

HUMOUR & FAITH!

A crystal clear moment in my life happened just before I started my priestly formation when Cardinal Freeman said to me; *“I hope that you have a good sense of humour because you’re going to need it.”*

Below are some insights about humour, faith and life that I gained from an excellent article written recently by Fr Gerald Arbuckle SM.

- Humour so often emerges when a double meaning is revealed out of a life reality. It’s positive when it sustains the dignity of someone and it’s negative when it’s taken away.
- Jesus of Nazareth knew how to use humour well. For example, when he said; *“That it’s easier for a camel to go through the eye of a needle than it is for a rich man to enter the kingdom of heaven.”* (Mark 10 verse 25). His materially poor audience would have laughed out loud as they imagined this absurd scene.
- There are 3 stages in revealing good humour. The first stage is the *separation* stage that clearly divides the formal and the informal in life. The second stage is the *luminous* stage where people can readily appreciate the irony of a situation. The third stage is the *renewal* stage, this is where people gain an enduring sense of inner joy from what they have heard.

Saint (Pope) John XXIII was asked; *“How many people work in the Vatican?”* And he immediately said; *“About half!”* I hope that he was being humorous!

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