

## Raising Resilient Kids

### 教養出有韌性的孩子 Session 5 第五講

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January 7, 2024

## Part II Resilience of the Saints - Pope St. John Paul II

- ▶ **Karol Józef Wojtyła** was born in **Wadowice, Poland, on 18 May 1920.**
- ▶ The youngest of three children born to Karol Wojtyła and Emilia Kaczorowska 公子
- ▶ His older sister, Olga, died in infancy. 姐姐夭折
- ▶ Emilia, his mother died in **1929.** 媽媽早逝
- ▶ His elder brother Edmund, died of scarlet fever in **1932** 長兄英年早逝
- ▶ After completing high school in Wadowice, he enrolled in the Jagellonian University of Krakow in **1938.** 進大學
- ▶ Nazi forces closed the University in 1939, Karol worked (1940-1944) in a quarry and then in the Solvay chemical factory. 勞工營、化學工廠
- ▶ His father, Karol senior died of heart attack in **1941.** 父親過世
- ▶ Feeling called to the priesthood, he began his studies in 1942 in the clandestine major seminary of Krakow. During that time, he was one of the organizers of the "Rhapsodic Theatre", which was also clandestine.



## Part II Resilience of the Saints - Pope St. John Paul II

- ▶ After the war, he was ordained a priest in Krakow on **1 November 1946.** He was then sent to Rome for a doctorate in theology. His dissertation focused on the works of Saint John of the Cross. 晉鐸：赴羅馬讀博士
- ▶ In **1948,** Father Wojtyła returned to Poland and was assigned in a couple of parishes before becoming a chaplain at the University. 回波蘭
- ▶ In **1951,** he again undertook studies in moral theology based on phenomenology (現象學). Later he became a professor in the seminary of Krakow and in the Faculty of Theology in Lublin. 讀倫理神學
- ▶ On **4 July 1958,** Pope Pius XII appointed him auxiliary bishop of Krakow, with the titular see of Ombi. 輔理主教
- ▶ On **1/13 1964,** Pope Paul VI appointed him as Archbishop of Krakow and subsequently, on **26 June 1967,** created him a Cardinal. 主教及樞機
- ▶ Bishop Wojtyła took part in the **Second Vatican Council (1962- 1965)** and made a significant contribution to the drafting of the Constitution *Gaudium et Spes*. He also took part in the five assemblies of the Synod of Bishops prior to the start of his Pontificate. 參與梵二



## Part II Resilience of the Saints

- ▶ On **16 October 1978,** Cardinal Wojtyła was elected Pope. 教宗
- ▶ Pope John Paul II made **146** pastoral visits in Italy and, as the Bishop of Rome, he visited **317** of the current **322** Roman parishes. His international apostolic journeys numbered **104,** demonstrating the pastoral solicitude of the Successor of Peter for all the Churches.
- ▶ His principal documents include **14** Encyclicals, **15** Apostolic Exhortations, **11** Apostolic Constitutions and **45** Apostolic Letters. He also wrote **five** books: *Crossing the Threshold of Hope* (October 1994); *Gift and Mystery: On the Fiftieth Anniversary of My Priestly Ordination* (November 1996); *Roman Triptych, meditations in poetry* (March 2003); *Rise, Let Us Be on Our Way* (May 2004) and *Memory and Identity* (February 2005).
- ▶ Pope John Paul II celebrated 147 beatifications, during which he proclaimed 1,338 blessed, and 51 canonizations, for a total of 482 saints.



## Part II Resilience of the Saints

- ▶ From 1978, Pope John Paul II convoked 15 assemblies of the Synod of Bishops: 6 ordinary general sessions (1980, 1983, 1987, 1990, 1994 and 2001), 1 extraordinary general session (1985) and 8 special sessions (1980, 1991, 1994, 1995, 1997, 1998 (2) and 1999). 全球主教會議
- ▶ On **3 May 1981,** an attempt was made on Pope John Paul II's life in Saint Peter's Square. Saved by the maternal hand of the Mother of God, following a lengthy stay in the hospital, he forgave the attempted assassin and, aware of having received a great gift, intensified his pastoral commitments with heroic generosity. 被暗殺
- ▶ Pope John Paul II also demonstrated his pastoral concern by erecting numerous dioceses and ecclesiastical circumscriptions, and by promulgating *Codes of Canon Law* (教會法典) for the Latin and the Oriental Churches, as well as the *Catechism of the Catholic Church*. He proclaimed the Year of Redemption, the Marian Year and the Year of the Eucharist as well as the Great Jubilee Year of 2000, in order to provide the People of God with particularly intense spiritual experiences. He also attracted young people by beginning the celebration of **World Youth Day**.



## Part II Resilience of the Saints

- ▶ No other Pope met as many people as Pope John Paul II. More than 17.6 million pilgrims attended his **Wednesday General Audiences** (which numbered over 1,160). This does not include any of the other special audiences and religious ceremonies (more than 8 million pilgrims in the Great Jubilee Year of 2000 alone). He met millions of the faithful in the course of his pastoral visits in Italy and throughout the world. He also received numerous government officials in audience, including 38 official visits and 738 audiences and meetings with Heads of State, as well as 246 audiences and meetings with Prime Ministers.
- ▶ Pope John Paul II died in the Apostolic Palace at 9:37 p.m. on Saturday, 2 April 2005, the vigil of Sunday *in albis* or Divine Mercy Sunday, which he had instituted. On 8 April, his solemn funeral was celebrated in Saint Peter's Square and he was buried in the crypt of Saint Peter's Basilica 死於2005年慈悲主日



## Part II Resilience of the Saints

- ▶ St. JP II's sister died before he was born 姐姐夭折
- ▶ His mother died when he was 9 媽媽早逝
- ▶ His older brother died when he was 12 長兄英年早逝
- ▶ His father died when he returned from labor's camp at the age of 21 父親死於心臟病
- ▶ He lived in poverty and violence (World War II) 貧窮戰亂
- ▶ He experienced 2 assassination attempts 兩次被暗殺
- ▶ Has a number of cancer scares 曾患癌症

## Part II Resilience of the Saints

- ▶ A benign intestinal tumor was removed in 1992; 腸癌
- ▶ he experienced two falls in 1993 and 1994 which dislocated his shoulder and broke his femur respectively; 跌倒兩次
- ▶ and he underwent an appendectomy in 1996. 割盲腸
- ▶ He had Parkinson disease (diagnosed in 2001) 帕金森症
- ▶ difficulty speaking more than a few sentences at a time, 話常說不出來
- ▶ trouble hearing and severe osteoarthritis 聽力差、關節炎

## 8 Principles 八大原則

1. Active Movement 多運動 JP II was an athlete
2. Nature Engagement 與大自然接觸 JP II loves nature
3. Simple Foods 飲食簡單 JP II was poor
4. Resting Reset 充份休息 JP II was probably not resting well
5. Nurturing Relationship 培養人際關係 JP II knew person deeply
6. Faith Formation 信仰陶成 JP II had a very strong faith
7. Positive Mindset 正面思考 JP II's first word as a pope was "Be not afraid"
8. Helping Hands 有人幫忙 JP II was helped by his bishop, and most of all, by, then, Cardinal Ratzinger.

## Part II Resilience of the Saints - anti-fragility

- ▶ Antifragility is a property of systems in which they increase in capability to thrive as a result of stressors, shocks, volatility, noise, mistakes, faults, attacks, or failures. The concept was developed by Nassim Nicholas Taleb in his book, *Antifragile*, and in technical papers.
- ▶ 《反脆弱》是某些事物越是经历过挑战和压力，就越容易变得更加强健和健壮。
- ▶ Challenges are necessary for growth!
- ▶ 生活上的挑戰是人成長所必需的經歷。人不仅仅能容忍压力而且能从各种压力中受益

## Part II Resilience of the Saints

- ▶ St. Paul and anti-fragility
- ▶ Not only [do we boast in hope of the glory of God], but we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us. (Romans 5:3-5)
- ▶ 不但如此，我们连在磨难中也欢跃，因为我们知道：磨难生忍耐，忍耐生老练，老练生望德，望德不叫人蒙羞，因为天主的爱，藉着所赐与我们的圣神，已倾注在我们心中了。

## Part II Resilience of the Saints - Developing an anti-fragile faith

- ▶ So what steps can we take to make our faith more anti-fragile so that it will both survive and thrive in times of trial?
- ▶ Accept that life will be difficult. The rain falls on the just and the unjust alike. Understanding ahead of time that life will present us with challenges allows us to be prepared to face them—and **not feel like a victim when they arise**. 遇到困難時覺得自己是受害者，不願接受它。
- ▶ See the challenge as gift. If we assume that a challenge weakens us, then it only makes sense to discount it as a setback. But assuming we develop an anti-fragile faith that actually thrives and improves through trial, then **the challenge is a gift, an opportunity for growth**. 困難是天主的恩賜能使我们成長

## Developing an anti-fragile faith

- ▶ Show up to prayer. This is the arena where we develop our relationship with God. Our faith matures in prayer and needs prayer to flourish. If we want our faith to be anti-fragile, it needs the firm foundation that only comes from **regular time spent with the Lord.** 不斷祈禱親近天主
- ▶ Choose to act. The load is often legitimately heavy, but sometimes it "breaks us" before we ever put up a fight. In those cases, what breaks us is not actually the challenge itself but the intimidation of the challenge. The good news is that God doesn't ask us to finish the journey now or to resolve our life's troubles today. **He invites us to take the next step.** Figure out what that next step is and do just that one thing. **Choose to take the next step.** 不要被困難嚇倒，採取下一步行動即可。
- ▶ Let go of the control. **Letting God take the lead in life** is hard, usually for two reasons: 1) We don't actually trust God. 2) We believe that we know better than God. Moving beyond these fears to deeper trust in God is not something we can do without grace. So, we ask for God's help. 放手將自己交託給天主

## Part II Resilience of the Saints

Here are some classic prayers to help us ask for the grace of greater trust in God:

- ▶ The Suscipe Prayer - St. Ignatius of Loyola
- ▶ The Litany of Trust - This version is from the Sisters of Life.
- ▶ The Road Ahead - Thomas Merton

## The Suscipe Prayer - St. Ignatius of Loyola

Take, Lord, and receive all my liberty,  
my memory, my understanding,  
and my entire will,  
All I have and call my own.  
You have given all to me.  
To you, Lord, I return it.  
Everything is yours; do with it what you  
will.  
Give me only your love and your grace,  
that is enough for me.

吾主天主 請收納我自由  
取我意志 理智並我記憶  
我身我靈 所有皆主恩惠  
飲水思源 敬將所有奉回  
一切所有 由祢管理支配  
聖命是從 主意永不違背  
唯望吾主 恩賜聖寵聖愛  
吾心已足 此外別無貪圖

**These Alone are enough – Dan Schutte**

## The Litany of Trust - This version is from the Sisters of Life.

- ▶ From the belief that I have to earn Your love **Deliver me, Jesus.** That You are continually holding me, sustaining me, loving me **Jesus, I trust in You.**
- ▶ From the fear that I am unlovable That Your love goes deeper than my sins and failings and transforms me,
- ▶ From the false security that I have what it takes That not knowing what tomorrow brings is an invitation to lean on You,
- ▶ From the fear that trusting You will leave me more destitute You, That You are with me in my suffering,
- ▶ From all suspicion of Your words and promises That my suffering, united to Your own, will bear fruit in this life and the next,
- ▶ From the rebellion against childlike dependency on You That You will not leave me orphan, that You are present in Your Church,
- ▶ From refusals and reluctances in accepting Your will That Your plan is better than anything else,
- ▶ From anxiety about the future That You always hear me and in Your goodness always respond to me,
- ▶ From resentment or excessive preoccupation with the past That You give me the grace to accept forgiveness and to forgive others,
- ▶ From restless self-seeking in the present moment That You give me all the strength I need for what is asked Jesus,
- ▶ From disbelief in Your love and presence That my life is a gift,
- ▶ From the fear of being asked to give more than I have That You will teach me to trust You,
- ▶ From the belief that my life has no meaning or worth That You are my Lord and my God,
- ▶ From the fear of what love demands That I am Your beloved one,
- ▶ From discouragement

## The Road Ahead - Thomas Merton

- ▶ My Lord God,  
I have no idea where I am going.  
I do not see the road ahead of me. I cannot know for certain where it will end.  
Nor do I really know myself,  
and the fact that I think that I am following  
your will does not mean that I am actually doing so.
- ▶ But I believe that the desire to please you does in fact please you.  
And I hope I have that desire in all that I am doing.  
I hope that I will never do anything apart from that desire.  
And I know that if I do this, you will lead me by the right road though I may know nothing about it.
- ▶ Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me,  
and you will never leave me to face my perils alone.
- ▶ Amen.