

Your Favorites ... Do you remember Archie Bunker of *All in the Family*? Didn't he have a wonderful way of mangling the English language?

- German headshrinker named Sigmund *Fruit*.
- Wouldn't let 'em get a word in *wedgewise*.
- Yankin' out the tonsils and the *adenoids*.
- The Meathead swooped down on the table like a plague of *crocuses*.
- Look at you - you're white as a *goat*.
- Men gets these here, waddy call, *surges*, where the *chromostones* are burlin' over.
- ... my last will and *tentacle* ...
- The heck with the toothpicks; they say them things bust your *emammal* anyhow.
- The dent in his car is hardly cold and he's coming over here to claim his pound of *fish*.
- One of those *digitalis* clocks.
- The tiger, he come up with the *tigeress*. The lion, he come up with the *lionette*. The zebra, he come up with the *zeberelle*.
- I hate to leave in the middle of all this *hillerarity*.
- New mother ... they get a sense of waddy call, *the maternals*.
- ... *ifso fatso*
- I'm contributing to the, waddy call, on the *loosincy* of a child.
- It ain't exactly the *Pope* diamond.
- Mrs. O'Leary's cow is sorry, but Cleveland burned anyway.
- It's a well known *hysterical* fact: they gave 'em an inch of *CzechosloWakia* and they took Poland.
- Gonna be *incrimated* ... they're gonna keep the ashes around the house in one of them silver *urinals*.
- This den of *inquizidry*.
- Sayin' grace - it's just thankin' Mother Nature, whose first name just happens to be Grace.
- It ain't supposed to make sense; it's faith; faith is something that you believe that nobody in his right mind would believe.
- I work for myself. I'm what ya call an *entramanure*.
- Ya look like one of those pall *buriers* at a funeral.
- My doctor tells me I got a *communications* disease.
- No taxation without *regimentation*.
- I ain't in a happy frame of *mood*.
- She has this, waddy call, women's *intermission*. {intuition}
- *Reclimbing* chair
- Our Air Corps reunion was held to *rememmorate* the great things we done.
- The Holy Father's newest *Encyclacle*? Like anyone cares what he rides around on.
- I don't go around signin' no political *documentaries*.
- The Bible, if ya read it you'd know; it's right in the beginning there, in the Book of *Generous*.
- Innocent *stand-byer*.

CREDIT CARD INFORMATION

NAME: _____

ZIP CODE: _____

EMAIL: _____

Visa Mastercard Discover

Amount you wish to give: _____

Card Number: _____

Expiration Date: _____

3-Digit Security code: _____

Signature: _____

Check the box if you wish us to keep this credit card info on file.

CROSS LINKS

CONGREGATION OF HOLY CROSS, UNITED STATES PROVINCE OF PRIESTS AND BROTHERS
 Holy Cross Association Post Office Box 771 Notre Dame, Indiana 46556-0771 Phone: 574.631.6022 association@holycrossusa.org hycost@holycrossusa.org

October 2015

Dear hearts and gentle souls

I was holding off on writing this first page since I didn't know what to write about!! Oh sure, I could comment on the lovely Fall weather, and the success (knock on wood) of the ND football team, and various other trivial things. But we talk about those all the time in everyday conversation.

But then one of my Holy Cross brothers died, and that makes for a good starting point. On September 19, **Rev. Thomas E. Seidel, C.S.C.**, was called home to heaven after 85 years of an earthly journey. Fr. Tom was ordained in 1957 and spent his ministry as a high school teacher, a rector at ND, a hospital chaplain, and a parish priest. He

NOVEMBER PRAYERS

As we have been doing all these years, we men of Holy Cross will be remembering not only our own beloved dead, but yours as well.

If you wish, jot down the names of those you would like us to remember on the enclosed prayer sheet. They will be placed by the altar at Moreau Seminary throughout the month of November.

No offering is required, but any gift that is included will be used for the needs of Holy Cross.

was such a humble and gentle person - as his obituary put it, he was "remarkable and relatable."

And Fr. Tom's death leads into some thoughts about the coming month of November. We Catholics make a special effort to remember our loved ones who have died. Many of us also remember the significant people who have marked our life from our birth till the present moment - not only those who have loved us, but also those who have "sandpapered" us. All have shaped us.

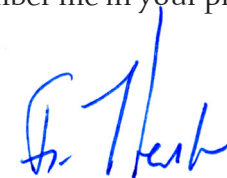
There are two other groups of people that I remember this month. The first group is all members of the Association who have died and are now with God. A lot of relationships were formed in the thirty years of doing this work, and I'm now walking with the children - and some of the grandchildren - of those early benefactors.

The second group is my own ancestral family. Ever since Dad died a year and a half ago, I've been working on our family tree. What a project it has been!! I'm now 114 generations back from myself and my siblings - the earliest documented ancestor so far is an Assyrian king named **Bēl-bāni**, who reigned around 1700 BC. Thirty countries are represented, as well as

several historical and Biblical people whose names you'd recognize immediately. But the great majority of people, especially on Dad's line, are simple ordinary folks like you and me. These are the new family members that I will be remembering in November ... and it's neat to be able to do this.

I hope you have a wonderful Fall, filled with crispness and beauty. I pray for your well-being and happiness, and ask you to remember me in your prayers.

With love ...



FORGIVENESS AND HAPPINESS

Ever since he assumed the papacy, Pope Francis has constantly encouraged us to think, talk, and walk the ways of mercy and compassion. On December 8, a Year of Mercy will begin. In a world torn by strife, division and hatred between nations, groups, and individuals, this is a much-needed call to arms. I know that sounds odd - a “call to arms” usually means violence. But here I’m thinking of St. Paul’s encouragement to put on the armor of light (Romans 12:12).

So it strikes me that this is an opportune time to reflect on forgiveness. It’s been awhile since I wrote about that theme (a shameless plug: see my book *Waiting in Joyful Hope*, available on Amazon!). In addition, there has been a recent incident in my own life whereby I’m still struggling with the process of forgiveness. Sharing this reflection will remind me of what needs to be done.

We’ve all been hurt by another person at some time or another – we were treated badly, trust was shattered, the heart was broken. It hurts. And while this pain is normal, sometimes we re-live the pain over and over, and have a hard time letting go. I end up living in a desert of my own making with the wild beasts of anger, resentment, fear and physical or mental illness and miss out on the beauty of life as it happens. It also causes problems in my relationship with God, because every time I try to pray the incident pops into mind and I get all worked up.

Some people need to forgive God. We’ve all had those times in our lives when it seemed like one darn thing after another was hitting us hard, until we got to the point where we started to rage at God and shout out “Enough!!” Or, we wonder why it is that there is so much suffering in the world and why God won’t do anything to stop it. Our reaction is an angry “I want nothing to do with you!”

Sometimes we have to forgive those who have died, such as relatives or friends who psychologically or physically abused us. Perhaps our parents weren’t all they could be. Maybe we had a son or daughter who made bad choices in life and either died from those choices or distanced themselves from the family.

Some people find it impossible to mind their own business ... they are always butting in with unwanted advice, or they criticize the way we do things, such as our parenting skills, our eating habits, the way we dress, etc. A coworker might spread untrue innuendos, or sabotage a project you’re working on, or claim credit for work you did. Perhaps your spouse had an affair. Maybe you find out that a group of your friends have been mocking you behind your back. These things hurt and hurt deeply.

And it’s not just God and other people we need to forgive ... we must do the same for ourselves. We’ve all made mistakes, sometimes serious ones that truly harmed people. We beat up on ourselves for doing this or saying that, and get upset and angry because we haven’t lived up to an idealized image of ourselves.

If you or someone you love has been the victim of a crime, there is a need for forgiveness. Have you had a chance to see the film “*Amish Grace?*” It’s a powerful story of how the Amish community of Nickel Mines, Pennsylvania reacted to the killing of several of their children in October 2006. The world was astonished that the Amish were able to forgive the man who killed their children and how they reached out to the Robert’s family with compassion and support. Was it easy for them to forgive? No way ... the movie will clearly show how difficult it was for the parents and families. Most recently, the congregation of Emanuel African Methodist Episcopal Church in downtown Charleston, South Carolina, forgave Dylann Roof, who was responsible for the shootings.

Much criticism was directed at the Emanuel community for their act of forgiveness. The critics want justice meted out to Mr. Roof. Major point #1: *forgiveness does not mean absolving* the other person of their responsibility for the harm they caused. You don’t say, “Ah that’s OK ... it was nothing.” Someone did you wrong and must be held accountable. But not by you ... you’ll leave it up to those in authority, to the courts, to the Lord. Even karma can come into play, the principle that what goes around comes around and those who do evil will find their futures affected by that evil.

Major point #2: *forgiveness does not mean forgetting*. You will always remember the harm done to you. You will be

justified in taking steps to protect yourself from future harm. If, for example, you’ve told someone something in confidence, and then find out that everyone knows what happened, you’re totally justified in not trusting that person with future confidences. Fool me once, shame on you. Fool me twice, shame on me.

So once you’ve made the decision to forgive, what then? How does one act on that decision? How do you concretize it?

The first thing to remember is this: it’s a process. You’re not gonna suddenly get up from the couch and say, “OK, I’m gonna go over and forgive Pat.” Forgiveness is a process whereby you make a conscious decision to let go of resentment and thoughts of revenge, however long it takes. Sometimes it seems like I have to make that decision every five minutes. At other times, days go by and I think everything is OK now, when suddenly something triggers the angry negativity again. We like to think that by not forgiving the other person we’re making them suffer. No way ... they probably couldn’t care less. We’re the ones who suffer the most. An old saying states, “withholding forgiveness is like drinking a cup of poison and expecting the other person to die.” I’ve never heard anybody say, “I feel so much better being resentful.”

In an ideal world, you go to that person and you tell them that you forgive them, whether they ask for forgiveness or not, because you’re doing it for your sake, not for theirs. You do not wait for them to come to you first! Yes, that’s scary. It might cost you a relationship. You might pay another price. Bear in mind, though: not addressing the resentment might cost you your health, your life, your soul!

Prayer helps a lot, but with a twist! For example, there is a fellow Holy Cross religious who can’t stand me, and I don’t like him either ... and I know there are many others whom this man doesn’t like. I started praying for his conversion of mind and heart. Then one day it occurred to me that I too need conversion. After all, I don’t like him either. So now my prayer is for him *and* for myself.

One technique that I was encouraged to use long ago is the “empty-chair technique.” You get a chair and set it down in a room and imagine that person in the chair and say, “I need to say some things to you. Here’s how you hurt me ...” and you lay it out. You say it to the chair. Another way to do it is to write it all out in a letter that you can never mail. If the person is dead, go to the cemetery.

The need to forgive is a large part of the Gospel of Jesus. “Love your enemies,” Jesus says. “Do good to those who have hurt you. Turn the other cheek. Forgive seventy times seven.” It’s important to realize the kind of love Jesus talks about has nothing to do with the emotion or feeling of love. Jesus doesn’t even tell us to like our enemies. But what Jesus does expect of us is that we at least want the well-being of the other person.

Jesus also reminds us of our calling to be compassionate as God is compassionate. Part of the process of forgiving is trying to stand in the other person’s shoes. Even though I forget to do this in the heat of the moment, I try to ask myself, “Why did Pat or Chris do this?” What is hurting inside them that drives them to such behavior? If you think about it, chances are good the individual has received the same kind of hurt that s/he has inflicted on you. Because they haven’t forgiven the cause of their hurt, they inflict it on others. By thinking compassionately, we are beginning to care for our enemy and beginning to want their well-being.

How do you know you’ve truly forgiven another? Give yourself a test. Do I secretly rejoice when I hear they are having problems or misfortune? Do I avoid the person on purpose? Do I speak to the person only when something like a chance meeting happens? Do I constantly think about the wrong committed? Do I ever sit in silence and meditate and brood over the wrong done to me? Do I hesitate to pray for the person? Any one of these means you are still on the way, and more time and prayer are needed. Eventually, you may come to a point where you can think about the individual and it doesn’t hurt anymore. The process is closed when you can sincerely pray for God to bless them and keep them well.

In this Year of Mercy, may the God of forgiveness and compassion forgive us our sins as we forgive those who have hurt us.