and fulfillment**

Jesus invites all to live to give life and gladness to others, in the state of life God has planned for us: dedicated single life or marriage, religious life or priesthood.

If we do that, we are promised happiness, a filled-full life here and in heaven, and the best chance of changing the world for the better.

Take my word for it. Or take the word of an authority like Harvard University.

In 2013, Harvard University published the Grant Study, reporting the findings of their research into what brings happiness, fulfillment in life.

Every year for 75 years they measured everything quantifiable about 268 graduates, and found that the source of happiness and fulfillment is quality relationships with family, friends, and community.

Furthermore, they defined a quality relationship as living for, giving to, helping out, sharing with, serving, even sacrificing for another or others.

In short, Harvard University's scientific research found that happiness is love. As the Beatles sang: All you need is love, love; love is all you need.

But that's what Jesus teaches too: love one another is the fulfillment of all the commandments of Moses and the teaching of the prophets; it's all you need.

So, if we live to give in imitation of Jesus, in the vocation he has planned for us, we are promised happiness, a filled-full life here and in heaven, and the best chance of changing the world for the better.

Again, you can take my word for it. Or take the word of Harvard University. Or take the word of Jesus. Or you can learn it for yourself, hopefully not too late.

Can you say I live to give? Can you imagine you will find happiness and a filled-full life any other way?

Michael Jackels

Archbishop of Dubuque

