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Message from the Spiritual Advisor ...

Catholic Physicians' Guild

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Message From The Spiritual Advisor . . .

Each of us wears a mask all year long. We have to, to keep our nerve endings hidden. To keep our hopes and needs, and hang-ups, our fears and prides and prejudices, our irrationalities and our cry-buttons from hanging out for everyone to stare at, or step on.

We wear these shells to work, to lunch, to meetings, and to church. We always keep them handy for when friends drop in, and adjust them for which friends drops in.

It's this shell, whether it be button-down, Edwardian, or denim, that confuses a lot of us in life. If we're not careful, we find ourselves writing to the mannequin, instead of to the man inside, which often makes our life cute but not convincing, beautiful but not believable, "swinging" but without substance.

Shell talk forgets that inside each of us, no matter how old or young we are, is a person who is worried about his money, his age, his looks, his health, his happiness, his family, and whether people like him, or hate him. Or worse, simply ignore him.

The secret of life, then, is to crack the shell, to be freed to live the man inside.

Simple it is, but easy it isn't. It takes an uncommon understanding of people, great sensitivity and skill, and the discipline to use them every single time.

But it means the difference between a life someone skips over and one that tempts the reader to read on.

During this season of beginnings, I wish you this life!

*With thanks to my brother priest-psychologist, J. Scherer,
Greensboro, North Carolina*

Rev. Charles Scherer
Philadelphia, Pa.