



## Do You Love Me?

*“Grief, I've learned, is really just love. It's all the love you want to give, but cannot. All that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go.” (Jamie Anderson)*

November is a month of remembrance – All Souls Day, All Saints Day, Remembrance Day – it is a month when we take time to remember, honour, and pray for those who have gone to their eternal rest ahead of us.

Although I love the above quote as an explanation of grief, our Catholic tradition of praying for those who have died reminds me that our love does in fact still have a place to go, even when our loved on is no longer physically present here on earth with us. All of us, the living and the dead, are members of the communion of saints, and are spiritually connected with one another through our shared faith: we can pray for them and ask them to pray for us. In fact, it is one of the spiritual works of mercy to pray for all the dead!

The Catechism of the Catholic Church states that “The communion of saints refers...to the communion of ‘holy persons’ - all the faithful of Christ – those who are pilgrims on earth, the dead who are being purified and the blessed in heaven...(¶129)” and so our family is not considered broken in death, but transformed.

Although it is normal to miss the physical presence of those we love, hopefully we can feel connected to them still in our prayers, and take comfort that as Jesus reunited with his disciples after his resurrection, we too shall one day be reunited with our loved ones.

Let us continue to pray for those who have died, and for those whose grief has been made more challenging during this pandemic, and remember that love will always, in fact, find a home.

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