

A. Introduction – story ... philosophy teacher

- course on Aristotle: Aristotle claimed that friendship accounts for over half of our happiness
- went on to say: one friend = lucky; two friends = blessed; three friends = lying
- recent issue of the Atlantic Monthly ... lead article: “What makes us happy?” – longitudinal study of 268 men from Harvard ... traced from 1930 ... bottom line: seven factors for physical / psychological well-being (happiness): employing adaptations (altruism, humor, suppression, sublimation = variety of defense mechanism) education, stable marriage, no smoking, no abuse of alcohol, exercise, appropriate weight (p. 46)

**B. Happiness is grounded in friendship ... Gospel: I CALL YOU FRIENDS! ...
friendship: a form of love, a source of joy, a grace from God ... grace for
St. Thomas Aquinas: *amicitia Dei* ... *friendship with God***

C. Characteristics / elements of friend ... earthly and divine

TIME (graduation time: mom spent a whole day with her daughter ... just the two

- spend quality time together ... family meals
- the detail of friendship; picnics, long walks, sitting on the log by the river
- not great quantities (chronos) but kairos = graced moments

TALK

- conversation – communication ... dialogue ... being present to the other ... listening call to chat ... seek and offer advice
- E.g. – experience this week (in conversation with a parishioner at a nursing home: asked if she wanted communion ... prayed the Our Father ... about to give her communion and she looked up and said: “Are you authorized to do this?”
- truth ... key element of friendship ...
- MARRIAGE PREP ... 150 questions: talk about religion, politics, sexuality, money

THOUGHTFULNESS (mindfulness) ... friend never far from our consciousness

- pay attention: birthdays, anniversaries ... thinking about the other
- e.g., pictures on the desk / in the wallet = purse /
- have someone over for a barbecue

TENDERNESS (soft things ... Dad: “It was a pretty good job.”)

- Voirst: friendship makes the music sound sweeter, the wine taste richer, the laughter ring louder
- warmth, gaiety, spontaneity ... also can give tough love

TRUST: confidentiality / mutual respect / remove of suspicion.

D. Eucharist: at table ... chief source of friendship / happiness / joy ... if love is there.