Eric R. Fleming

The "pleasure" of aches and pains

The life of a jock is rough, especially for one of "clumsy" types, those who never really take the time to stretch, warm-up, or get into shape. If and when we get hurt, the results can range from a nagging pain to near-disastrous injury. Yet, there seems to be a special quality, a mystique maybe, about getting hurt while playing sports that makes the pain just a wee bit easier to take.

Take yours truly, for instance. Last in January, I severely sprained an ankle while playing basketball (a feat which was not unaccustomed at the time—it seems that every other person I met hurt an ankle while shooting hoops). Went up for a shot, and of course came down (even Dr. J. has to admit that makes the pain just a wee bit easier to take). Though most people I know have not had a problem as serious as mine, the experiences we have had are somewhat the same. For every hurt, we must talk about how it happened, and sometimes we display our "war wounds" as if we were entered in a contest. One friend, who plays JV softball, has had so many things happen to her knees that you could write a chapter on injuries to knees. Another friend let his knee bleed for quite some time after a softball game, much to the displeasure of those around him. He explained that since he didn't play well, he felt "better" for having hurt himself. The doctors keep saying, "Erik, you should ..." and "this doesn't hurt ..." and "the ankle . . .. " Well, I did what I shouldn't and didn't keep the ankle . . .. After a while, I enjoyed a four-day visit in the infirmary prior to the setting of the Cast. That's what I get for being "hard-headed," I guess.

Often the injured forget about their condition, and try to per form their activities. I kept trying to play ball, though my shoot, which was the best to begin with, was nothing after the injury.

I soon learned that Nature was the only thing that was going to let me play ball, and once I did, I was much better off for it.

The annual period of Lenten reflection and rediscovery of the meaning of Jesus comes to completion in the rites of Holy Week.

Wednesday, April 15: Celebration of the Sacrament of Penance, at 7:30 PM in the MIT Chapel.

Holy Thursday: A solemn representation of the Last Supper, reminding us of Jesus' command to remember him by means of this meal. 8:30 PM in the Chapel.

Good Friday: A ritual means of being united with Jesus as he faces the results of his own life choices. 3:00 PM in the Chapel.

Easter Vigil: On Saturday evening, Christians over the centuries gathered in vigil to await the Easter dawn. 11:30 PM in the MIT Chapel.

Easter Sunday: The beginning of the Easter season, with Masses at 9:00 AM and 12:00 Noon in the MIT Chapel.

You are welcome to join us in celebrating the remembrance of these joyful events . . .