



CATHOLIC STUDENT CENTER *Igniting Faith*

OVER SIXTY YEARS  
WASHINGTON UNIVERSITY  
NEWMAN COMMUNITY

# FOUNDATIONS

## *Pain, Suffering, and Healing*

BY DEACON PHIL HENGEN

Several years ago, I wrote a book called **If Jesus Were a Therapist: Modern Parables for Emotional and Spiritual Health**. I wrote this book based upon my experience of telling stories in Family Therapy and Marriage Counseling. Like Jesus, who taught very effectively through the use of stories and common objects and experiences known to people in his time, it was my hope that I could help people in my therapy practice learn to improve their psychological and spiritual health by paying attention to persons, places and things in their everyday life. Each of the 52 chapters begins with my imaginary Jesus talking to his disciples in modern times, using some ordinary things to make a point. (Think “Consider the Lilies of the Field in Mathew 6:28). I follow this with a short discourse of my own, and then suggest several questions for the reader to consider throughout the coming week. Following is one of those chapters...

6352 FORSYTH BOULEVARD

ST. LOUIS, MISSOURI 63105-2269



314-935-9191 FAX 314-727-6053  
WEB SITE [www.washucsc.org](http://www.washucsc.org)

## CONSIDER THE BOO-BOO

### **Jesus hadn't had a cut, scrape or bruise ever since his resurrection.**

That was another good thing about having a glorified body; you never got any *boo-boos*. His friends who weren't so lucky envied him. He assured them that the time was coming when they too would be immune to any physical pain or injury...but they just had to wait awhile. In the meantime, there were valuable lessons to be learned from something like an accidental cut or a sprained ankle. One of the guys who hung around Jesus was a hypochondriac and a real whiner. He got on everybody's nerves but Jesus', especially if the guy got sick or sustained a minor injury. He came up to Jesus once, and tearfully held out his finger, that had a little blister on it. (He was hoping Jesus would make it go away, which he sometimes did.) But Jesus thought that this would be a good opportunity to teach his friends something about life. Jesus said,



Everybody gets *boo-boos* now and then. *Boo-boo*...Now that's a great word. It captures the essence of being hurt much better than words like abrasion, laceration or fracture. Little kids know how to tell it like it is. We all know what a *boo-boo* is and we all have had them. My wife, Mary, had a *boo-boo* once, and it was my fault. I gave her a black eye on our wedding anniversary. (Now, before you put this book down in disgust, please read on. I have many faults, but I am not guilty of spouse abuse. In fact, I think the last time I hit anyone in anger was when I was 14 and I punched my brother in the nose...and I still believe he had it coming.)

Anyway...it was the evening of our wedding anniversary, and we were getting ready to go out to dinner. We live in this charming 150-year-old converted farmhouse in a near-suburb of St. Louis, Missouri. The small, downstairs bathroom was added on 50 years ago, and the linen closet where we keep our toiletries is across a narrow hallway. I'm a fast mover, and sometimes I don't look where I'm going. I finished drying my hair in the bathroom with a hand-held hair dryer, and, without looking, reached to put it in the linen closet across the hallway. I had done this a thousand times without incident. I could hang it on the hook in the closet with my eyes closed. But there was a glitch on this occasion. As I lunged for the closet, Mary happened to be passing in the hallway. I smacked her right in the face with this hard plastic hair dryer. Boy, did that hurt! She had the biggest black eye I had ever seen.



## There's a lesson to be learned from *boo-boos*.

I didn't mean to smack Mary in the face with that hair dryer. It was an accident, and she realized this. I felt terrible (although probably not as terrible as she felt at the moment). I said I was sorry and she forgave me. I did what I could to help her, getting an ice pack for the swelling and some Tylenol for the pain. So...since it was accidental, I was sorry, and she forgave me,

everything should be okay. Not quite...one little thing remained...Mary still had a black eye...and it took time to heal.

*Boo-boos* come in a variety of forms. They can be physical, emotional, relational and spiritual. Physical hurts are readily observable...the others aren't. *Boo-boos* of every kind can be accidental or they can be intentionally caused. Whatever the kind or the cause of a *boo-boo*, they all have one thing in common. They need to heal

and healing takes time. The amount of time required for healing depends on the nature and extent of the trauma. A broken leg heals more slowly than a bruised shin. The convalescence after quadruple bypass heart surgery is longer than it is for a tooth extraction. The infidelity of an affair in a marriage hurts more than an unkind word said in the heat of an argument. Repeated assaults on a person's spirit cause more damage than isolated acts of unkindness (e.g. put-downs and criticisms). Physical wounds generally heal more quickly than do emotional or spiritual ones.



## WEEKLY REFLECTIONS: "BOO-BOOS"

**As I go about the business of daily living this week, I will notice *boo-boos*, my own and those of others.** When I look at others, it is their physical *boo-boos* that I will notice, while their emotional and spiritual hurts remain hidden. I might have a *boo-boo*. Maybe I have a cold or a sore back. Maybe my friend said something that hurt my feelings. Maybe my spouse, parent or child disappointed me in some way. As I reflect on all of this, I will ask myself the following questions:

Can I remember a *boo-boo* I had in the past that is now healed? Was it physical, emotional, relational or spiritual? What were my thoughts and feelings while I was in pain? How long did it take to heal?

Is there some physical, emotional, relational or spiritual hurt in my life at the moment? How am I dealing with it? Do I have faith that it too shall pass?

Suffering is a part of living. So is healing. I trust that God will give me sufficient grace to patiently endure the incidental and necessary pain of life, confident that healing will come, sooner or later. Meanwhile, I will show my *boo-boos* to those who love me, and accept the comfort they offer.



**Lori Khazen**  
owner of  
Khazen AthletikKare  
www.athletikkare.com  
(314) 368-9772

Personal Training at several locations to best serve the Washington U community

WU Athletic Complex, WU So40  
Fitness Center, In-Home, On-Field,  
or SWEAT in Clayton



**WOODARD'S**  
bp  
Automotive

- Diagnostic and Repair Service
- MO State Inspections
- Full and Self Serve Gas
- Groceries, Soda, Ice and Snacks

www.woodardsautomotive.com

7360 Forsyth Blvd 314-725-7558



Complimentary 1st time  
Haircut with Maria  
(Mention this ad)  
Call 314-725-1717 or  
visit our website for  
online booking  
http://www.strands-hair.com

730 DeMun Ave. • Clayton, Mo 63105  
strandshairsalon@gmail.com



**The Daughters of Charity**  
of St. Vincent de Paul

ACT JUSTLY...

LOVE TENDERLY...

SERVE GENEROUSLY...

WALK HUMBLY WITH GOD.

Actively serving and  
ministering to persons  
who are poor since 1633



Sr. Denise LaRock - denise.larock@doc.org  
www.Daughters-of-Charity.org

Missouri  
**Single Catholics**



CatholicMatch.com/MO

FIRST CLASS  
TREATMENT  
FIRST CLASS  
SERVICE

For expert advice  
in buying or selling  
your home, call:

STEPHENIE STEINMANN

LAURA  
McCARTHY  
REAL ESTATE  
314-725-5100 (office)  
314-614-9957 (cell)



Join this Movement.



Sisters of St. Joseph  
OF CARONDELET  
AND ASSOCIATES

www.csjsl.org • 314.678.0315

**Commerce Bank**

University City  
Banking Center  
6630 Delmar  
314.746.3513

**RYBO**  
PROPERTIES, LLC  
RESIDENTIAL | COMMERCIAL | SALES | MANAGEMENT

Joanne Balis  
Sales Associate - REALTOR®  
7225 Manchester  
Maplewood, MO 63143  
314-276-2351 cell  
314-644-7746 office/fax  
joanne@ryboproperties.com  
www.ryboproperties.com

**CORDIA**  
PLUMBING, INC.

Licensed - Insured - Bonded

Steve Cordia

STL Co Lic #5276

314-781-6241



Individual Child  
Adolescent  
Family & Group Therapy  
Social Skills Group  
Chemical Dependency  
Evaluation & Treatment

Psychological & Psychoeducational Assessments  
Director - Mary Fitzgibbons, Ph.D.

314-275-8599 www.wcpastl.com  
12125 Woodcrest Executive Drive



Why Pay More For Something Else?  
Discover Craftmatic Up To 50% Less!  
For Less!

A Craftmatic Adjustable Bed with optional Heat & Massage may provide temporary relief from:

Low Back Pain • Nighttime Heartburn • Gastric Reflux • Mild Arthritis • Poor Sleep



#1 Selling Adjustable  
Brand Trusted for  
Nearly 40 Years



We Won't Be Undersold • In Home Trial • Satisfaction Guaranteed

For FREE Prices & Info  
About Our Beds Call: **800-323-0619**

**Wolken Dental**  
Celebrating 70 years of  
quality family care

8888 Ladue Road  
Super Convenient

I-170 @ Ladue Road • Abundant Free Parking

Dr. Steven F. Wolken • Dr. Christopher Wolken

Dr. Andrew Wolken

By Appointment - 727-6676

www.wolkendental.com

**pointer's**

The Fastest Delivery

Pizza • Pasta

Sandwiches • Salads

Open 'til 2 am - 7 Days a Week

Clayton & Big Bend

644-2000

LUNCH \* DINNER \* SUNDAY BRUNCH  
(10AM-3PM)

**BOATHOUSE**  
FOREST PARK

open all year

WWW.BOATHOUSEFORESTPARK.COM (314) 367-2224

**St. Roch  
School**

strochparish.com

314-721-2595

CALL FOR TOURS

**STOP!** If you live alone,  
you NEED LIFEWatch!

Simply press your waterproof pendant or wristband, and speak  
"hands-free" with our exclusive EMT-certified care center, 24/7.

**LIFEWatchUSA**  
PERSONAL CARING SERVICE SINCE 1980

www.lifewatch-usa.com

You're never alone with Lifewatch!

800.998.5601

**LIMITED TIME OFFER!**

**\$19.95** FOR  
FIRST 3 MONTHS\*

\*After introductory offer expires,  
\$24.95/month will be billed quarterly.



**ALTON CAPITAL**  
MANAGEMENT, INC.

GREGORY H. BRAY, CFP®  
PRESIDENT/PRINCIPAL

314-741-5540 | WWW.ALTONCAPITAL.COM

FINANCIAL PLANNING | WEALTH MANAGEMENT

**Bieg**  
PLUMBING  
COMPANY

Residential • Commercial

487-4564

Since 1960 Lic. # p5278



**Bartolino's Family Restaurants**  
Make our family traditions part of yours.

**Bartolino's**  
SOUTH  
5914 S. Lindbergh  
314.487.4545

**Chris'** Pancake  
& Dining  
5980 Southwest Ave  
314.645.2088

**Bartolino's**  
OSTERIA  
Hampton at Wilson  
314.644.2266

bartolinosrestaurants.com

**The Marianists**  
PROVINCE OF THE UNITED STATES

- ✓ Brothers ✓ Priests
- ✓ Sisters ✓ Laity

www.marianist.com/vocations

The  
**St. Michael**  
School  
of Clayton

Ages 3 years to 8th grade

6345 Wydown Blvd.  
Clayton, MO 63105

stmichaelschool.org

314-721-4422