



Dearest sisters and brothers in Christ,

Do you feel hungry, not in your body, but in your soul? Do you feel a sense of emptiness? Many of us do at different times in our lives when we encounter life's strains, complexities, troubles, and stressors. It is our shared human condition. This sense of emptiness at our core makes us feel as our sisters and brothers do. These types of feelings help us to develop empathy, compassion, kindness, love, and understanding toward each other. The feelings of mortal suffering and the ubiquity of constant change in our lives sets off an imbalance in our stability leading to uncertainty and often suffering. We can be sure that pain will be part of our existence, but we can choose not to suffer by cultivating a deep faith in God.

In Psalm 145:16 it is written for our heart's solace:

“The hand of the Lord feeds us. He answers all our needs.”

The Lord may not give us exactly what we ask for. Therein lies yet another blessing for He knows what we need, rather than, what we want. Trust in His timing. Trust that He knows what our heart and soul truly needs. The Lord is always with us even when we feel alone, He is there. The Lord gives us courage, even when we are steeped in fear. The Lord gives us clarity, even when we are confused and clouded by self-doubt. Trust that He hears you, sees you, and feels your pain wholeheartedly. He answers all our needs. Imagine feeling God's loving arms wrapped around you? Imagine that this magic moment can deliver you to God's certain love and comfort? Exercise your faith. Be kind to others. Be compassionate in God's holy name. Learn to love more with each day of love you give. Give away all the love you have in your heart and watch it replenish. Feed the world wholeheartedly with your love. **Amen**.

Fr. Vincent Phung