

## A Sermon on Suicide

Sermon by Rev. Minister Angela Smith of COPE for November 28th, 2021 (and beyond)

There is a widely circulated myth that suicides spike during the holiday season. Source: <https://www.psychologytoday.com/us/blog/lifetime-connections/201812/suicide-risk-spikes-after-the-holidays> Below are a series of example monologues describing why someone might commit suicide. The purpose is to help you help yourself and/or others choose life. One reason to contemplate is that reincarnation is real and if you die of suicide you may reincarnate to be aborted until you choose life unless you die in a sea of acidic vaginal fluid with only that memory until you are willing to exist beyond being a spermatozoa or sperm of some sort. If God is a #Taoist, God gave us all free will. Part of that includes the freedom to live or remain potential for life never realized nor fully manifested.

### MONOLOGUES

**Suicidal Altruist:** I'm contemplating suicide because it is clear to me that I am unable to benefit society to the extent society benefits me. My death is the best way to save the environment for future generations. Even though vegan, the vegetables I eat rely on labor abuses and the murder of rabbits or other field animals that wish to eat the crops intended for human consumption. I wish to give the world back to itself by removing myself from it.

**Suicidal Pragmatist:** I'm aware of my options and have spent almost a decade trying to find gainful employment. I'm not of retirement age, but am middle-aged. I am too injured for some types of manual labor, but have other marketable skills. I do not currently have reliable transportation beyond my own two feet and legs. I've applied to every position available within walking distance. While I don't wish to see the years of applying as misspent or a pattern that will continue without change, I now believe hope was another evil and not a good thing after all the other evils were released by Pandora. No, I think Abuk, the African Pandora, released death instead of hope for a reason. It was a reality check and if I'm being realistic this sucks and may only get worse with time which seems to be the trajectory based on all available data. I can be a victim or a volunteer (AKA slave who is not compensated for work), I choose victim.

**Suicidal Moron:** All my friends did it and I will too because I'm a joiner. I also wonder what death is like and am committing the vice of impatience by ending my own life. It is the viciousness of the impatience that may get me sent to hell. But, at least my friends will be there. Patience is a virtue.

**Suicidal Trauma Victim:** Why didn't I die? Why didn't they just kill me? Why am I still here? There's no point. I can't live like this.

END

Now, Suicidal Altruist is clearly suffering some self-esteem issues and not valuing the benefits they provide to society against another individual of relative economic position. So, is it vanity where they believe their sacrifice will grant them hero status or worship of some sort? Or, is the vanity coming from believing choosing to die will effectively benefit the entire planet? How much of an impact does Suicidal Altruist believe their own actions or choices actually have on the entire planet? I think with Suicidal Altruist it is potentially narcissistic or likely obscenely low self-esteem resulting from failure to recognize their own strengths or contributions. The test to find out if it is narcissism or low self-esteem is to compliment, if the demeanor changes to vain-glory immediately, you are dealing with a narcissist. If they sincerely protest the compliment and/or cry, it is obscenely low self-esteem. That is likely a result of a lifetime of abuse and neglect as a primary stimulus with insufficient beneficial experiences that were concrete rather than abstract. If you are always living in conflict, the promise of peace can be a siren song that can be rationalized as a generous act depending on available data.

With Suicidal Pragmatist, it seems very reasonable. However, Suicidal Pragmatist should make sure all factors were calculated in the equation before deciding. Have they ever had gainful employment? Did they have gainful employment and opportunity for most of their adult life? If the answers are “yes”, then the circumstances when looking at just the last decade may suggest giving up, but the overall calculation likely shows the odds are still good that circumstances can change for the better.

Suicidal Moron would get no argument from me. Some people expedite the inevitable without considering how reincarnation might become a hell of its own until they choose life.

Suicidal Trauma Victim is being impatient most likely more with themselves than anyone else. They feel like they can't function as a result of their trauma and/or are so disabled by it that they see their survival as more of a curse than a blessing. This is someone who sees their trauma as Karma and/or a result of reaping what they've sown even where that's clearly not the issue and there is no punishment being visited upon them. The New International Version of The Holy Bible states “Matthew 5:43-45 (NIV): "43 “You have heard that it was said, ‘Love your neighbor and hate your enemy.’ 44 But I tell you, love your enemies and pray for those who persecute you, 45 that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.”” My understanding of this passage is to let everyone know that good things happen to vicious people and vicious things happen to good people because with God all things are possible. (Matthew 19:26 KJV) So, being good doesn't protect you from the vicious and the law presumes everyone is innocent until proven guilty in a court of law. But, being vicious is the best way to end up in a living hell behind bars with forced labor as your punishment. And, suicide is a crime that is viewed as a mental health crisis where a failed attempt can land you in a private institution worse than any publicly run prison in the USA. So, if you want to learn how to manage traumatic stress, start here <https://www.cope.church/helpptsd.pdf> and check out the #TaoFu Self-Defense Exercises (link available at end of sermon). I often wonder how

pampered or sheltered some traumatic stress sufferers are where the shock or stun of any traumatic event has devastated their entire perspective.

Many of us who have had multiple traumas and exposure to multiple traumatic life experiences understand who is most objectively at fault and seek justice or vengeance against those that caused unjust harm. And, if all else fails, living to spite those who tried to destroy you and will leave you to it may be your reason. Sometimes seeing a perpetrator as an enemy who tried to destroy you will bring out enough spite in your spirit to just keep living. But, spite is no way to make friends, is a vice, and may turn on you if you aren't careful. Also, if you survived their bullshit, then they didn't succeed and any suicide on your part finishes a job they started. Don't pick up the slack for your perpetrators. If you do, I'll say you must have Stockholm Syndrome and will make that public should you commit suicide and I hear of it. I'm going to write something up that says you did it as a result of undue influence from the perpetrators. If enough people believe it and there is sufficient evidence of ongoing harassment by the perpetrators that drove you to suicide, maybe the law can get them on negligent homicide for the harassment resulting in your suicide. It has happened before.

It's up to you. I hope you choose life this holiday season and always. Where there is a will to live, there is a way. Instead of or in addition to spite being your reason, perhaps believe true love exists and manifest that belief in your own choices and actions.

Imagine the most adventurous love story (or stories) you've ever had any awareness of as a result of books, films, or even someone just sharing their story with you. Are your hardships greater or lesser than those faced by the lovers in the story (stories)? Believing in true love is the antidote, in some cases, to believing you are being punished if suffering traumatic stress. Even if you are only familiar with fairytales such as Cinderella and Snow White, that might be enough depending on version. Even in the Disney version Snow White is a sweet orphan girl whose parents died and she was left in the care of an Evil Queen who wanted her hunted down and killed. She escapes and ends up living with 7 miners who give her room and board in exchange for her helping out. Then, the Evil Queen finds her and poisons her (or she gets a piece of apple stuck in her throat depending on version, not the Disney version of course and in this version the prince performs a version of the Heimlich Maneuver to save her life), she's presumed dead, and true love's kiss revives her. But, it would be awful to die and then be located by your true love who kisses you and nothing happens except a possible arrest for abusing/molesting a corpse. If you truly love your true love, even if you haven't met them yet, then you won't put them in that situation. It works for me.

For those interested in starting #TaoFu Self-Defense Exercises, please see <https://www.cope.church/taofu.htm> and begin at any time.

There are opportunities to send messages, receive mystery bonus blessings, and more with or without donating available now on our "Pass the Basket" page at <https://www.cope.church/basket.htm> . Thank You.

"And ye shall know the truth, and the truth shall make you free." John 8:32 KJV Willful blindness is an abomination.

COPE accepts Feedback, critical and complimentary. Learn more at <https://www.cope.church/feedback.htm> . For the sake of keeping myself and others humble, a sense of humor is welcome on all sides.

For More About COPE and the HEAL Mission, see:

<https://www.cope.church> and <https://www.heal-online.org>