

NOTE FROM THE PASTOR:

Dear Parishioners,

Last week the media reported on a federal study concluding that suicide in the United States has surged to the highest levels in nearly 30 years. There were increases in every age group except older adults. The rise was especially high for women. The suicide rate for middle-aged women, ages 45 to 64, jumped by 63 percent over the period of the study, while it rose by 43 percent for men in that age range, the sharpest increase for males of any age. The overall suicide rate rose by 24 percent from 1999 to 2014. The increases were so pervasive that they lifted the nation's suicide rate to 13 per 100,000 people, the highest since 1986. In all, 42,773 people died from suicide in 2014, compared with 29,199 in 1999. Researchers also found an alarming increase among girls 10 to 14, whose suicide rate, while still very low, had tripled. The number of girls who killed themselves rose to 150 in 2014 from 50 in 1999. American Indians had the sharpest rise of all racial and ethnic groups, with rates rising by 89 percent for women and 38 percent for men. White middle-aged women had an increase of 80 percent. The rate declined for just one racial group: black men. And it declined for only one age group: men and women over 75.

How sad! Each person will have a major crisis (or two) in his life, but it passes if we let it. That's my experience and the experience of those I know and love. Unfortunately, with suicide, the crisis is not permitted to pass. Suicide is a permanent solution to a temporary problem. A big reason, I believe, we are seeing these high rates of suicide is that our society is becoming less religious. As a result, individuals are drifting from union with our Lord, who is *the God of all encouragement*. (2 Cor. 1:3). Hence, discouragement sets in along with the emotional anguish of an existence that feels empty. This discouragement and anguish can make suicide a viable alternative, even though it never is. Another variable behind these alarming statistics is that family life is in disarray, due in large part to the sexual revolution. We could hardly overestimate the importance of family in the

proper development and continued support of the human person. That is why, for instance, statistics show that divorce puts separated spouses and their children at greater risk of suicide.

When people take their own lives usually their primary motivation is not to quit this world, but to be released from their pain. They should know that they can be released from their pain in much better ways. Jesus will give them freedom. He never disappoints. He never fails us. When a person loses his life by his own hand the family and friends of that individual suffer a profound and penetrating grief, which is usually mixed with guilt. They often feel responsible. But are they responsible for the death of the individual? No. However, each of us is indeed responsible for the times that we have been uncaring and insensitive to the pain of others. By the way, there is bereavement counseling available at Sacred Heart. Contact me at the rectory or by email for further information.

Can a suicide victim go to Heaven, or is such a person damned by virtue of the way he or she ends life? The truth is that suicide is a horrible way in which to end this earthly journey and stand before Christ on the Day of Judgement. It is to leave this world by throwing the gift of life back in the face of the Creator, as it were. It is to pass through to eternity by means of murder, murder of oneself. *You know that no murderer has eternal life remaining in him.* (1 John 3:15). However, there is hope of Heaven even for a suicide victim. A woman once came to St. John Vianney, the greatest parish priest who ever lived. She was very upset about her husband's suicide. She worried that he was forever lost in Hell. The Saint, who had supernatural knowledge from God, told her not to worry. Her husband was going to Heaven. He jumped off a bridge. Before he landed in the water Jesus gave him the grace to repent of his sins and to accept the mercy of Christ, which he did, and then died. Vianney told her to keep praying for her husband and have many Masses offered for the repose of his soul. He would be in Purgatory for a long time. Jesus is our hope!

God bless you!

Fr. Eric

