



“A friend divides sorrow and multiplies joys.”

Friendships are an important part of life. When we do things which make us happy or joyful, most of us would like to have someone around to share it with. Doesn't sharing a **joy** make it more joyful? In some ways it **doubles** it. And, you can always talk about it again, afterwards, **reliving** the joy, which **doubles** it again.

And, when we are in pain, grieving, depressed, or hurting it helps to have **someone** around to **comfort** us. We may want **solitude** for a time, but it helps to have a friend to share it with. In some ways, this divides, lessens our pain.

Aristotle taught us many important lessons and one, which I never heard about before was about the **three kinds** of friendships:

- Friendships of **utility**: exist between you and someone who is **useful** to you in some way.
- Friendships of **pleasure**: exist between you and those whose company you **enjoy**.
- Friendships of the **good**: are based on **mutual respect** and **admiration**.

Think about it. How many friends do you have in each category? Take a minute now to name them and thank God for their friendship. Then, the next time you see them, tell them how much you appreciate their friendship.

Surrounding ourselves with **positive** people helps us to reach our goals. Every individual we come in contact with affects us either **positively** or **negatively**. And we affect them in the same way. I used to tell my students that every time they were with someone, that person was either better or worse because of their time together. I think it's the same for us.

A true friend cares about what you do, helps you solve problems, brings out the best in you and enjoys spending time with you. The saying "**That's what friends are for**" is somewhat true because we need friends when it comes to life. They help us get through the worst times: Covid, loneliness, or just a bad day.