

ANISABEL PALMA

PTHM 410 PASTORAL CARE: GUIDING AND RECONCILING FALL 2022

Final Essay

Answer **ONE** of the following questions. Paper should be submitted through Canvas. (Length: 1-3 pages, double spaced.)

3. Create a situation for each of the following three scenarios and write a prayer for each: (1) For someone who lives with mental illness (or has a family member who lives with mental illness); (2) For someone who has experienced trauma or sexual abuse; (3) For someone who is recovering from addiction.

1) For someone who lives with mental illness (or has a family member who lives with mental illness)

Case scenario: Paco is a 20 year old male, he is the oldest of a family of five. He never has liked school and when the pandemic struck, he was relieved he had not to go anymore. He was fine with distance learning but he also distanced himself from learning. He worked hard enough to get a passing grade but his efforts were not enough for Math. He ended up failing. He was a sophomore when schools were closed and he was a senior when he came back for in-person school. During all of that time, he stopped going to Church in person, visited with no friends and avoided family reunions as much as possible, he lost his job due to too many absences. In other words, he isolated himself. Other than that, at home he seemed a normal teenager, eating with the family, watching movies with them, playing with his dog, doing his chores, etc. For his senior year, Paco decided to switch schools along with his two younger brothers. He liked his new school. However, in the second week, he started to feel ill. Somedays he was running a low temperature, other days he had nausea or a headache.

Stomachaches were the most common discomfort he experienced in the mornings. Because all of those were COVID symptoms he had to be tested and stay home. Results were in in two days. Every time, he was negative for COVID. His mom took him to the doctor for anxiety and depression. Paco denied that and the doctor explored other things. He got multiple labs and tests, with no major findings. He just received supplements and follow up appointments. By January 2022, he was failing most of his classes and going to school once or twice a week. In March 1st he transferred to another school where he worked hard the first month, enough to earn some credits but in April he was back to not feeling well and staying home most days. Paco was not able to graduate in May and he is still working on his last credit: Math. Paco has never been diagnosed with a mental illness but his mom felt that since Paco's early years something was not right (he repeated kindergarten). The teachers got him tested for Special Ed and even though he was behind in school, he passed all tests and did not qualify for Special Ed. Finally, through his pediatrician and after exhaustive testing he was diagnosed with ADHD. Medication was attempted several times, Paco started on it but never continued for more than a week for different reasons. Whatever he had, COVID made it worst. His family is concerned that Paco has no friends, no motivation for school or work and is only interested in videogames. I composed the following prayer on behalf of Paco's mom, asking God for his healing.

Almighty Father,

You made fruitful the love of my spouse and me, and sent to us Paco, our beloved first born. You created everything good. Moreover, our son Paco is your delight.

Look at Paco, his struggles, his chains, his demotivation for school, his indifference for work and his fear to talk to people. Let him and us, his parents, identify the root cause of his demotivation and give us your strength and wisdom to overcome it. Show him his purpose in life, the vocation and mission you gave him and guide him, with the seven Gifts of the Holy Spirit, to accomplish it. Please release our son Paco from his fears, chains, and indifference. Grant that he may walk in the new life of Christ. Help him to re-connect with you in the Eucharist and the Sacraments. Help him to re-discover the life in you, help him to re-ignite his motivation and to find you in all people he encounters every day. Bless him with good Christian friendships.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, forever and ever. — Amen.

(2) For someone who has experienced trauma or sexual abuse

Lynn married her husband Bob and moved with him to the other side of the country, far away from her parent's home. During their first years together, they struggled to make ends meet. Moreover, he continued living as if he was a single man, partying on weekends and leaving Lynn home alone, when he came back, many times he was drunk and raped her. For decades, she kept all of her suffering for herself. They separated after 30 years of marriage but never divorced. He moved away from their home and comes back for holidays. After they separated, Bob increased his drinking more and more; when together, they sleep in separate bedrooms and have no more sex. Nowadays, Bob is sick and needs the help and company of his wife but sometimes he mistreats Lynn that is why she does not want to live permanently with him anymore. This is a prayer for Lynn who for many years experienced sexual abuse inflicted by her husband.

God of love,

You who united in Holy Matrimony Lynn and Bob and blessed their union with many children and happy memories as a family,

Look at your daughter Lynn who in silence suffered sexually for many years at the hands of the one who vowed to love and honor her all the days of his life.

Jesus, at every Eucharist she participates in, I beg you, please kiss her with your healing love and embrace her with your loving arms so she can experience the truest and faithful love only you can give. And, make her rest at your heart inflamed of love so all of her sufferings are transformed in redemptive love for her ill husband so in their last years of marriage they can reconcile, forgive each other and walk together to heaven. In your name Lord Jesus Christ, you the Son, who lives and reigns with the Father in the unity of the Holy Spirit, God, forever and ever. — Amen.

(3) For someone who is recovering from addiction.

Carlos is a 62 years old male who has been struggling with alcohol since he was a teenager. He lives in the United States but his family is in Mexico; when he is sober, he is the most hard working and responsible husband and father, but when he drinks, he is transformed into a monster. In the last decade, he also tried some illicit drugs that caused him to lose his job and made him unable to wire money to his family. They learned to live without him. A couple of years ago in a quarrel with someone, he stabbed a man and was sent to prison for four years; this is the longest he has been in jail and first time for violence. This prayer is for him as he looks to recover from addiction while incarcerated.

God of Peace, in Christ, you are Carlos' father.

You, who love Carlos despite his weaknesses, and gave him in Baptism your Only Begotten Son to offer him eternal life and it is your desire Carlos lives in this life as a child of the Light in freedom and bear much fruit,

Shine your love into Carlos' dark corners, his mind, his heart, his emotions, his wounds, his past, his present and his future. Please release Carlos from his addiction to alcohol and illicit drugs so he can respond fully to the vocation and mission you gave him when you created him and he can repair the harm he has done to himself, his family and others. Please, Jesus make of him a new creation, a new Carlos, according to the will of the Father. Holy Spirit please make Carlos docile to your movements so he can give his life to Christ.

We ask this in the most Holy name of Jesus the Son, who lives and reigns with the Father in the unity of the Holy Spirit, God, forever and ever. — Amen.