

In his last book, written in 1948, writer and lecturer Dale Carnegie set out a plan to conquer worry. The title of the book is: *How to Stop Worrying and Start Living*.

Aside from recounting his own experience of setting aside his own personal issues so that he could live a fuller life, Carnegie quotes several famous people of the time. One of these is Eleanor Roosevelt, who had recounted to Carnegie how shy she was a young girl. And how a relative had given her the advice to “*Never be bothered by what other people say, so long as in your heart you are right.*”

Roosevelt summed it up as:

*Do what you feel in your heart to be right – for you'll be criticized anyway.*

*You'll be damned if you do, and damned if you don't.*

In today's readings we hear the prophet Jeremiah talking about “*Terror on every side!*” Even his friends have turned against him. And in the Gospel, Jesus asks His persecutors, “*For which of [his many good works] are [they] trying to [kill him]?*”

If we wait for approval from people, we may never get started on doing things, after all - you can never satisfy everyone. But if we rely on God's direction on how to live our lives, we can proceed forward without fear despite the criticism of certain individuals.

Today, is customarily the Commemoration of the Seven Sorrows of Our Lady. In the current Missal, it only presents itself in an optional Opening Prayer.

Yet, despite the hardships she endured throughout her life, Mary also remained united to God's grace and sets an example for all of us who strive to live as disciples of her Son.

As we approach this altar to receive the Sacred Body and Blood, Soul and Divinity of Jesus Christ, let us pray for the grace of perseverance so that we might always abide in God's will and live our lives in His abundant grace, mercy, and love.