

St. Mary's of the Lake, Watkins Glen, NY
St. Benedict's, Odessa, NY



Finding Peace and Healing in a Troubled World, Part III

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Finding Peace and Healing in a Troubled World, Part III

Webinar Tips

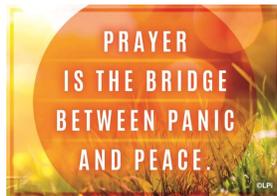
- All participants are muted to reduce background noise
- If slides are not fully visible, check at the top center of your screen for "fit to window" under arrow.
- If you would like to ask a question, at the bottom of your screen you should see a box with the letters "Q & A". Click it and you can type your question. It will show on my screen.
- In addition to the slides, you should see a video of me. It should appear in the upper right of your screen. It should not block any significant content on the slides. If it does, you can drag it around.

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Opening Prayer



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Review

(Parts I and II available online at
www.renewaloffaith.org/healing)

- Sacraments of Anointing of the Sick and Reconciliation
 - Question from the evaluations - Can you ask for the sacrament for the sick for illnesses of diabetes, controlled by diet, or is it more for something more life threatening?

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Review

(Parts I and II available online at www.renewaloffaith.org/healing)

- Forgiveness
 - Question from Part II evaluations – What is the passage “Amen, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven” (Matthew 18:18) refer to? Is this about us holding grudges?
- Another question – What about praying the rosary in a troubled world?

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Doxology at end of the Lord's Prayer:

“***Deliver us, Lord***, we pray, from every evil,
Graciously grant peace in our days,
 That, by the help of your mercy,
 We may be always free from sin
 And ***safe from all distress***,
 As ***we await the blessed hope***
 And the coming of our Savior, Jesus Christ.



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Broken...But Not Alone

- “My spirit is broken, my days finished, my burial at hand.” Job 17:1
- “The LORD is close to the brokenhearted, saves those whose spirit is crushed.” Psalm 34:19

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We Do Not Suffer Alone

As we face our own suffering we think of Jesus' suffering during his Passion. He was beaten, scourged, and crucified.

He suffered because people did not understand who He truly is.

Not only that but when He was arrested, He was ***left alone*** by his own disciples who fled.

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Brokenness - Individual

- From a personal loss
 - Death of a loved one
 - Losing a loved one to dementia
 - Loss of a job
- Hurt in the past
 - Abortion, our choice or another's choice
 - Miscarriage
 - Not feeling listened to or valued repeatedly
 - Feeling isolated

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Brokenness - Betrayal

Sometimes we feel betrayed by the very person who should be protecting us.

- Divorce
 - Healing between spouses
 - Healing for children
- Abuse (sexual, physical, verbal)

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Brokenness – Betrayal cont'd

Question from Evaluations: If your spouse has hurt you over and over again and actually manipulates you into trying to keep you from serving God...accuses you of being silly or a fanatic?

- Can you divorce them?
- If you shouldn't divorce them but did, do you have to reconcile and go back to being married to them?
- Can one leave a spouse because **they want** to serve the Lord without hindrance?

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Brokenness – In the World

- Riots, racism, hatred
 - “For in one Spirit we were all baptized into one body, **whether Jews or Greeks**, slaves or free persons, and we were all given to drink of one Spirit” (1 Corinthians 12:13).
- Politics
- Relativism – no truth yet some people think they are always right
- There is more and more polarization and division
 - Has COVID caused (more) division or just made it more visible?

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The Hurt Within Us

“The Resentment I am referring to is not simply the momentary emotion of feeling angry and frustrated. It is deeper and darker than that. It is the repeated reliving of a negative emotion. It is a deep-seated cycle of anger in a person’s life. It is the relentless restlessness and discontent that comes from our power, pride, and prejudice being frustrated” (Longenecker, 44).

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When an Individual Suffers, the Community Suffers

Certainly, the immediate victim is the priority and bears the greatest pain. Still, the effects go beyond the victim.

- Examples
 - Clergy Sexual Abuse Crisis
 - Broken trust
 - Others wonder (guilt) – did I miss something?
 - Racism – It effects how we perceive other people and how we treat them

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Letting Go of the Hurt

“From a psychological perspective, withholding forgiveness **makes us** increasingly vulnerable to bitterness and hostility, to thinking only the worst of others, and to alienation from our own best self. Mental health professionals consistently remind us that however much we may want to believe that some combination of retaliation and redress will give us lasting relief from the suffering that others’ transgressions cause us, we are still better off putting our grievances behind us” (Howe, 104).

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“Self-medicate”

“The absence of God in our society leaves an inner void that people seek to fill with all kinds of counterfeits” (Healy, 14).

When we are in need of healing, we search for ways to make us feel better:

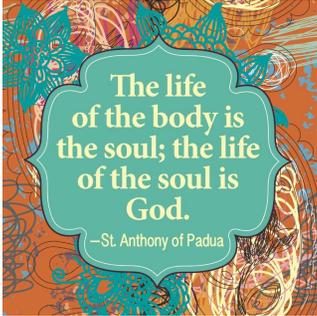
- Physical pleasures
 - Stress eating
 - Drugs/alcohol
 - Promiscuity
- Self-destructive behavior (acting out)

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“Jesus came to heal the whole person, body and soul.” (*United States Catholic Catechism for Adults*, 251)



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Brokenness - Healing

- Stop trying to “win” on our own
→ Surrender, not to defeat but to God
- “Therefore, that I might not become too elated, a thorn in the flesh was given to me, an angel of Satan, to beat me, to keep me from being too elated. Three times I begged the Lord about this, that it might leave me, but he said to me, “My grace is sufficient for you, for power is made perfect in weakness.” I will rather boast most gladly of my weaknesses, in order that the power of Christ may dwell with me. Therefore, I am content with weaknesses, insults, hardships, persecutions, and constraints, for the sake of Christ; for when I am weak, then I am strong” (2 Corinthians 12:7-10).

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Brokenness – Healing cont’d

- “Life is not about waiting for the storms to pass, but about *learning to dance in the rain*” (Berg, 8).
- “In the summer of 2010, what was happening inside was that I was beginning to experience – *to feel* – the depths of my own wounds. Yet, that was actually the necessary first step towards healing” (Berg, 37).

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Peace be with you

“Lord Jesus Christ,
Who said to your Apostles:
Peace I leave you, my **peace** I give you,
Look not on our sins,
But on the faith of your Church,
And graciously grant her **peace** and **unity**
In accordance with your will.”

What does “peace” at the sign of peace mean?

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Eucharist as Healing

“The centurion said in reply, “Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed” (Matthew 8:8).

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Who Can Receive the Eucharist?

- Why, if the Eucharist brings healing, do we not allow some people to receive the Eucharist
 - Non-Catholics
 - “This is the Passover statute. No foreigner may eat of it. However, every slave bought for money you will circumcise...If any alien residing among you would celebrate the Passover for the LORD, all his males must be circumcised, and then he may join in its celebration just like the natives. But no one who is uncircumcised may eat of it” (Exodus 12:43, 48)
 - “You shall not oppress or afflict a resident alien” (Exodus 22:20)

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Who Can Receive the Eucharist? Cont'd

- Sinners – if one is guilty of mortal sin, healing begins with the Sacrament of Reconciliation
 - “Therefore whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord. A person should examine himself, and so eat the bread and drink the cup. For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself” (1 Corinthians 11:27-29)
- Divorced **and** remarried outside the church to receive the Eucharist?
 - Annulment as a healing **process**

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What is Healing?

“His whole mission can be described as a work of healing, a restoration of souls **and** bodies to the fullness of life that God intended.” (Healy, *Healing*, 29)

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The Problem of Evil

The reality is that bad things happen. Thus, people think if evil exists, God must not:

- Exist
 - Care
 - Be able to do anything about it

God does exist. Jesus was often moved with pity.

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Jesus Was Moved with Pity

- Feeding of the Multitude – He knew their hunger - Matthew 14:14, Matthew 15:32, Mark 6:34, Mark 8:2
- “Jesus went around to all the towns and villages, teaching in their synagogues, proclaiming the gospel of the kingdom, and curing every disease and illness. At the sight of the crowds, his heart was ***moved with pity*** for them because they were troubled and abandoned, like sheep without a shepherd” (Matthew 9:35-36).
- “They answered him, “Lord, let our eyes be opened.” ***Moved with pity***. Jesus touched their eyes. Immediately they received their sight, and followed him” (Matthew 20:33-34).
- Raising of the Widow’s Son - Luke 7:13

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So Why Does Evil Exist?

- God loves us so much that He gives us free will so that we can ***choose to love*** him. Unfortunately, we don’t always make good choices.
- Sometimes we don’t listen (refer to my series on prayer – www.renewaloffaith.org/prayer2021)

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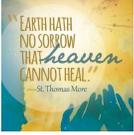


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Allowing Ourselves to Grieve/Heal

- We each grieve differently
- Our feelings are “real”
- My article “Allowing Ourselves to Grieve” - <http://nebula.wsimg.com/22738ff69d3fc9af70ad3467a683114e?AccessKeyId=F465FCE598BCE1CD661B&disposition=0&alloworigin=1>

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Allowing Ourselves to Grieve/Heal

- Monsignor Shannon gives us some guidance on understanding our grieving using Elisabeth Kubler-Ross's five psychological stages of the **dying process** as found in her book, *On Death and Dying* (1969).
- All the stages may not apply in our grieving or they may occur in different order.

(Shannon, *Here on the Way to There*, 12, 74-75, 86.)

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Allowing Ourselves to Grieve/Heal

- This being said, the five stages of dying are
 1. Denial
 2. Anger
 3. Bargaining
 4. Depression
 5. Acceptance

(Shannon, *Here on the Way to There*, 12, 74-75, 86.)

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Allowing Our Suffering to Lead Us to Growth

- Acceptance
 - “Real men know how to suffer. They don't seek it out, but they recognize that suffering is a fact of life” (Guzman, 7).
 - “Of course, suffering isn't a good in and of itself” (Guzman, 75).

“and the truth will set you free.”
(John 8:32b)

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Allowing Our Suffering to Lead Us to Growth cont'd

- Once we accept the suffering
 - “Suffering – whether it be physical, emotional, or spiritual – provides an opportunity for personal growth. It can especially help us to develop wisdom, compassion, and fortitude” (Guzman, 75).
 - “The rushing waters of a river can be dangerous and even deadly. But when channeled into a turbine, they can be harnessed in order to generate enough electricity for a small town” (76).
 - “Moreover, suffering well can be a great witness to a world that fears pain above all else” (76)

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Allowing Our Suffering to Lead Us to Growth cont'd

- Denial - "There is part of us that wants to keep the reality of clergy sexual abuse and its aftermath at a safe mental and emotional distance" (Berg, 40).
- Anger – We become self-righteous to justify our anger.
- Acceptance - "Yet when they do eventually begin sharing their stories, they discover that telling what happened, and being listened to and believed, is key to any possible healing" (Berg, 39).

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Jesus' Lesson from the Cross

- "The cross of Jesus doesn't just reveal God as unconditional love; it also reveals how vulnerability is the path to intimacy" (Rolheiser, 35).
- "In simple language, Jesus took away the sin of the world by taking in hatred and giving back love" (Rolheiser, 54).

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We do not need to suffer alone.

The Stations of the Cross remind us that

- Simon of Cyrene helps Jesus carry his Cross
- Veronica wipes the face of Jesus

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We have reason to hope

To be able to heal, **we need hope**. Our hope is rooted in the Divine Mercy of God.

Remember what God said to Jeremiah, what He says to us:

*"For I know well the plans I have in mind for you—
oracle of the LORD—plans for your welfare and not for
woe, so as to give you a future of hope"
(Jeremiah 29:11).*

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Serenity Prayer by Reinhold Niebuhr

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.”
Living one day at a time,
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did,
this sinful world as it is,
not as I would have it;
***trusting that You will make all things right
if I surrender to Your will;***
so that I may be reasonably happy in this life
and supremely happy with You forever in the next.
Amen.

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Future Schedule

- Future presentations
- When you exit this webinar a short evaluation questionnaire should come up to invite your feedback. *Please note that unless you identify yourself in the evaluations, I cannot respond individually.
- The slides for this presentation will be available online at www.renewaloffaith.org/healing

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Resources

Berg, Rev. Thomas, *Hurting in the Church: A Way Forward for Wounded Catholics*. Huntington, IN: Our Sunday Visitor. 2017.

Catechism of the Catholic Church. Second Edition. Libreria Editrice Vaticana, 1997.

Guzman, Sam, *The Catholic Gentleman: Living Authentic Manhood Today*. San Francisco: Ignatius Press. 2019.

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Resources cont'd

Healy, Mary, *Healing: Bringing the Gift of God's Mercy to the World*. Our Sunday Visitor: Huntington, IN. 2015.

Howe, Leroy T., *Guilt: Helping God's People Find Healing and Forgiveness*. Nashville: Abingdon Press. 2003.

Kraybill, Donald B., Steven M. Nolt, David L. Weaver-Zercher. *Amish Grace: How Forgiveness Transcended Tragedy*. Jossey-Bass (John Wiley & Sons, Inc.) 2007.

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Longenecker, Fr. Dwight, *Immortal Combat: Confronting the Heart of Darkness*. Manchester, NH: Sophia Institute Press. 2020.

Rolheiser, OMI. Fr. Ronald, *The Passion and the Cross*, Fr. Cincinnati: Franciscan Media. 2015.

St. Joseph Edition of The New American Bible Revised Edition. New Jersey, Catholic Book Publishing Corp. 2010.

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Resources (cont'd)

Shannon, Rev. Msgr. William H. Shannon, *Here on the Way to There: A Catholic Perspective on Dying and What Follows*. Cincinnati: St. Anthony Messenger Press. 2005

Sri, Edward, *Who am I to Judge: Responding to Relativism With Logic and Love*. San Francisco, Ignatius Press. 2016.

Tighe, Tommy, *St. Dymphna's Playbook: A Catholic Guide to Finding Mental and Emotional Well-Being*. Notre Dame, IN, Ave Maria Press. 2021.

USCCB, *United States Catholic Catechism for Adults*. Washington, DC: USCCB, 2006.

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