

## RECONNTING

At the end of the day, there's no truer adage than "can't live with 'em, can't live without 'em." Just as our bodies need food and air, our souls need connection with other people. We are at our best when we are in healthy relationship and at our worst when we're not. Without connections, we just are not fully human.

After thirty minutes of listening to a husband and wife talk about their marriage, the therapist got up and gave the wife a big hug. "Your wife needs this every day," he said to the husband. The husband replied, "Okay, but I can only bring her in here on Mondays and Thursdays."

We know people who live with regrets after taking another person for granted and missing the opportunities to express and demonstrate affection. Saying "I love you" and following the words with hugs and kisses strengthens a healthy relationship. Otherwise, it can and will die a slow death.

Lost moments are lost moments, and there's no going back. During Lent it is a good idea to ask yourself: "have I been taking someone for granted?" We can all do something about strengthen our relationship with a love one---with a text, a hug, a kiss....or with a child, brother or sister—a visit, a phone call.... we can connect with them through words and action.

So a helpful practice during Lent, pick a day and reconnect with someone you once cared about, but let your feelings slip away.

A prayer to Jesus, "It's my fault I've lost touch with people I care about. Help me to be more attentive to them. Amen."