

Love Hurts

Opening Prayer

The love I have for you my Lord, is only a shadow of your love for me, only a shadow of all that will be, when we meet face to face.

We have all experienced the exhilaration of love. That full hearted feeling, as if we could burst with joy. It fills our whole being, makes us authentically who we are and frees us to be selfless. Being loving opens us up to the fullness of life and to share in the life of others.

If we have loved, so we have lost. Most of us know the pain of the loss of a loved one, or the loss of our health and our abilities, or the pain of betrayal and disappointment.



We know Louise was no stranger to suffering and loss.

The Words of Louise

God who has granted me so many graces, led me to understand that it was His holy will that I go to Him by way of the cross. His goodness chose to mark me with it from my birth and He had hardly ever left me, at any age, without some occasion of suffering. (SLW p711)

However Louise chose to allow her suffering to make her better and not to make her bitter. Through faith, she was able to link her suffering to that of Christ on the Cross. Christ's redeeming act was not one of expiation, of paying for our sins, but was a sacrifice of love. He loved us so much that not only did his heart break, but his body was broken too. This faith stance of Louise is expressed when she chose the motto for the Daughters of Charity: *The Charity of Christ Crucified urges us on.*

Can we imitate Louise?

- Recall a time of suffering
- Are you still holding on to the pain of the suffering or have you been able to move on?

AIC Reflection

- What would it take for you to move on... what one small step might help?
Be patient with yourself... healing takes time.
- Has the experience made you a better person or has it made you slightly bitter and resentful?
- Remember people you have loved and lost and allow the positive feeling of love to fill you.
- How has that positive memory helped you since the occasion of the loss?

**The best thing to do
with a broken heart is
to hand God the
pieces**

Concluding Prayer for healing

*Lay your hand gently upon us, let their touch render your peace.
Let them bring your forgiveness and healing,
Lay your hands, gently lay your hands.*

*Lord we come to you through one another
Lord we come to you in all our need
Lord we come to you seeking wholeness
Lay your hands gently lay your hands.*