

March 18, 2020

Dear Mystical Body of Christ on the Mountain,

I have been reading another book by Tich Nhat Han called No Mud no Lotus (The art of Transforming suffering.) He states in his book that suffering and happiness are not separate. They are like two sides of the same coin. Thinking and believing that we should be able to have life without suffering is a deluded thought. It is like thinking we should have a left side without a right side. Where there is no suffering there can be no happiness and vice versa (page 11.) Happiness is possible right now today but happiness cannot be without suffering. When you recognize and accept your pain without running away from it, you will discover that although pain is there, joy can also be there at the same time. The way to suffer well and be happy is to stay in touch with what is actually going on; in doing so, you will gain liberating insight into the true nature of suffering and of joy.

Our faith tells us that suffering and happiness are part of the same coin called the paschal mystery. This means we are called to die with Jesus and rise with him; we are called into his suffering and into his joy. We are suffering now but I also hope we are open to the joy of this time. We have time now to talk to each other in our families, to get outside, to read a book and the list goes on and on. You might try to practice some contemplation and mediation, start with 5 minutes of trying to be quite and listen and then increase the time if you want. You might be surprised at what you hear.

In His Joy and Suffering,

Fr. David