

The saying: "It takes one to know one." contains a great deal of wisdom in it. Many support groups are based upon this old expression.

Some of the groups include the following: people who've lost a job and are unemployed; people who are suffering grief, anxiety, and addictions of all kinds; cancer survivors.

Other groups are: widows and widowers; divorced persons; parents who've lost a child through death, abduction or runaway.

Still others include: people who've had a family member commit suicide; people who are in a process of recovery; people who've had an amputation.

All of the members of these groups have a common experience. Because they know, the members can help, support and encourage one another. They've been where each one is. It takes one to know one.

In our 2nd reading the author reminds us of Jesus who was like us: tempted, tested, facing weakness. Jesus is one to whom we can turn. He is one whom we can trust. He is one with whom we can be and talk.

Are we happy, joyful and life is going well? We can share this with Jesus. Are we sad, sorrowful and having a tough time, day in and day out? We can turn to Jesus for help. Are we confused, troubled, feeling hopeless? We can trust Jesus with our darkness.

Jesus is one who sympathizes with us. He has lived our life fully and completely as a human.

None of us here today knows how our week will be. The GOOD NEWS we can carry with us and within us is: Jesus was like us. Jesus was a human. It takes one to know one.

My sisters and brothers: in the words of our 2nd reading, "Let us confidently approach Jesus to receive mercy and to find grace for timely help."