

LENTSWE

THE WORD

What Are You Afraid Of?

You've survived the first real week of term, and perhaps more importantly: you've survived Valentine's Day. This week I offer you a reflection by a young adult on love, fear and relationships. It's no uncommon, in the days after Cupid's arrow has pierced your heart (or narrowly missed) to ask the question about your relationships with others, particularly significant and romantic others: *Where's it leading? What's healthy, why am I scared to commit? Why can't I find anyone with whom I am honestly able to be myself? Well, read on and see what Leanna Cappiello has to say in an excerpt from an article in BustedHalo.com*

- Ricardo

I challenge you to ask yourself not only who you love but also what you're afraid of when it comes to relationships and loving someone more fully. These fears are applicable to romantic relationships, but they are also applicable to friendships and family relationships, too. To start, consider a list of three common fears I've compiled.

Fear that it's just not the right time.

This fear is sometimes motivated by the idea permeating society that there is a decade of our young lives in which we must make it or break it career-wise. If we somehow waver from our career path, we'll start a snowball rolling that will become a devastating professional avalanche years down the road. Before I go on, I want to clarify: I do think there's a difference between putting off starting relationships, or even getting married, in order to develop a career or develop financial stability versus walking away from an existing good thing because of attachment to ideas about a career. Before walking away, it might be good to ask some deeper questions: Why don't I feel I can move forward with this person? Is it something about him or her (and I fear being honest)? Something about me? Am I too attached to going "all-in" for my career? Am I attached to "how I always thought life would go"? Society has sent us a lot of messages about the "right time" to be in a relationship but perhaps our professional achievement-driven society isn't always good at giving relationship advice. If you find yourself worrying more about checking off a list of "should-haves" and walking away from relationships, it might be time to reconsider if those are truly personal goals you wish to achieve before you enter a relationship or worries rooted in societal messaging.

Fear of commitment.

Fear of commitment might come from being vulnerable to another person. Maybe we have been hurt by others (or witnessed others being hurt) and fear being vulnerable. If avoidance comes up, it is likely followed closely by fear. It might take a while, and even counseling and prayer, to name those fears and also confront them.

Fear of relationships ending.

Okay, I'm officially a Debbie Downer on Valentine's Day, I know. This is about staying on the treadmill of life because lifting weights seems a lot harder (it is). Most people can easily point out what this fear looks like in others, but it's much harder to confront in ourselves. It's easy to wear rose-colored glasses or to believe things will somehow work out. It's easier to not work hard in relationships. If the relationship has truly become a treadmill, lacking growth or the opportunity for growth, it's time to get off. If it is a good relationship but needs some heavy lifting, it's time to start pumping kettle bells. God created us as relational human beings. He called us to thrive, not become someone we are not or let our relationships stagnate.

So, whether or not you agree with the above list, it begs the question: What are your fears when it comes to furthering your own relationships?



ACADEMIC MASS on 2 March 2014 at 6pm.
Wear something red - let's paint the church red!



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at the table outside the side entrance of the church.



#HT_OT6



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FEB
16-23

MONDAY

1.10PM **MedSchool Mass 3E28**
Mass in 30mins - join us!

FRIDAY

5PM **Chill with the Chaplain**
A time to meet the chaplain

SUNDAY

1PM **Student Mass @ UJ**
6PM **Student Mass @ Trinity**
Our usual Sunday Mass time



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**I F
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we've got your attention :)We are looking for people to serve in the various ministries in our parish: as Altar Servers, Ministers of the Eucharist, Ministers of Welcome, Music Ministry: musicians & vocalists. **If you are interested, please speak to Abigail after Mass or email abigail.jelele@gmail.com.** If you have previously been involved in any of these ministries please also email Abigail so that she can add you to the roster for this year.