

Volcanic Activity

Due to the recent volcanic activity happening in Hawaii, volcano experts have compared the Fuego volcano in Guatemala with the Kilauea volcano that is happening now in Hawaii. Volcano Fuego is your typical mountain-like volcano about 14 000 feet high and when it erupts it shoots out large rocks, ash and lava 47 000 feet into the air and the oozing lava is around 1000 degrees moving around 50 mph.

Contrastingly, the Kilauea Volcano is only one third the height of Fuego and when it shoots out ash and lava it only goes 250 feet into the air as opposed the 47000 feet. The difference is that Fuego Volcano has all that pressure coming out from one vent whereas the pressure is spread out over a couple of vents for the Kilauea volcano and the lava moves at the slow pace of ½ a mph. The lava is not as explosive as Fuego but Kilauea began on May 3rd and is still going on over one month later already having destroyed 700 homes.

Sometimes the LAVA of ANGER is so strong that it erupts violently and with such force to move someone *to commit the grave crime of murder*, but sometimes *the slow, brooding anger that can dwell in our hearts is like the Kilauea volcano boiling underneath the surface and slowly destroying many homes and families in its wake*. **Although our emotions can have a variety of VOLCANIC REACTIONS, at the heart of it all is the LAVA of ANGER stirring deep within the heart.**

All of us experience anger to a greater or lesser degree, but the fact is that we all have to deal with it in one way or another. But when we are speaking of anger, we need to distinguish between the initial emotion of anger and our reaction towards that emotion.

It is very similar to hunger in that hunger is generally an involuntary experience that happens to us. However, what we do with that hunger is ***within our power of freedom*** because I can choose to indulge in that hunger by eating 6 whole pizzas or I can choose to eat a couple slices.

Likewise, the experience of the emotion of anger can be involuntary. Emotions happen to us, but we still have a choice to shape that emotion with our freedom that emotion by bringing it to prayer or having healthy outlets and expressions of

anger (conversation or physical activity) instead of directing our anger toward the hatred of our fellow brother or sister.

Christian perfection consists in quenching the lava of anger within our hearts before it erupts into our lives in different ways. In the gospel, we can see Jesus laying out three levels of anger which begin internally, then insulting our neighbor and then calling them fools and corresponding with each level are greater and greater levels of judgement.

Anger directed toward the hatred of our neighbor is **very serious** because heaven is not about a civilization where *the minimum standard is not killing one another and simply co-existing*. The kingdom of heaven is about sharing in the blessed union of the Trinity with one another ETERNALLY. If we can scarcely put up with our brother or sister for 10 minutes, how will we spend eternity with them in the bosom of the Trinity?

“All who hate a brother or sister are murderers, and you know that murderers do not have eternal life abiding in them” (1 Jn 3:15)

To combat anger, we must use the weapons of meekness and humility.

A certain monk once passed through a cornfield: the owner of the field ran out, and spoke to him in very offensive and injurious language. The monk humbly replied: Brother, you are right; I have done wrong; pardon me. By this answer the man was so much appeased that he instantly became calm, and even wished to follow the monk, and to enter into religion.

“A mild answer breaketh wrath.” (Prov. 15:1). We are challenged today to quench the fumes of anger with the mild waters of meekness and humility lest our pride fuel our uncontrollable anger until it consumes us and those around us with its lava.

“The proud make use of the humiliations they receive to increase their pride; but the humble and the meek turn the contempt and insults offered to them into an occasion of advancing in humility”—St Alphonsus Ligouri