

**January 30, 2022**

Dear Friends,

There is that great sentence in Matthew's gospel where Jesus says: "Come to me all you who labor and find life burdensome and I will give you rest. Take my yoke upon you for I am meek and humble of heart and you will find rest for your souls for my yoke is easy and my burden light." This gospel is often read at funerals where the deceased may have suffered a lot or a little at the end of their lives.

But the passage is not simply about those dying. It is more for us living. I have been thinking recently about "living in the real world" as people say. Or "facing reality." I have come to realize that there is living in the real world and there is also my attitude towards living in the real world. And there is a discrepancy between the two. But in my own way of thinking everyone faces reality to some degree and everyone has an attitude towards or an understanding of this reality.

And right there is the rub. It is my attitude or your attitude toward this thing called "reality" or "the real world" that distinguishes us from one another. Even within one and the same family. Perhaps especially within one and the same family. The late Robert F. Kennedy is famous for this quote: "Some see things as they are, and say why. I dream of things that never were, and say why not." It is his attitude toward reality that makes the difference. He chose the way he saw things. We all do. Even when we don't realize that we do. We do.

That is the point that Jesus is making above. So, recently in my prayer the Lord has spoken to me and asked me to place in his care all of my cares, worries, concerns, responsibilities, relationships and my own self as well. Put everything, intentionally, into the Lord's hands. Do this in a spirit of genuine trust. As in, "Lord I entrust all of these things to you. I ask you to do what is necessary to resolve them or to heal the persons or restore the relationships or to gently remove the untoward memories."

But, you will ask, "What good does that really do? I still have to do the doing. I still have to be in the relationship. I still have to live in this family. I still have to change what is not right in my own life. I still have the responsibilities of word and home and community. Yes. You do and I do. BUT. Once we truly give everything to Our Lord something changes. We actually begin to assume and to live the right and truly God-like way of living and being. Once we entrust everything to Our Lord and give over control of it, then we can still do our part and make our contribution. However, it will no longer be all on us to do this doing. It will be God's grace at work because we have invited the Lord to take this situation on.

We have such a strong individualistic streak in us as persons that we take everything on and then get so weighed down we can hardly walk or breathe. Do I really think that is what God wants? I do not. I think I have not really grasped how important this is to get right for a pretty large segment of my life. It really is all His anyway. My realizing this and my trusting the Lord takes a great load off my shoulders. I can walk again and breathe again. If this is something happening in your life, give it a try. It has really helped me. Listen to the Lord beckon you: "Come to me...."

Peace,  
Msgr. McHenry