

A Live Worth Living

Utopia, a world where no one ever suffers, experiences pain or misfortune. Our reality however, is not utopia. Utopia is a dream, a goal for everyone to work towards. But in the meantime, suffering, pain, depression, hate, violence, loneliness do exist in this world.

“If we have no peace, it is because we have forgotten that we belong to one another.” St. Mother Teresa of Calcutta

Ponder for a moment the existence of suffering. Would we ever really care about someone that we've never met or someone who lives on the other side of the world, unless suffering was involved. Suffering is not a good thing, but much good can come as a result of it. One of the saddest realities in our world today is that only in suffering is humanity able to hold its bond. Suffering is the way by which humanity seeks to mend itself. Our hearts ache in the sight of suffering, and our souls yearn to ease it and prevent it from happening.

Who are mere humans to judge the value or the quality of life...We are taught not to judge by color, race, religion, size, wealth, achievement or any of the likewise. So why then, do we seek to determine whether or not someone has the right to life or that their life should be ended?

“The poor, even the poor in health, are a richness for the Church. You have your place, a specific role in the parish and in every ecclesial environment, your presence, silent but more eloquent than many words, your prayer, your daily offering of your suffering, in union with that of Jesus crucified for the salvation of the world, the patient and even joyful acceptance of your condition are a spiritual resource, assets for every Christian community. Do not be ashamed to be a precious treasure of the Church!” Pope Francis

Every life has value and meaning no matter what stage of life, or what the circumstances of life are. Every life holds the power to love, to teach and to hope. Every life also holds the power to change. If we love freely and authentically without distinction or hesitation, would there be as much suffering in this world? Would we not focus more on ensuring quality of life for everyone? Would we not do all that we could to prevent suffering and seek to bring about happiness in every person?

***Father of all creation,
Let us never diminish the value of each and every life.
No matter who they are, where they've been, what they've done or the stage of their
life.
May we seek to uphold the dignity of all life and cherish it as a gift that has been given
to honor and love.
And may we never deny the strength and power of the prayerful existence of our souls.
AMEN***