

Doing a “Google” search of “Holiday Stress” yields all sorts of things: The Mayo Clinic website has “Tips for coping with the Holidays”, another site offers “6 easy ways to manage holiday stress”, health.com has “25 ways to fight holiday stress.” And the list goes on and on.

We live in a stress-filled world. Even children have scheduled activities nearly every day, or multiple things a day. I don’t remember being that “booked up” as a kid.

The prophet Isaiah seems confused – Don’t you know? Haven’t you heard? – The Lord provides strength, and He never gets tired.

And in St. Matthew’s Gospel we hear Our Lord say: “Come to me . . . and I will give you rest.”

As we approach this altar to receive the Sacred Body and Blood, Soul and Divinity of Jesus Christ, let us pray that we might put things into perspective. Realizing the “Reason for the Season” . . . to take quiet time for prayer and reflection during this time . . . and allow God to be our strength in everything we say and do.