

## Holy Family B - December 2020

### **Cancer, heart disease and family relationship:**

A few years ago, a study was undertaken to find the U.S. city with the lowest incidence of cancer and heart disease. The winner was Rosetto, Pennsylvania. Soon experts descended upon the city expecting to see a town populated by non-smokers, people who ate the correct food, took regular exercise, and kept close track of their cholesterol. To their great surprise, however, the researchers discovered that none of the above was true. They found instead that the city's good health was tied to the close family bonds that prevailed within the community. This suggests that there is much to be said for a close and loving family relationship. (Robert Duggan & Richard Jajac).

### **Make the family a confessional rather than a courtroom.**

A senior Judge of the Supreme Court recently congratulated the bride and groom in a marriage with a pertinent piece of advice: "See that you never convert your family into a courtroom; instead let it be a confessional. If the husband and wife start arguing like attorneys in an attempt to justify their behavior, their family becomes a court of law and nobody wins. On the other hand, if the husband and the wife -- as in a confessional -- are ready to admit their faults and try to correct them, the family becomes a heavenly one." Thus, we can avoid the dangers we watch in dysfunctional families as presented in TV in the shows like *Married with Children*, *The Simpson's*, *Everyone Loves Raymond* and *Malcolm in the Middle*.

### **Waiting**

Jesuit priest William Lynch has observed that there are two kinds of waiting. One kind waits because there is nothing else to do. The other is a waiting energized by hope. The decision to engage in this hopeful kind of waiting, he says, "is one of the great human acts. It includes, surely, the acceptance of the darkness, sometimes in defiance. It includes the enlarging of one's perspective beyond the present moment... It simply chooses to wait, and in so doing gives the future the only chance it has to emerge."

### **Shrewd girl:**

One day, a little girl was sitting and watching her mother do the dishes at the kitchen sink. She suddenly noticed that her mother had several strands of white hair sticking out in contrast on her head. She looked at her mother and inquisitively asked, "Why are some of your hairs white, mom?" Her mother replied, "Well, every time that you do something wrong and make me unhappy, one of my hairs turns white." The little girl thought for a while, and said, "Momma, how come that grandma's head is full of white hair?"