

Many of you are old enough to remember the Jack Benny show. Phil Harris was a frequent guest on his show and he would often sing a comical song of his own making. One Sunday his song was, “Lord if you don’t help me, don’t help that grizzly bear.” Of course, he was being chased by a grizzly bear. It wasn’t a storm at sea, but it was a dangerous situation.

My friend Fr. Rooney and I use to climb mountains in the Adirondacks and elsewhere. One day in January he and I climbed the second highest mountain in the Adirondacks, Mt. Algonquin. It was over 5,000 feet. While we were on top of the mountain a snow storm came. It was a whiteout. We couldn’t find the trail to start down the mountain and it would soon begin to get dark. “Lord save us or we perish.”

Many of you could tell stories of fearful situations in your own life. We could write a book of our stories. Perhaps you were waiting for a report from a CAT scan. Was it cancer or not? During WWII my cousin got a report that her son went missing in action. He never came home.

If you’ve raised children you’ve been through many emergencies. “Lord save us or we perish.” Jesus is asking us to trust Him. “Why are you terrified? Do you not have faith? He asks His disciples.

We give way to fear so quickly. Jesus urges us to trust, to trust Him. And He doesn’t ask us to do the impossible. He is with us every moment. It may seem He’s asleep in the boat. He’s awake! He’s there! He’s with us!

I know a woman who had a very angry husband. His anger flared up frequently. Every day, every day she received Communion. She trusted. She was an immense help to her many children.

Listen to the disciples questions, “Who is this that ever the wind and sea obey.”+