



FROM THE CHAPLAIN

Words possess remarkable power. When used skillfully, they can uplift and empower many. Conversely, when used carelessly, they can cause harm and pain. Reflect on this: what's the most challenging word you know? I recently came across a list of daunting words to pronounce, and here are a few examples for you to attempt:

- Pseudopseudohypoparathyroidism
- Schadenfreude
- Quetzalcoatl

Quite a tongue twister, aren't they? Yet I know a 5 letter word that most people find hard to pronounce : 'sorry'. How hard is it to get our children to say 'sorry' and mean it. How many school tiffs could be solved with 'sorry'. How many family problems could be simplified with an authentic 'sorry'.

However, saying 'sorry' isn't always easy. It requires humility, as it forces us to confront our mistakes, face our shame, and sometimes revisit past hurts. It's often easier to evade accountability and pretend the problem never occurred. For Christians, though, saying 'sorry' is not merely a choice but a fundamental aspect of repentance—a step toward aligning oneself with God's will.

8 Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it—I see that my letter hurt you, but only for a little while - 9 yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended

and so were not harmed in any way by us. 10 Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

2 Corinthians 7

Dealing with issues is painful but worth it. Sometimes the journey to genuine joy is along the road of sorrow – via dolorosa. God knows about the pain of reconciliation, the Father sent his Son to take the eternal consequences of our actions so as to heal our relationship with him.

Mistakes are inevitable for all of us and this means that sorry is a word that must be known. I urge you to not only teach but also model genuine repentance to your children, equipping them to lead fulfilling lives both in their relationships with others and with God.

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