## Farewell and remember to rejoice in all circumstances FATHER JOHN CATOIR The Beggon - November 14, 2019

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"Rejoice in all circumstances." I agree with the words of St. Paul, because my faith urges me to believe everything that Jesus taught. When I believe in God the Father Almighty, the Creator of heaven and earth, and in his only begotten Son, Our Lord Jesus Christ, I believe firmly in the truth of his words that "I have come that your joy may be full, that my joy may be in you and your joy may be complete."

Let's ponder this together, based on the words of Jesus, which were reaffirmed by St. Thomas Aquinas: "the center of the personality is in the will." Modern Psychology agrees with both of them, so I have concluded that it is possible to put on the will to be grateful and joyful in all circumstances.

In spite of sad feelings, we can choose joy over sorrow even in emotionally down times. Mourning the dead can be done with the focus on the eternal joy of heaven. Many may find this impossible, and I understand their doubts, but thoughts can really control feelings. We can focus on the truth that heaven is a better place to be. In the end, joy prevails over sorrow. Of course, many lack the faith to rise above their feelings, but as I have mentioned so often, the will has the power to control our thoughts.

If we have any hope of being a person of honor and dignity, we must follow the path toward holiness. Take a little time to think about this. The thoughts we think control the emotions we feel, which eventually control the actions we perform. We need to accept Christian ideals as worthy goals. Of course, we are weak and sinful. Of course, we need divine help and mercy. Mediocrity is the human condition, but Christ called us to perfection. Therefore, holiness is not only possible, but it is our destiny.

When Jesus said, "Love one another, as I have loved you," he knew we could rise to this challenge with the help of his grace. Wherever there is love, there is service, and wherever there is service, there is sacrifice, which often involves suffering. Jesus died on a cross to save our souls for heavenly bliss. It is all one-belief system.

I believe in the holy Catholic Church, the communion of saints, the forgiveness of sin, the resurrection of the body, and life everlasting. Amen!

[To all my friends and loyal readers: At 88, it is with much joy and sadness that I offer you this my farewell column in The Beacon. After spreading the joy of Jesus these many years, the time has come for me to put down my pen, and retire from writing a syndicated column. It has truly been my honor to spread the joy of Jesus through my various ministries. Thank you all from the bottom of my heart for all of your support over the years.]

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In 2020, St. Jude Media Ministry celebrates its 25<sup>th</sup> Anniversary of ministry – having been founded in 1995. Fr. Catoir will continue to post comments, videos and uplifting messages on Social Media. He can be found on both Twitter and Facebook as Fr. John Catoir. In 2018, Catoir named Patricia Martin, of Dallas, Texas, as the new Executive Director for St. Jude Media Ministry. She, along with her husband, Jim, (Martin Media) will continue to work closely with Fr. Catoir updating his Website, <u>www.johncatoir.com</u> -- and producing additional video and audio clips from the wealth of previously recorded materials.