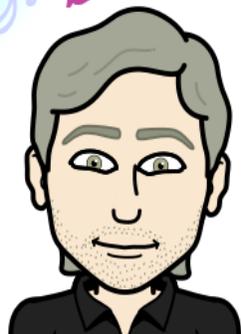


I have been asked a handful of times if I miss the gym. My answer is, “ I don't.” I'm still working out at home. However, it's less frequent and at a much more relaxed pace. That said, I was working out so hard and for so many years that I needed a break from the gym, for both physical and mental reasons. This forced break has been one of the unforeseen blessings from the home quarantine. At this point, you might be wondering why I look the way I do despite all the alleged hard work. It's a legitimate question and easy to answer. I have average genetics, a bad diet and I'm not a young man anymore. In many ways, I've been fighting a courageous losing battle against Father Time 😊.

Why have I been working so hard? Good question. It's probably been for a mixture of good, bad and morally indifferent reasons. Before you judge me, you probably do things yourself for mixed motives. Part of the reason we have done so probably has to do with insecurity and not being satisfied with ourselves. We all need to be reminded from time to time that God loves us the way He created us. He will provide for us. God knows what's best for us. We should seek to impress Him, not other people. We can't necessarily remove ourselves from the “rat race” but we don't have to develop its mentality. As Catholics, we have a higher calling.

Peace  
*be with you*



In today's Gospel, Jesus tells His disciples, “Peace I bequeath to you; my own peace I give to you, a peace the world cannot give, this is my gift to you. Do not let your hearts be troubled or afraid” (John 14:27).

The Coronavirus pandemic has thrown our lives for a loop. It has altered our plans. It has caused our future to be uncertain. There are legitimate reasons to be worried. That acknowledged, Christ has bequeathed His peace on us. It's our inheritance. It should not be wasted and/or left untapped. Jesus pointed out, “Look at the birds of the air; they do not sow or reap or store away in barns, and yet your Heavenly Father feeds them. Are you not much more valuable than they are? Can any one of you by worrying add a single hour to your life?” (Matthew 6:26-27). God doesn't make junk. In His eyes, we are all beautiful and worthy of His care. If we are prayerful, we will always feel His calming presence in our lives.

Do you feel at peace? You should. It's part of your Catholic inheritance. One of the fruits of the Holy Spirit is peace. It's not conditional on what's happening in our lives. It's conditional on living in the Spirit. Therefore, be prayerful and trust in the words of Our Lord. He will provide for both you and your family. There's no reason to join in the “rat race” unless it's on your terms.