

SOUL CARE

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Copied.

The Mask of Happiness

Long ago, a short-tempered and ill-mannered king was miserable. Yet he yearned to be happy. It posed such a challenge to him that he sent for the kingdom's wizard, his most loyal and trusted advisor.

"I want my life to be filled with joy and happiness," the king explained. "And you must help me achieve this."

"As you wish, Your Majesty." And the wizard left.

A few days later, the sage returned with a solution. "If you want to be happy, Your Majesty, you must ACT happy and pleasant," he said. "And you must wear this mask."

The wizard handed the king a mask that was a copy of the king's face – except with a more pleasant countenance. The king put on the mask and as he walked around the castle, he noticed that people always smiled back at him.

This delighted the king. He wasn't used to his subjects responding to him so positively. Soon he began to interact more closely with the members of his court. He grew to know and appreciate them, and they came to know and respect him. However, after a year, the king grew troubled.

"Though this mask has greatly improved my life, I can no longer continue deceiving the good people of this kingdom," the king confessed one day to his wizard. "I must remove this mask and reveal my true self to my subjects – even if it means losing their respect."

"As you wish, Your Majesty," the wizard replied and guided the king to a mirror.

When the king removed the mask, he discovered that his once-wrinkled brow was now smooth. And the scowl he'd worn on his face in the "pre-mask" days was gone. His lips were curved in a pleasant smile; his face now resembled the mask he'd worn for the last year.

"This is remarkable," exclaimed the king. "I am a new person!"

"This is who you really are, Your Majesty," assured the wizard. "You just needed to be reminded."

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Department Operations

Office Hours: 7:00 am – 3:30 pm

Office Phone: 812-238-7628

Evenings/Weekends: Dial “O”

Ask the operator to page the Chaplain’s Office.

Upcoming Events

January 28 – Ballet Magnificat at Maryland Community Church

Quote of the Month

“What we love, we shall grow to resemble.” Bernard of Clairvaux

Editor’s Note

Contact Neva McFarland at the Chaplain’s Office for any comments or additions. 238-7628.

Primary Sacred Times for World Religions

January

1 – Gantan-sai – Shinto New Year festival observed with prayers for inner renewal, prosperity and health.

5 – Twelfth Night – Christian observance of the close of Christmastide.

Guru Gobindh Singh Birthday – Sikh honoring of the birth of the founder of the Khalsa who lived from 1469-1539 c.e.

6 – Epiphany – Christian commemoration of the homage of the magi.

Feast of the Theophany – Orthodox Christian Feast to recall the revelation of the Holy Trinity in the baptism of the Lord.

Dia de los Reyes – Hispanic Christian celebration of the homage of the magi.

7 – Feast of the Nativity – Orthodox Christian

10 – Muharram – The first day of the first month of the Muslim year.

19 – Ashura – An Islamic optional one day fast recognizing the Creation, Noah’s departure from the ark, and the saving of Moses from Pharaoh.

20 – World Religion Day – Baha’I sponsored day dedicated to the unity and oneness of all world religions.

22 – Tu B’shavat – Jewish celebration of the coming of spring by preparation of foods native to Israel.

22-25 – Mahayana New Year - Buddhist

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Union Hospital Chaplain's Office – making a difference in the Wabash Valley