

ADVERSITY amidst IMPATIENCE!

One of the world's great tourist attractions is *The Tower of London* in 2019 no less than 2.98 million people visited this site.

It was originally built about 900 years ago and over the centuries it has been a castle, a tower and a prison. There has been many famous and infamous people who have been executed on this site, some of the famous people include some of the wives of King Henry VIII as well as Saint Thomas More (1478-1535).

About 300 years ago an unknown man just before he was executed somehow carved into the thick concrete wall these poignant words; *"It's not really adversity that kills people what does kill them is their lack of patience amidst their adversity."* What this man was getting at was not so much the death of the physical body but the death of the human spirit. A few centuries later the famous holocaust survivor *Doctor Victor Frankl (1905-1997)* endorsed these words when he wrote in one of his reflections; *"If a person does not experience any meaning amidst their suffering they so easily will give into despair."*

None of us can do much about suffering that comes to us in life but we can do a lot in how we emotionally respond to that suffering! Jesus of Nazareth also endorses this reality when he tells his followers; *"Stay awake as you don't know when the master of the house is coming."* (Mark 13 verse 35) *Fr Martin R Maunsell*