



What is Spirituality of Communion?

Spirituality of communion consists of realizing *I am a We*, in the love of God.

Spirituality of communion is an insight, a process, and a gift.

It is an insight because there is a moment in my life I realize I am part of something larger than me, beautiful and astonishing. I also discover me, you, him, she and all are part of the same thing.

It is a process where I can gradually make myself one with others and with Christ.

First, I humbly open myself to love and detach from ideas, masks, and resentments that block the way to the encounter with others.

Second, I realize sharing life with others make mine more fun, enjoyable and fruitful. I can also contribute, assist, provide comfort, heal, take upon me others' burdens and also speak up when things go astray, and I realize happiness is also there.

Third, I start loving others with the same dedication I love myself. Patience, generosity, and compassion become second nature to me. I keep loving until love is mutual and encounter emerges. I discover myself not as an isolated individual struggling in life but as a member of a community, living together in one heart and one soul, in a spirit of unity bonding us.

And, at the center... Jesus Christ!

Him, showing us the way, irradiating love, light, and life. To everyone.

Gifting us love, regardless who we are, where we are, what we have done.

Emanating Love, every time, in every situation. Overcoming every failure, peril or fear.

Love, as a vital understanding, a way of living, and spiritual reality uniting us together in communion.

A Spirituality of Communion. †