

**Sunday 21<sup>st</sup> November 2021**



My dear brothers and sisters,

Greetings to you, your families and of course your loved ones near and far.

What a week we have had! The news has given us a mixed bag of emotions from a terror attack, rising Covid-19 cases in children, the anticipation of Christmas and what that might bring and not to mention the continued debate of rising utility and fuel costs.

Apart from all this, we have our own lives and our mental health to look after. I have often said that we all face challenges to a varying degree and that is certainly true.

This week's short story puts this in perspective.

Stop stressing so much

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they'd be asked the typical 'glass half empty or glass half full' question. Instead, with a smile on her face, the professor asked, 'How heavy is this glass of water I'm holding?'

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, 'From my perspective, the absolute weight of this glass doesn't matter. It all depends on how long I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me.'

As the class shook their heads in agreement, she continued, 'Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them.'"

A powerful read and something for us all to ponder on! As we continue on our paths this week, perhaps we can consider how heavy our glasses are? We can't control everything around us. However, we can certainly think more carefully how we respond to them.

As always, I wish you a happy and blessed week ahead. Please stay safe during these times. We remain forever united in love and prayer for one another.

Yours, Rev Fr Nicholas Nwanzi