

# When a Workaholic Retires.

By Father John Catoir JCD - March 15, 2018

There is no one more fidgety than a workaholic who is about to retire. Strangely enough, the fear of loneliness is often the unconscious cause of hyper-activity. Being idle, bored and empty, with no activity to occupy your time, can be a terrifying experience.

Here's a question for you: is being a workaholic a good thing? After all, if it helps you to make a living, support your family, and give you a sense of purpose it's a good thing, right? But what if it turns you into a compulsive robot; one who is too busy to live a life of emotional comfort, enjoying your family and friends? Can that be a good thing? I don't think so, especially if it starts to affect your health.

Jesus once said, "I have not come to condemn the workaholic, but to save him", or words to that effect. It's essentially a spiritual problem.

St. Augustine put it in a few words: "Our hearts are restless until they rest in Thee O Lord." Something is missing in all of us. A disturbing feeling wells up in us. We feel better if we keep busy, doing things that distract us from facing certain fears.

The urge to avoid the fear of loneliness has driven many a good person to drink. Billions of people down through the ages have tried to solve this problem but have failed to do so. Unfortunately, it's not an easy problem to solve. The natural feeling of isolation is part of every life. Even those who are gifted with the love of a good spouse experience loneliness from time to time.

We all need to understand that even a loving spouse cannot eliminate the problem of loneliness. The need for God is a constant in everyone's life. Try as you may, you cannot make it go away. We keep yearning for more, the reason being that God alone can fulfill the soul's desire for divine love. We are searching for something more than mere

physical satisfaction. It's a metaphysical problem. Loneliness is the price we pay for being unique. Think about it. Once we leave our mother's womb we are utterly alone in the universe, essentially separate from every other human being.

Some have called it a "nostalgia for paradise," which is in a part true, but it's more a congenital need for an intimacy with God.

The go-go rat-race of this world cannot even begin to satisfy these deeper needs. Those who don't understand this problem tend to misdiagnose it and fall into a variety of dangerous behaviors: overeaters, alcoholics, those engaged in sexual promiscuity, compulsive workaholics, they're all the victims of loneliness gone amok.

Those who do not accept the fact that they crave God's consolation, often begin looking for love in all the wrong places. Searching to find relief in sexual promiscuity is like drinking salt water when you're dying of thirst. It can do more harm than good.

God is drawing you to Himself through a process of self-discovery. It will go much better for you if you diagnose the process properly. The acceptance of loneliness as a precious gift will sanctify your soul.

Once you are willing to be drawn into intimacy with God, your life will change for the better. Your prayer life will mature, your temperament will become calmer, and your relationship with God will be more loving.

Then your capacity for joy will increase, and you will experience a higher zest for life. Rejoice in his love now and enjoy the Lord. Holiness will surely follow

May the Lord be your strength and your joy.