

As the date of the first anniversary of my mother's death approaches, I'm reminded of the love my mother gave to our family not only when we were young, but as she got older and lived in the Assisted Living. Mom was the best listener. She didn't have to say much. I could tell from her expressions whether she agreed with what I said or questioned what I said. Regardless, she always listened intently. Even if she didn't totally agree, she always had my back. As I age, I realize that most people just want someone to listen to them. We also want to be appreciated. I had many older adults in my life that showed love by listening and giving simple praise.

I am now the "older adult". I want to be that person that sends a text, email, letter or maybe even a phone call to someone letting them know that they are loved and appreciated. We have technology that enables us to reach out with very little effort. In memory of my mom and all the others that gave us their time, spread the love by contacting your family, parishioner and/or community member. Be that listener and giver of good thoughts. Life is hard. Spread some love.....

Let me know what your parish does for World Marriage Day! You can contact me at ldccwleadership@gmail.com