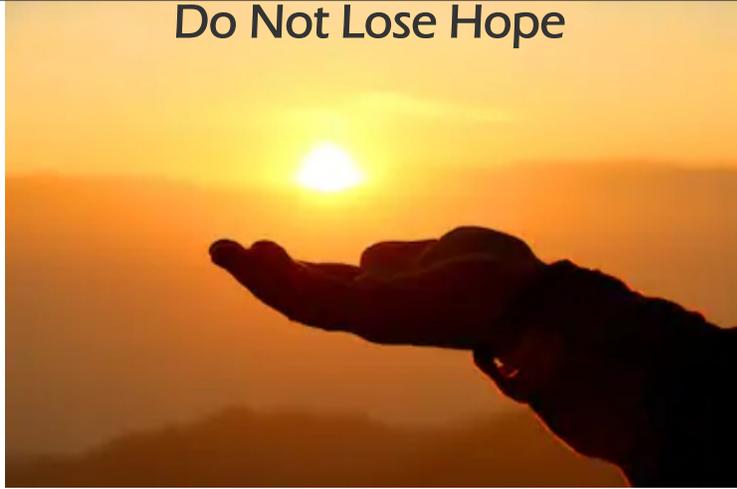


Do Not Lose Hope



Into Your Hands I Commend My Spirit. Words spoken by the Lord on Good Friday, just before He breathed His last breath.

Ever been depressed? Ever happened to you? Felt like everything was going wrong? Maybe you lost everything. Maybe you wondered whether life was worth living. There are various degrees of depression, but make no doubt about it: it happens to all of us. Whether you're standing at an ambo on the altar or sitting in the pews...there are times when things don't look great. Maybe you lost a spouse...didn't get that raise you needed...maybe an exam at school.

And then we think of Job - poor guy. A good man who believed in God. He trusted in God. He lost everything. He questioned God: Why me? What did I ever do to deserve this?

Sometimes when there's nothing to hope for, when you're feeling helpless, it's our human tendency to turn inward rather than seeking the One who helps.

Job discovered that when you give it to God, understanding He is in charge, something happens: He gives us a pathway to peace. I am a believer in Hope.

We are believers in Him. Jesus Christ offers us Hope that no other can. My collar doesn't eliminate stress in my life. But when things are looking dark, no matter what, I say: Hold On to Hope. Jesus has the answer if we only give it to Him. On the Cross, He asked the Father, "Why do you forsake me?" Yet He came to say, "Into your hands I commend my life." Not a bad example. May we never forget. And may we always find our hearts in Jesus Christ. No matter how dark. No matter how stressful. It is Christ who offers us life. It is Christ who offers us Hope.

If you're having a rough time, I'm glad to talk. I'm glad to listen. I'm glad to help and support. If things are great, thank God by singing and responding at Mass.

If things are tough, and you're unsure, do not lose Hope: for it is Christ who will show you a pathway to peace of mind, a pathway to peace of heart and a pathway to peace of soul. Amen.

Msgr. Walter C. Orlowski, Pastor/Dean