

Reflections

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Crosses We Seek Ourselves

There are crosses which neither God nor others ask of us. They are the crosses of carelessness and irresponsibility, the crosses of shortcomings and vices.

1. To gamble with life. There are irresponsible persons who often risk their lives by not wearing a **seatbelt**. Perhaps we are experienced drivers, but the true danger comes from others. On the road there are many inconsiderate persons at the wheel. How many accidents do not occur because of excessive alcohol consumption, tiredness, risky maneuvers, or animals on the road! We all know persons who died innocently, were left mutilated or paralyzed.

A USA paramedic comments: "I have probably seen 2,400 accidents, and I have never had to remove a seatbelt from a cadaver." There are mothers who have children on their laps and do not wear seatbelts. "Ironically many mothers survive because the baby was crushed." Anyone who enjoys this type of cross should continue not wearing a seatbelt.

2. To gamble with health. In one's youth it is a fun game. As time passes, we have the flip side of the coin and it becomes a cross.

2.1 The cigarette. Advertising wants to have us believe that smoking strengthens our courage and importance. Nevertheless, psychologists say that the smoker does not want to look at himself as he is. He hides behind himself and flees from the conflicts and tensions he must face.

In the end, we await the cross of a painful illness or a premature death. The problem with the cigarette is that the harm appears after a long time has passed and it is too late to repair the damage.

It deals with a true vice because it creates a strong dependence. We all know persons who have repeatedly tried to quit smoking and have not been successful. Only a will of iron can free us from this habit

2.2 Food. For many it is a vice which in time becomes a heavy cross. How many persons are not able to follow a diet, persons who because of being overweight or medical reasons should do so! When it comes to food, they cannot control themselves and lack discipline. Their intentions become failures. The vice is stronger than the will. We all know that someday nature seeks revenge and then we are sorry for our bad eating habits.

Father Kentenich believes that many of man's physical difficulties are related to the stomach and the intestines. The problem is that we eat whatever we want to and most of it cannot be digested. That can not only obstruct the system, but also poison it.

What practical advice does Father Kentenich give us?

- (1) Do not eat too much or eat less. Eat what is necessary.
- (2) Do not eat so many times. His proposal is to not eat supper or to have a light supper because the body finds it difficult to digest it all. He reminds us of a German saying: for breakfast, eat like an emperor; for lunch, eat like a king and for supper, eat like a beggar.
- (3) Eat slowly, that is, chew well. To eat quickly is not healthy.
- (4) Never eat when you are upset. Eat with calmness and tranquility.

That meals be times of peace and joy, and not times of argument, fighting or reprimand!

Questions for reflection

1. Do I use my seatbelt or do I believe accidents only happen to other people?
2. If I smoke, have I really tried hard to quit smoking?
3. Do I think it is a reasonable proposition to not ask for seconds?

If you wish to comment on this text or give a testimony, write to: pn.reflexiones@gmail.com

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