

The Shield Feature.....by Deacon Mark Castanier

We continue our preaching series called INSOMNIA – THE LIES THAT KEEP YOU UP AT NIGHT. Fr. John kicked off the series when he talked about the fear of abandonment and rejection. In the second week Deacon Dennis discussed money fears. In our third week Fr. Pedro talked about the Fear of Death. This weekend Deacon Mark will talk about the Fear of Losing Stability.

The Fear of Losing Stability

Everywhere we look in today's society we see chaos, which leads to instability. Look at the unrest in China, in Barcelona Spain and in the U.K. with Brexit. In the U.S. we see instability due to an unpredictable President. We are now facing instability in Canada with a minority government.

The Automotive Crisis 2008/2009

In 2008/2009 I was living in a very unstable economic period and working in the midst of a financial crisis. I was working for GM Canada at the Canadian Headquarters in Oshawa Ontario. I was managing a very large inventory of company vehicles that supplied dealers across Canada. The Automotive sector had tanked especially General Motors and Chrysler. General Motors emerged a much smaller company after coming out of bankruptcy.

Loss of Stability Security & Safety

I could see my stable world crumbling around me. Our work environment became so unstable we never knew from one day to the next if we were the next group of employees to be terminated. A coworker once told me if the situation got much worse we would find him in a fetal position underneath his desk.

The stress level for all of us reached breaking point levels and we lived in this terrible condition of not knowing whether we had a future with the company or not. I dreaded going to work each day not knowing what would happen. How did I survive this



most uncertain time in my career? I put my trust in God that he would take care of my family and I. A fellow employee once asked me how I was handling all this uncertainty and instability? I told her that I had put all my worries and concerns in God's hands. It wasn't up to me, It was up to God. I knew God would take care of my family and I.

We don't like or handle change well- chaos can happen

On November 17, 2009 after thirty years of service I was offered a separation package from General Motors Canada. It is funny that my homily is on my ten-year anniversary of leaving GM. God does have a good sense of humour.

Your growth is always outside your comfort zone

When I lost my position at work, I struggled with a sense of identity loss. I also suffered a loss of routine. I yearned for a place to go each day. It took many months to redefine my identity and find my sense of purpose. I now had the time to dedicate myself to God. God allowed me to lose my position at work in order for me to redefine myself and to grow as an individual. The one constant in life is change, why do we always fight this constant. With God's grace I became a Deacon, started a landscape design business and learned to cook.

Persevere in trust in Jesus when systems are crumbling around us

Jesus predicted that the temple would be destroyed, but he also knew that believers would go on, even after the temple was destroyed.

There were thousands and thousands of people who were impacted negatively due to the financial crisis of 2008/2009. Some of those impacted by the crisis

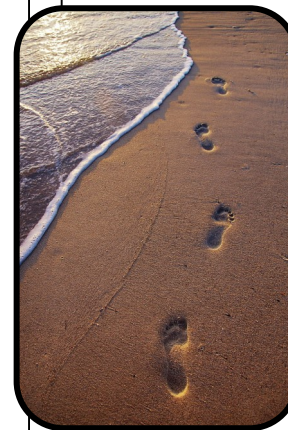
turned to God. I was one of them.

Peace and Blessings
Deacon Mark

Footprints in the Sand

~ Author Unknown

One night I dreamed I was walking along the beach with the Lord. Many scenes from my life flashed across the sky. In each scene I noticed footprints in the sand. Sometimes there were two sets of footprints, other times there was only one. This bothered me because I noticed that during the low periods of my life, when I was suffering from anguish, sorrow or defeat, I could see only one set of footprints, so I said to the Lord, "You promised me Lord, that if I followed you, you would walk with me always. But I have noticed that during the most trying periods of my life there has only been one set of



footprints in the sand. Why, when I needed you most, have you not been there for me?" The Lord replied, "The years when you have seen only one set of footprints, my child, is when I carried you."