

My Dear Friends

When Peter asked our Lord if he should forgive his brother seven times, he no doubt thought he was being quite generous, but it was not enough for Jesus. Not seven times, says Jesus, but four hundred and ninety times. To put it at seventy times seven was to put it beyond all limits.

In other words, we must go on giving other people the second chance, the third, the fourth, and so on, without end. No matter how bitterly you have been hurt, or how unjustly a certain person may have treated you, you must go on forgiving him because that is what Love demands: inexhaustible patience, unbounded charity and understanding.

If anyone upsets or offends you put it out of mind. Do not let it poison your life, destroying health and happiness. It is not always easy to love someone who has wronged you, but you can make an effort of the will and put the whole thing out of remembrance. You cannot afford to tie yourself up in knots. It makes and leads to hardness, constriction and tension.

You must let everything go. Be flexible. Do not hold on to hard and unforgiving thoughts. Extend to others the same sympathetic treatment that you will want for yourself in the moment when you have to fling yourself nakedly upon the illimitable forgiveness of God. Hoping not for justice, but for mercy.

“Then came Peter to him, and said. Lord, how oft shall my brother sin against me, and I forgive him? till seven times?” - Matthew 18.21

May Almighty God Bless And Keep You All.

Yours In Christ Jesus,

Father Ian Gray.

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## HANDLING STRESS

A lecturer when explaining stress management to an audience raised a glass of water and asked “How heavy is this glass of water?” Answers called out ranged from 20g to 500g. The lecturer replied, “The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes.”

He continued, “And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden. So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can.”

So, my friend, put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while.

Here are some great ways of dealing with the burdens of life:

- Accept that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always wear stuff that will make you look good, if you die in the middle of it.
- Drive carefully, it's not only cars that can be "Recalled" by their maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone £20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life is simply to be kind to others.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on. Nobody cares if you can't dance well. Just get up and dance.
- Since it's the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.
- When everything's coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- Some mistakes are too much fun to only make once.
- We could learn a lot from crayons . . . Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colours, but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.

Have an awesome day and know that someone has thought about you today.

God Bless your day and You.

Fr. John McIver