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FROM THE DESK OF FATHER JONATHAN

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Silence. I don't think we get enough of it, and with all the noise in our environment, it is easy to lose a spiritual perspective of hope and joy the Gospel promises.

Would you agree with me that the world seems to be uncontrollably out of sorts right now? There is chaos and dysfunction--and sin--everywhere we look, and we hear about it in almost real time. When we turn on the news (or our twitter or Facebook feed), we see intense conflict and degradation in the world of domestic politics, Church leadership, international relations, not to mention the devastating effects of natural disasters like hurricane Florence.

All this intensity and conflict can feel overwhelming at times.

I think we need more silence. Fifty and one hundred years ago, the world also had big problems. Think, for example, of the first and second world wars. Now that was chaos!

What makes our experience different today, however, is that we are hearing about the world's problems, and the problems of our own country, neighborhood, and church, all in real time. And everyone has an opinion (including me!) and through social media and the Internet, we can make our opinions heard. This is something very new.

All the news and intensity we hear every day threatens to fill our minds and hearts with so much stuff that we have no room for God, people, and other holy things.

This week I took some practical steps to eliminate some of the unhealthy noise in my life. For example, I stopped following certain news sources that served only to get me upset. I was following these sources more out of curiosity than real need to know what they were saying or reporting.

Silence! We need it more now than ever. The more silence we have the more we can choose wisely what we allow to enter our minds.

Maybe this question can help you as it helped me: what unhealthy noise might God be calling you to eliminate this week?

God bless, Father Jonathan