

Prayers: Francis McGee, '26, University of Notre Dame
died suddenly. Ill, grand- Religious Bulletin
mother of Louis Rieg; sister.. April 12, 1951

...of Father Fred Schulte, CSC.
Injured, Floyd Blair; Jim
Aoki, 6 Special Intentions.

The Discipline Of Christ.

Christ faced reality exactly as it was--the world in need of redemption and in need of revelation. Men needed to be saved and to be taught. For this the Son of Man had to be raised on the Cross. For this He came to bear witness to the truth. All His energies were devoted to teaching and salvation. There was no time but for the Father's business; no place where He might, like the foxes and birds of the air, be at home and at rest. No legions of angels were called to save Him from Pilate; there was no descent from the Cross at the challenge of the Pharisees.

He was poor like the people in His parables; tired like the fishermen among whom He moved. He slept in the boat. But as a creature, as possessing humanity which He created, He sought no freedom from its claims, like unto us in all but sin.

Our Confirmation graces and gifts help us to share in Christ's refusal to escape from the bitterness of reality. There are so many avenues of escape open to us today that if we use them for the wrong motive our moral caliber and power of resistance are imperceptibly weakened. Movies, drinks, novels and girl-friends are all things which are good in themselves. The trouble is that we may use them continuously as forms of escape.

There is no escape to happiness; there is only escape to pleasure and the two are radically different. Pleasure is the concomitant of action; happiness is the concomitant of ordered action. There is disorder in the personality if the mind and heart are not directed toward God.

Pleasure which is pure and simple escapism can be dangerous. Drunkards do not begin a life of drink as alcoholics. A few drinks--and the pleasant realization that the edge comes off worry. The psychology of addiction to drugs and drink possibly centers upon a flaw in the personality when it meets circumstances with which it finds difficulty in coping.

The tendency to look for soporifics in time of crisis is almost universal. Within reason there is no quarrel, as long as people remember that soporifics are temporary makeshifts and that sooner or later they will have to meet their problems squarely.

Those who are addicted to sexual perversions should first of all try and discover what is the dominant aspect of life they are seeking to escape by indulgences in these habits. They must then try to build up a pool of self-control, refusing to be discouraged by lapses. Sometimes the physical habit is carried over from adolescence and there is little attempt to fly from reality, but rather an overpowering desire for the relaxing of physical tension.

In all such cases the great thing is to try and keep the imagination free from stimulating images. It will be useless trying to do this if they keep pictures of pin-up girls and indulge in sex phantasies. If they go at the problem wholeheartedly from every level a wonderful moment will come for them when they have sweated away at a particular temptation and know suddenly that they are victors.

Whatever the suffering, sufferers can unite their efforts with the suffering of Christ Who is by his side. The struggle will be won if they keep at it, but it must be an all-level, all-out effort. . . .

Facing all problems of reality is a discipline best exemplified by Christ. The gifts and graces of Confirmation make this easier than it would be without them. The Eucharist gives the personal help from Christ which prevents the stresses of life from making us bitter.

(Digested passages from "Neuroses and Sacraments" by Alan Keenan, O.F.M.)