



“FROM THE DESK OF FATHER JONATHAN”



NOVEMBER 8, 2015

Depression. If you have ever had it, or have known someone who has endured it, you know that it is a terrible sickness. For the depressed person, nothing is enjoyable; nothing is funny; darkness prevails.

This week I read statistics that say the number of clinically depressed people is up by nearly twice what it was just ten years ago. Some of this increase may be due to a better understanding of the disease and more people willing to admit that they suffer from it. That is certainly a good thing.

But the same study said that the disintegration of family and community life (neighborhoods, close-knit societies, lower church attendance, etc.) is another major factor in the rise. Traditional safety nets and support systems aren't there to help people cope with life's troubles and people can more easily spin out of control into serious depression.

The psychologists interviewed also said that the best antidote to depression is the closeness and unconditional love of family and friends. Of course, sometimes medicine is needed to rectify a chemical imbalance, and we shouldn't avoid this as part of God's plan for healing. But medicine alone rarely works. I bring this up here because there are many in our neighborhood who need our closeness and love. Perhaps there is someone in your building who doesn't have family or friends and is suffering alone. Let's keep our eyes open and ears close to the ground to identify people who are suffering depression and whom we are called to serve. Maybe invite them to church. Or bring them some food.

Or just sit with them for a while. If there is anyone who could use a visit from one of the priests, sisters, or lay staff of the church, please let us know.

God Bless. Father Jonathan

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