

Communion of hearts...

Introduction:

Created in the image of the Trinitarian God, we are called to love the way God loves. To live in this love is a Gospel and spiritual experience, an experience of a **journey to be lived...** a **journey** into the knowledge of self and of the other... a **journey** into relationship... a **journey** into communion...
a journey of inter-dependence in everyday life.

That which favors communion:

There are behaviors... there are attitudes... that **build bridges...**

- Relationship with God, in whom is lived every relationship; personal and communal prayer;
- Openness and dialogue while respecting differences and limitations;
- Community spirit / time freely given to be together and to celebrate
- Knowing how to give and how to receive;
- Truth / transparency / humility / authenticity / simplicity / vulnerability;
- Trust / faith in the other and in oneself / in the richness and capacities of each person;
- A positive look upon the other, one of admiration, of marveling at another / appreciation and recognition of each person;
- Mutual support / caring / feeling concerned for the life of our neighbor;
- Forgiveness; risking to share, patience, compassion;
- Welcoming each other as sisters;
- Intense moments of communion, particularly at meals and at the Eucharist;
- A common project / a common vision concerted action for mission.

Obstacles to communion:

There are behaviors... there are attitudes... that **raise walls...** and prevent others from entering into our lives...

- Fears of all kinds lead us to develop self-protective behaviors :
 - o Exclusion / closed attitude /;
 - o Silences, things left unsaid that nourish lies and misunderstandings;
 - o Turning in on self, cold shoulder, entitlement;
 - o Feeding my bitterness and resentment, unresolved anger;
 - o Mistrust, suspicion, gossip;
 - o Not listening / indiscretion / blame.

- Believing oneself to be "perfect" or in possession of the truth brings :
 - Comparison / competition / rivalries / prejudices / judgments
 - An attitude of superiority;
 - Contempt / condescendence / ill regard on the other
 - Jealousies / grudges / prejudices;
 - Individualism / indifference;
 - Intransigence / unrealistic expectations placed on others;
 - Reputations that precede people and deprive them of their right to continued growth...
 - Resistance to change;
 - Refusal to face conflicts;
 - Living as strangers under the same roof.

Factors that destroy communion:

There are behaviors... there are attitudes... that **destroy bridges** so as to **raise walls**...

- Shallow relationship with God and with self;
- Control / domination / intransigence / manipulation / confrontation / exaggerated attachment to one's « territory », to one way only of doing things, to a service;
- Refusal to forgive / words that « kill » / creating division;
- Judgments / gossip / unfounded criticism / denigration / 'what will they say' / callousness / labeling;
- Fusion / affective dependency / unhealthy curiosity;
- Superficiality / empty words;
- Ongoing pouting / chronic dissatisfactions;
- Jealousies / exclusion / clannishness;
- Refusal to be involved in projects or challenges to be undertaken together;
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Conclusion:

- Believe that we are gathered together by the power of God...
- Believe that the other is given to us by God as gift...
- Believe that everyone has within self sacredness as well as a wounded space...
- Believe deeply... so as to **choose** make of communion ... in interior freedom... beyond wounds, beyond appearances, and to live that choice **with one heart... with one passion...**