

SOUL CARE

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Copied.

A group of graduates, well-established in their careers, were talking at a reunion and decided to go visit their old university professor, now retired. During their visit, the conversation turned to complaints about stress in their work and lives.

Offering his guests hot chocolate, the professor went into the kitchen and returned with a large pot of hot chocolate and an assortment of cups – porcelain, glass, crystal, some plain looking, some expensive, some exquisite – telling them to help themselves to the hot chocolate.

When they all had a cup of hot chocolate in hand, the professor said: “Notice that all the nice looking expensive cups were taken, leaving behind the plain and cheap ones. While it is normal for you to want only the best for yourselves, that is the source of your problems, and stress.

The cup that you're drinking from adds nothing to the quality of the hot chocolate. In most cases it is just more expensive and in some cases even hides what we drink. What all of you really wanted was hot chocolate, not the cup; but you consciously went for the best cups...And then you began eyeing each other's cups.

Now consider this: Life is the hot chocolate; your job, money and position in society are the cups. They are just tools to hold and contain life. The cup you have does not define, nor change the quality of life you have.”

Sometimes by concentrating only on the cup, we fail to enjoy the hot chocolate that has been provided to us. The happiest people don't have the best of everything. They just make the best of everything that they have.

Live simply. Love generously. Care deeply. Speak kindly. And enjoy your hot chocolate!

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Department Operations

Office Hours: 7:00 am – 3:30 pm

Office Phone: 812-238-7628

Evenings/Weekends: Dial “0”

Ask the operator to page the Chaplain’s Office.

Upcoming Events

April 14 – Dedication mass in Combs Memorial Chapel for new Tabernacle.

April 24 – IOPO luncheon. Green Room

Quote of the Month

“To worry is to say to God, ‘You’re not big enough to solve this problem, so I’ll deal with it myself.’ Peace disappears when you try to do something about something you can’t do anything about.!” – Richard Daly

Editor’s Note

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

Primary Sacred Times for World Religions

April 6 – New Year – Hindu

6-14 – Ramayana -Hindu celebration of the birth of Lord Rama, hero of the religious epic poem, The Ramayana. The day involves telling of stories and going to the temple.

13 – Baisakhi – Sikh – Commemorates the founding of the Khalsa, a distinctive Sikh brotherhood.

18 – Mahavir Jayanti – Jain – festival honoring Lord Mahavira on the founder’s birthday. Shrines are visited.

20-23 – Theravadin New Year – Buddhist

20-21 – Pesach (Passover) – Jewish 8-day celebration of the deliverance of the Jews from slavery in Egypt.

21 – First Day of Ridvan – Baha’I commemoration of the twelve day period in 1863 when Baha’u’llah declared that he was God’s messenger for this age. Work is to be suspended on days 1, 9, and 12 of the festival.

23 – St. George’s Day – Christian

29 – Ninth Day of Ridvan – Baha’i

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