

**Lyceum 138 – March 12, 2026,** a forum to Think, Discuss, Share, and Learn from one another. Your input is welcomed - Iron sharpens iron.

Neighborhood “The 1826, in Connecticut, a farmer named Josiah Holbrook started a school for ‘the general diffusion of knowledge and raising the moral and intellectual taste’ of Americans. In those days, the opportunities for higher education were limited to those venerable old universities that had long served the upper crust. Holbrook’s vision was to make learning – practical, liberal, and humane – available to working people of all kinds. He named his school the Lyceum, after the garden where Aristotle once taught his students philosophy.... We need to go deeper than the superficial fights that characterize public life. We need to return to the first principles and meet each other there as human beings.”– Nathan Beacom, Plough Magazine, Autumn 2023, p. 9.

We continue to highlight a sacrament weekly, having completed Baptism, Penance, Eucharist, Confirmation, Marriage, Ordination, and **finally Anointing of the Sick.**

Lyceum 131, January 29, 2026 – Baptism – 9 pages

Lyceum 132, February 5, 2026 – Penance – 11 pages

Lyceum 133, February 12, 2026 – Eucharist – 9 pages

Lyceum 135, February 19, 2026 – Confirmation – 17 pages

Lyceum 136, February 26, 2026 – Marriage – 12 pages

Lyceum 137, March 5, 2026 – Holy Orders/Ordination – 15 pages

Lyceum 138, March 12, 2026 – Anointing of the sick – 13 pages

**Here is a catechetical compendium of the 7 sacraments articulated in 86 pages; the essays are based on research, Catholic Conference of Bishops, Richard P. McBrien (Catholicism, vols. 1 and 2), and my own knowledge, understanding, and experiences supported by four master’s degrees, and was active in the sacramental lives of many people during my 17 years as an ordained priest.** Provided you read the Lyceums, I trust they were a source of information and a catalyst for your sacramental journey. I also hope that the weekly exegeses, reflections, and commentaries on the scriptures over the Liturgical years since 1983 were and are a theological “hamburger helper” for your spiritual lives. I plan to continue these ministries during my transitional years, to

stay engaged, growing older, but not old. As Proverbs reminds us, “Iron sharpens iron.” Roger J. Vanden Busch.

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Thomas Merton defined the sacrament as a “sacrament of the presence of God.” He emphasized that the sacrament is not merely an outward sign, but also a spiritual presence and action of grace and power.

**The Sacrament of Anointing of the Sick** is a Catholic sacrament that provides spiritual and physical strength to those who are ill or near death, emphasizing God’s love and mercy.

**Note:** This sacrament is not only for those at the point of death but can be administered whenever a person is seriously ill or facing health challenges.

### **Purpose and Significance**

The Sacrament of Anointing of the Sick is intended to offer comfort, peace, and spiritual strength to individuals facing illnesses or the challenges of growing older. It is a profound expression of God’s love and care, reminding the faithful that they are not alone in their situation. **Note:** This sacrament is not only for those at the point of death but can be administered whenever a person is seriously ill or facing significant healthy challenges.

### **Biblical Foundations**

The sacrament is rooted in the teaching of Jesus and the earth Church. The Gospel of Mark (6:13) recounts how the apostles anointed the sick and healed them, while the Epistle of James (5:14-15) instructs the faithful to call upon the elders of the Church to pray over the sick and anoint them with oil. This biblical basis underscores the sacrament role in the life of the Church and its importance in the spiritual journey of the faithful.

### **Administration and Effects**

The sacrament is administered by a bishop or priest, who uses blessed olive oil (oil of the sick) to anoint the forehead and hands of the sick person while reciting specific prayers. The primary effects of the sacrament include:

+**Spiritual Healing:** It provides forgiveness of sins, peace, and courage to endure suffering, and unites the sick person with the passion of Christ.

+**Physical Healing:** While the sacrament can lead to physical recovery, this is conditional upon what is spiritually beneficial for the individual.

+**Community Support:** The sacrament reinforces the communal aspect of faith, as the Church unites in prayer and support for the sick.

### **Community Aspect:**

The Anointing of the Sick emphasizes the communal dimension of faith, as the Church community comes together to support and pray for the sick. This sacrament reinforces the bonds of the Christian community, highlighting the importance of caring for one another during times of illness and suffering.

In summary, the Sacrament of Anointing of the Sick is a vital aspect of Catholic faith, providing both spiritual, psychological, and physical support to those in need, while fostering a sense of community and shared faith among believers. -Catholic Conference of Bishops.

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### **Staying well – healing – medicine – faith – holistic health complementing the anointing of the sick.**

“The greatest force in the human body is the natural drive of the body to heal itself, but that force is not independent of the belief system, which can translate expectations into physiological change. Nothing is more wonderful about the billions of neurons in the human brain than their ability to convert thoughts, hopes, ideas, and attitudes into chemical substances. Everything begins, therefore, with belief. What we believe is the most powerful option of all.” – Norman Cousins

I think in our culture illness is often viewed as a calamity that strikes from outside of us or from within. It is serious, terminal, life is over. If it is not serious, it is an inconvenience that we must endure with the help of medical professions, medications, and family and friends lifting us up in prayer. From another perspective, illness can be perceived as a teacher, alerting us to the disharmonies in our lives and

demanding that we pay attention to finding a sense of hope, balance, and recovery. In some situations, the illness crisis serves as a gateway to spirituality.

Faced with our own mortality, we are motivated to take inventory of our lives and search for a new sense of meaning and happiness. Here is my experience. Diagnosed with prostate cancer in December of 2017, I remained positive, continued to teach full time at Northeast Wisconsin Technical College, was humorous, shared riddles, and offered support to others with health issues. Sometimes this emotional, intellectual, social, and spiritual holistic awakening enhances the healing process leading to physical healing which was my experience with prostate cancer in 2017; and yes, unrelated to the cancer and possibly triggered by Covid in 2024, I was diagnosed with a dual embolism (blood clot) in my left lung on February 1, 2024. I was hospitalized for three days and was administered the anointing of the sick by Fr. Tom Reynebeau. Two days later at 2 AM, I experienced an intense, sharp pain in my lung, and shortness of breath. At that moment of grace, I was at the midpoint of the cross, the vertical and horizontal movements of God's presence. In this moment of a grace encounter, I knew that all would be well, and said, "your will be done." I did not push the emergency button, and slowly the pain began to subside. I continued breathing with less sharpness of pain, and I began to cry. The cross is inevitable, and the resurrection is always a surprise. I took the way of suffering and the cross as I fell asleep in peace. -  
rvb

### **A Reflection on the Sacrament of Anointing the Sick**

**By Deacon Roger Vandervest**

The testimony of Roger VanderVest's anointing before a congregation gathered at Resurrection Parish at the 4 pm Eucharist.

Prior to the Vatican II Council in the 1960's, the Sacrament of Anointing the Sick was called Extreme Unction. It focused on providing the grace of the Sacrament for a person as close to death as possible. Many families had a special crucifix for it in their homes. It was about 2.5 inches thick with a smaller detachable crucifix that could be mounted in the larger cross. It included 2 candles, a built-in candle holder, a small Holy water bottle and a small purple stole for the priest to wear at the visit. It was often a common Catholic wedding present.

This all changed with Vatican II. The name of the sacrament was changed to The Anointing of the Sick. The focus now was to connect the sacrament to the New Testament ministry to the sick. To quote The Concise Dictionary of Theology this sacrament "expresses the whole Church's solidarity with the sick, old, and the dying

by enabling them to draw spiritual and physical healing from Christ's victory over sickness and death."

The whole Church is now invited to participate in this sacrament. Now it is a more public celebration of God's love and healing presence. Instead of only being for those near death, it is available to anyone who is suffering physically, spiritually, emotionally, or mentally.

Being anointed By Fr. Bob at Mass, in front of the Resurrection community was a powerful experience for me. Not only did I feel the grace of the sacrament but also the support and caring of the Resurrection community. This helped to ease my anxiety before my recent surgery. If you are suffering in any way, I encourage you to contact Fr. Bob or another priest and request an anointing. There is no guarantee this sacrament will cure you, although it might, but regardless, it can help you to heal.

Peace and blessings,

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### **A reflection on spirituality and healing or religion and medicine.**

Historically, these pairings above have been intertwined. The root meaning of health is "wholeness" which derives from the same Anglo-Saxon root for whole, hale, and holy." Whole and holy derive from the same Greek word, "halignes." Traditionally, wholeness and health were equated with salvation, which according to theologian Paul Tillich has the same etymology. "The word salvation," he says, "is derived from the Latin word "salvus," which means heal and whole." Tillich says that "Salvation is basically and essentially healing, the re-establishment of a whole that was broken, disrupted, and disintegrated." As Dr. Andrew Weil, an expert in alternative medicine, reports in "Health and Healing:" "The Shaman of tribal peoples in northern Asia and the Americas is the doctor of bodies, souls, and situations. He has learned to be a personal mediator between everyday world and the 'other world.' Leaving his body to commune with spirits and learn the specific causes of illnesses." -rvb.

Unfortunately, in the West the Christian churches had a more submerged tradition of healing, and in general Western cultures over the centuries have tended to treat the body in isolation from the spirit. According to Plato this was an issue in his lifetime as he wrote: "For this is the great error of our day, in treatment of the human body, that physicians separate the body from the soul." Due to technological medicine in the 20th century has resulted in doctors narrowing their view even more to pay attention

only to the physical body, and the material aspects of illness. In the past few decades, a revival of Christian healing has begun to permeate Protestant and Catholic denominations. In cooperation with the development of a holistic health movement, a more spiritual understanding of health and healing is surfacing. This is seen as the balanced integration of body, mind, and spirit. Health is viewed as a positive state of creative self-expression, accompanied by feelings of joy, vitality, happiness, and love. P.I.E.S.S.=physical, intellectual, emotional, social, and spiritual. -rvb.

### **Suggestions for healing yourself by Bernard Siegel, M.D.**

1. **Accept your illness – being resigned to an illness is destructive, allows the illness to control our life, but accepting allows energy to be freed for other aspects in your life.**
2. **Perceive illness as a source of growth. As the saying goes, “Manure is stinky but can be important or necessary for growth.”**
3. **View your illness as a positive redirection in your life. Your life changes when you say that something is just a redirection toward something you are now supposed to be doing.**
4. **The inevitability of dying. When you begin to accept the factor of death and see you only have a limited time, you begin to realize that you might as well enjoy where you are now to the best of your ability.**
5. **Learn self-love and peace of mind and the body responds. Your body receives “live” messages when you say, “I love myself.” When you do that, your immune system says, “This person likes living, let us fight for his or her life.”**
6. **Do not make physical change your sole goal. Learn about and experience hope, love, acceptance, forgiveness, and peace of mind, and the disease may go away in the process.**
7. **Achieve immortality through love. The only way you can achieve immortality is to love somebody – then you leave a gift behind. Spend half an hour dying and the rest of your life living and loving.**
8. **Do activities that bring you a sense of fulfillment, joy, and purpose, which validate your worth.**
9. **Take care of yourself, tuning in to your needs on all levels, nourishing, supporting, and encouraging yourself.**

10. Release all negative emotions – resentment, envy, fear, sadness, anger. Express your feelings appropriately, forgive yourself; do not hold on to negative emotions.
  11. Hold positive images and goals in your mind; when fearful images arise, refocus on A that evokes feelings of peace and joy.
  12. Love yourself and everyone else; make loving the purpose and primary expression of your life.
  13. Create fun, loving, honest relationships.
  14. Make a positive contribution to your community by some form of work or service that you value and enjoy.
  15. Make a commitment to health and well-being, develop a belief in the possibility of holistic health.
  16. Accept yourself and everything in your life as an opportunity for growth and learning. Be grateful.
  17. When you mess up, forgive yourself, learn what you can from the experience and then move on.
  18. Maintain a sense of humor.
  19. Healing is attempting to do more of the activities and behavior that bring joy and fewer of those ways that bring pain.
  20. “A cheerful heart is good medicine, but a downcast spirit dries up the bones.” Proverbs 17:22.
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### **Healing Attitudes. -Dr. Moody.**

1. Jesus said, “Love your neighbor. This may well be the single most concise and powerful piece of medical advice any of us could follow.
2. Humorous healing – It has been said, “Illness is not a laughing matter,” It ought to be. Laughter is a form of internal jogging. It moves your internal organ around, enhances respiration, and ignites great expectations.” -Norman Cousins.

3. **Willingness** – The importance of will in self-healing. How many therapists do it take to change a light bulb? Only one, but the light bulb must be willing to change.
4. **Nonjudgment** – Accepting the moment exactly the way it is. Not evaluating the pain as good or bad, positive, or negative, otherwise one gets so focused on the pain as bad that one’s entire life begins to revolve around it – Equanimity.
5. **Forgiveness** – To forgive is to let go of negativity – It is the key to happiness. Unless you forgive, you may as well dig two graves. Let the light or energy of Jesus protect and heal you.
6. **Renunciation** – Let go of possessions and pride, let go of the principle source of stress in our life. It is acceptable that they go away fulfillment and not deprivation.
7. **Faith** – “Your faith has made you whole,” said Jesus- a higher power is at work in our lives; surrendering to it – “You will be done.” “Let go and let God” as the saying is.
8. **Hope** – Having an attitude of positive expectancy; it enhances the will to life, as well as the immune system; a hopeful attitude is contagious, inspires others and amplifies positive expectations.
9. **Compassion** – As we focus on helping others and do away with focusing on our own problems and bodies, fears seem to dissolve, and peace of mind replaces it.

#### **Dr. Irving Oyle’s Guide to Good Health.**

1. **Eat when you are hungry.**
2. **Sleep when you are tired.**
3. **When nature calls, answer.**
4. **When it is cold, go inside.**
5. **Do not think of anything else while making love.**

#### **Quotations.**

1. **“Medicine is not only a science, but also the art of letting our own individuality interact with the individuality of the patient.” -Albert Schweitzer.**
2. **“The fact that the mind rules the body is, in spite of its neglect by biology and medicine, the most fundamental fact which we know about the process of life.” -Franz Alexander, M.D.**
3. **“Positive attitudes and emotions can enhance the environment of effective medical care. Patients who have confidence in themselves and their physicians may be better able to make use of medical treatment than those who go into treatment with attitudes of despair or defeat.” -Norman Cousins.**
4. **“It does not matter what the disease is. There is always room for hope. I am not going to die because of statistics. I hope you will not either.” -Bernie Siegel, M.D.**
5. **“Complete health and awakening are really the same.” -TarthangTulku.**
6. **“Each of us seems to be born with a ‘blueprint’ that not only turns us into a certain type of physical being, but also maps out the path of our psychological, intellectual, emotional, social, and spiritual development as well. When we deviate from that blueprint, it often takes an illness to get us back on course.” - Bernie Siegel.**
7. **“Doctors do not know everything really. They understand matter, not spirit. And you and I live in the spirit, we are spiritual beings becoming human.” -William Saroyan.**
8. **“Do not sweat the small stuff, it is all small stuff; and if you cannot fight or you can’t flee, flow.” -R.S. Eliot.**
9. **“The more I can love everything – the trees, land, water, my fellow human beings, and myself- the more health I am going to experience and the more of my real self I am going to be.” – Carl Simonton.**
10. **“The emotional environment we create within our bodies can activate mechanism of destruction or repair.” -Bernie Siegel.**

**“Holy persons draw to themselves all that is earthy” – Hildegard of Bingen.**