

Earlier this month, researchers at the Swiss Federal Institute of Technology Lausanne were able to accomplish something that no one has ever been able to do: they were able to directly observe and photograph light behaving as both a particle and a wave.

In 1905, Albert Einstein published a paper on the photo-electric effect – which showed that light acts as a particle, known as a photon.

However, since the 18th century, various physicists had been demonstrating that light behaved like a wave.

The so-called “wave-particle duality” has continued to puzzle scientists, and spawned various schools of thought into the meaning of this apparent contradiction.

Today is the Fourth Sunday of Lent. You may have noticed my vestments are not the rich violet color that is associated with penitential seasons, but rather are what liturgists officially call “rose.” The lighter color serves two purposes: For one, it signals the mid-point of Lent. And if we have been exceedingly hard on ourselves (or others) in our penances, the rose vestments remind us to “lighten up” realizing that it is all down hill from here. On the other hand, if we have slacked off on our Lenten practices, or maybe are just now waking up to the fact that we should be considering some sort of penance, the brighter color can serve as a warning signal to get your act together, since we’re already half-way through Lent.

Nonetheless, in today’s Gospel, Jesus meets with Nicodemus. He is a teacher and a judge of the Law, and he comes to Jesus at night time. Sneaking around, so as not to be noticed by his contemporaries.

Jesus doesn’t miss this. Nicodemus could come to him at any time to ask his questions, but he instead does this under cover of darkness.

And so Our Lord says to this judge of Israel:

*this is the verdict,
that the light came into the world,
but people preferred darkness to light,
because their works were evil.*

The Gospel ends with these words:

But whoever lives the truth comes to the light,
so that his works may be clearly seen as done in God.

Human beings also have a dual nature: we have two major parts: a body, and a soul.

Perhaps too often, people get preoccupied with their physical nature – who I am, what I am I wearing, where do I live, what do I have. Yet we neglect the development of the soul.

St. John's Gospel presents a tension, or a struggle, or a battle – if you will – between darkness and light, body and soul, physical and spiritual. Yet we cannot have one without the other. A body without a soul is dead.

Thanks be to God that He *“so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.”*

But these days, it begs the question what does anybody believe in?

As we approach this altar to receive the Sacred Body and Blood, Soul and Divinity of Jesus Christ, let us make our choice for light over darkness. May we, through the manifold graces of the Most Blessed Sacrament of the Altar – the Holy Eucharist – cast off the works of evil, darkness, and the flesh ... and put our entire focus on Jesus Christ – He who is the Way, the Truth, and the Light ... may we grow ever deeper in Faith, Hope, and Love as we prepare to celebrate worthily the Easter Sacraments ... in just a few more weeks.