

ENCOURAGEMENT

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Anger !!!

THE HOST APOSTOLATE

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Whenever we turn on the television or read any media we find quite quickly some reference to anger. This can be from mild annoyance to fury over some issue. Sometimes the entire world is angry about something or other and that has affected someone. It is often a matter of particular concern to that person, or it may be an issue in the community or country. It is almost taken as given that if something does not go our way that we should show anger however displayed or hidden. We even have words for this called 'passive anger' where the individual clearly does not exhibit rage or demonstrates displeasure but in the manner of communicating displeasure reveals their true position.

Seeing someone lose their temper in anger, or worse rage, is never a pretty sight and has impact on those around them. It is often difficult to maintain a calm if people are angry with each other and we try to remove ourselves from the situation of pacify which sometimes seems to make things worse. It can lead to those around the people involved taking sides which then leads to an even greater conflict. In some cultures where opinions are held loudly this can give a false impression of the strength of feeling. In those places where any external exhibition is frowned upon, it can lead to hidden feelings and resolutions can become difficult.

Anger can evolve as a result of many things. It can be as a result of differing opinions as sometimes in families, the everyday differences of style of being, conflict over rights, frustrations over behaviour of a family member, tiredness, minor irritations, carrying something from another situation, misunderstandings over quite simple issues. Misuse of language can spur others on and inflame a situation. Personality comes into play as we all react to different situations that arise in diverse ways. Some people are more tolerant and patient than others, some have more understanding than others, and yet others, know how to hold their peace! The escalation of anger can have

profound consequences. In some cases this results in leading to violence as one person wishes to make the recipient bow to their control. It becomes a source of power and domination. Often this behaviour is learnt in childhood and is hard to deal with and difficult to unlearn. Serious abuse, which sadly today we see in families, communities, and cultures can be the result. It can be caused by a learnt response or a never challenged belief that this is the only way to gain control. Domination of one group or section becomes the motive for anger and violence. Sometimes this can transcend generations in family disputes as well as societal ones. This can lead to continuous violence and war. Do we have any doubt, looking around us, that this is so in many parts of the world? Ingrained

prejudice leading to hatred and violence is a major contributor to this, leading to consistent 'spark points' and conflict.

Does all this mean that anger is always a dreadful thing and to be rejected? First of all,

there are many ways of registering anger. These do not always require any violence or heated talk. It is a sign of a 'thought out' position that people can state their opinion strongly without this display. In the best of debates, over any issue, it is not always the one who speaks loudest who is most listened to. Anger, a signal of dissatisfaction or disagreement, can be expressed by explanation of the situation. It can also be presented as a truthful analysis. But we must never forget too that there are situations where anger is justified.

We are called as Christians to be just and become peace makers. There are however situations where true peace cannot be maintained against a situation of injustice. If there is serious assault or the principle of justice, then simply meekly walking away **ONLY MAINTAINS THE INJUSTICE AND WE BECOME PARTLY CULPABLE FOR ITS EXISTANCE**.

There are many situations in our world where this is so, with ongoing definitions of justice and fairness. It



"Keep your heart in peace and let nothing trouble you, not even your faults. You must humble yourself and amend them peacefully, without being discouraged or cast down, for God's dwelling is in peace." St. Margaret Mary Alacoque

is often 'hard won' by people who stand up for what is right in adverse situations. This can be over such issues as poverty, prejudice, violence, lack of freedom of speech and religious intolerance. Change does not happen by chance but by insistence upon a thorough history. In many lands it has taken those with courage to stand out in the crowd to bring about a just change. Sometimes this was done by peaceful protest as we can see in the civil rights movement and sometimes by 'maintaining ground' which may result in the persons loss of life or freedom.

So, what of the teaching of Jesus? Jesus often led by example. There is a fashion to see Jesus as so meek and mild that He never lost his temper and be angry or speak out. This is a false presentation, and His three years of Ministry shows many occurrences of his 'anger.' He gave the Pharisees short shrift when they challenged him or mocked Him. He certainly did not pull back from telling them exactly where they stood. Always returning to the truth he never shied away from rebuking them.

Let us look at some of these: "Woe to you, teachers of the law and Pharisees, you hypocrites! You shut the door of the kingdom of heaven in people's faces. You yourselves do not enter, nor will you let those enter who are trying to" (Matthew 23:13). Jesus cares for people. He desires for them to know Him and to enter His kingdom. Or: Jesus pronounces against the scribes and Pharisees calls the religious leaders "blind guides" and "blind fools" (Matthew 23:16-17). Also, Jesus claims the scribes and Pharisees are "like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean". In the garden of Gethsemane, He rebukes Peter for violence against Malchus but before the Sanhedrin He questions the right of the Rabbis to strike him: "If I said something wrong," Jesus replied, "testify as to what is wrong. But if I spoke the truth, why did you strike me?"

We must not forget His outrage at using the temple for market purposes and usuary and corruption against the poor. Indeed, His anger was manifest to all.

So, was he justified? The answer is without a doubt 'Yes.' This was 'righteous anger' against both injustice and corruption. The religious leaders spread lies covered in a veneer of godliness, Jesus spoke harshly against them because He came to bring life. His purpose was being undermined by them and thus His inner peace declared the truth. "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls". Here we have the purpose of His anger.

We all have moments of anger, some struggle more

than others, but we must always be certain that our anger **is justified** and if not, we must curb it to establish inner peace and tranquillity.

So too must we use it for establishing Jesus' Kingdom in His fashion.

Halina Holman ©

Pope Francis *Rome 2024*

"Here we must mention the sin of anger, a violent movement of which we all know the impulse. Who hasn't been angry sometimes? All. We must ask ourselves a question: how many things have we destroyed with anger? How many things have we lost? A moment of anger can destroy so many things; you lose control, and you do not evaluate what is really important, and you can ruin your relationship with a brother, sometimes without remedy. Out of anger, so many brothers no longer speak to each other, they distance themselves from each other. It's the opposite of meekness. Meekness gathers, anger separates. Meekness conquers so many things. Meekness is capable of winning the heart, saving friendships and much more, because people become angry but then calm down, think about it and get back on their feet, and so we can be rebuilt with meekness."

Prayer. R.I.P.

As I wrote the above Pope Francis' death was being announced. We pray for Him with our hearts. We mourn the loss of A good Shepherd, another 'Peter'. We pray for a Blessed Successor.



Feast Days in May

1st St. Joseph the Worker

2nd St. Athanasius

3rd Sts. Philip & James, Apostles

4th Third Sunday of Easter

11th Fourth Sunday of Easter

13th Our Lady of Fatima

14th St. Matthias, Apostle

18th Fifth Sunday of Easter

21st Sts. Christopher Magallanes & comp.

22nd St. Rita

24th Our Lady, Help of Christians, Patroness of Australia & N.Z.

25th Sixth Sunday of Easter

27th St. Augustine of Canterbury

29th Ascension of the Lord Holy Day of Obligation

30th St. Joan of Arc

31st Visitation of the Blessed Virgin Mary