

## FROM THE PASTOR

Dear Brothers and Sisters



“For from the fullness of the heart the mouth speaks.” Lk. 6;45

What does your mouth have to do with your heart?

Everything, according to Dr. Barbara McClatchie, a dentist at Complete Health Dentistry of Columbus in Worthington, Ohio.

She is the first dentist in the U.S. who shares her practice with a cardiologist, they look at what’s happening in a patient’s mouth to see what might be happening with their heart.

It turns out, for example, that oral bacteria are related directly to cardiovascular disease.

Lesions in the mouth lead to diabetes and autoimmune disorders

Periodontal gum disease leads to a heart attack.

Inflammation of the gums leads to hardened arteries and stroke.

Plaque is related to coronary heart disease.

The heart is not just a physical organ. We use the word ‘heart’ to speak of a person’s spirit. The heart is the essence of who we are.

Our heart can be hardened, or it can be meek; it can be judgmental or forgiving, merciful or merciless.

What determines whether it is one or the other? That depends on what we put into it.

Just as in medicine, what comes out of our mouth indicates the health of our heart. The words we speak reveal the health of our spirit.

Words are important. In fact, one of the commandments, the third, refers to what we say or do not say: “You shall not speak the name of the Lord your God in vain”.

If the words of our mouths flow from the abundance of our hearts, then the desires of our heart need to be oriented toward Christ.

As St. James expressed, in the same way that a salt pond cannot produce fresh water (James 3;12), a heart filled with garbage - mixed affections, sports trivia, Netflix, Hollywood, soap operas, gossip, news cycles, pornography... cannot produce Godly, edifying speech.

What to do? Some suggestions:

1. Read Scripture every day - download the Laudate App, you will find the readings of the day.
2. Pray every day; e.g., repeat the prayer of the heart: ‘Lord Jesus Christ, Son of David, have mercy on me a sinner’.
3. Go to daily Mass
4. Avoid toxic conversations.

God’s Word in, God’s words out (Psalm 1:2; 119:11; 37:31)