

Third Sunday of Easter

April 9/10, 2016

"Peter, Do You love me....Do You love me.....Do You love me?"

M & M's

SPRITUALITY – ESSENCE OF GATHERING IN THE MIND OF FAITH: Knowledge is one thing, but delving into the door and stairwell of our faith is to bump up a desire to climb further and further. I offer you two examples:

1. The back of this script portrays spirituality in the thought of a philosophy professor. He was the best for me in college as he made the art of thinking so invitational and able to tap into.
2. On Thursday of this week, we are hosting a regular gathering held by lay people* who desire to probe Ignatius spirituality. Fr. Norm Dickson S.J., a fellow Jesuit alongside Pope Francis (thirteen days older than the Pope!), will offer reflections on the backdrop of St. Ignatius Loyola (founder of Jesuits) and the charism of the community that both Fr. Norm and the Pope were shaped by. With having had assignments around the world, Fr. Norm now humbly serves at St. Mary's in Kalkaska and St. Aloysius in Fife Lake – quality presenter. A 5:30 social starts it...45 minute presentation. * jfangt.org

CSA / CATHOLIC SERVICE APPEAL: With a target of \$100,000* last year and pledges of \$117,000, we have now received back from the Diocese \$10,000! We still ask that all pledges be completed, as a complete reception allows for building our base in the campaign of 16/17, starting next month. The Diocese has set our target at \$100,000, near identical to last year's (*all numbers rounded off). And recall our promise of last year – we will choose a charity to pass along a portion of our overage. Any thoughts? THANK YOU AND A SALUTE TO ALL – too short from the message of the scriptures!

THE MEDIA - BIT DIFFERENT THAN PREACHING FROM THE SEA OF GALLIEE BOAT: Times change, but if presented correctly, NOTHING in the message changes. We continue to applaud recent developments in the Diocese such as Faith Magazine (if not getting it in mail, contact us). Impressive. I have had people tell me how it has brought them back to sacrament of confession. And then Baraga Broadcasting - 88.3. I hope you are finding it educational and inspiring (you hear testimonies of even non- catholics...some enter the church through programming). The Annual Fundraising dinner for our area will be at Grand Traverse Resort, on Monday, April 18. Tickets at \$55 and a table of 8 at \$400. Superb national presenter on the radio, Al Kresta, as speaker. Do it! – 844-238-8508.

NOT AS MUCH NEW, BUT FRESH: You have heard me say, "no such thing, 'really', as a visitor to our church. And no such things as a newcomer". Our faith is universal and constant. We are fortunate for fresh presence in our pews that bring activity as well. The fresh are truly taking over such needs as funeral luncheons or environment beauty to the church.

My pitch..."Christ the King offers free membership for the first year, to be made up in second year".


Fr. Raymond Cotter
Pastor

Five Remedies for Pain and Sorrow

Should "Old Aquinas" be forgotten and never brought to mind?

Rather, St. Thomas should be well remembered because he helps to form the mind. This is sufficient reason to remember and honor him on his Jan. 28 feast day. Apart from being a philosopher and theologian of unparalleled excellence, he, along with William Shakespeare, stands among the greatest psychologists of Western history.

A good example of the Angelic Doctor's psychological acumen can be found in his *Summa Theologiae* (I-II, Q. 38, a. 3), where he presents five remedies for pain and sorrow. Since pain and sorrow enter the lives of everyone born into this valley of tears, these remedies have great practical significance and should be of widespread interest. What is more is that they all have the virtues of being natural, readily available, cost-free and devoid of side effects.

The first of his quintet of remedies is *detectation* (*pleasure*). Aquinas reasons that pain or sorrow result from causes that are not natural to the human appetites, which, of themselves, are

ordered to something good. Pleasure, on the other hand, "is a kind of repose of the appetite in a suitable good." Therefore, because pleasure is, in this way, the opposite of pain and sorrow, which is a kind of "weariness," it can assuage them. Food at a funeral, for example, can assist in relieving the sorrow caused by the loss of a loved one.

The second remedy Aquinas lists is tears (and also other outward expressions such as groans



DONALD DEMARCO

The fourth remedy is the least corporal and most spiritual. It is the *contemplation of truth*. This remedy works "the more perfectly," as St. Thomas notes, the more "one is a lover of wisdom." In the contemplation of divine things, we are drawn to a higher region where God alone knows why certain difficulties and afflictions have arisen. We may not know exactly why certain torments occur, but the thought that God has his reasons is a source of consolation and comfort. The contemplation of truth can also be a source of pleasure, just as knowledge is a source of pleasure.

Remedy No. 3 is the *compassion of friends*. Sorrow has a depressing

effect and tends to weigh a person down. The compassion of friends tends to pick a person up — lighten his burden — as if these friends "were bearing the burden with him, striving, as it were, to lessen its weight." Yet, for Aquinas, a more important reason has to do with the love his friends manifest. The recognition of this love offers a kind of blessing that mitigates the sufferer's burden. He takes heart, so to speak, when he witnesses the love that others have for him. As Shakespeare writes in *Timon of Athens*, "A friend should bear his friend's infirmities."

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what Leonardo is to painting and what Sir Isaac Newton is to physics.

In our present technological society, our first thoughts concerning the alleviation of pain and sorrow are often products that are not natural but commercial. We reach for Aleve, Advil, Tylenol and other painkillers, sometimes ignoring natural remedies that can be quite effective.

It is well documented that tranquilizers and the like are highly overprescribed. Aquinas would not oppose the use of synthetic drugs, but he would not want us to ignore natural remedies.

The Catholic Church has not forgotten St. Thomas. A more recent saint, St. John Paul II, has reminded us that "the Church has been justified in consistently proposing St. Thomas as a master of thought and a model of the right way to do theology."

We are on firm ground when we listen to what one saint has to say about another saint.

Donald DeMarco is a senior fellow of Human Life International, professor emeritus at St. Jerome's University in Waterloo, Canada, and an adjunct professor at Holy Apostles College in Cromwell, Connecticut.