

IHM Charism Connection

Let Us Glory in the Cross of Christ!



The spirituality of the IHM Sisters is rooted in the Redemptorist spirituality of St. Alphonsus Liguori. St. Alphonsus centered this spirituality around four themes – crib, cross, Eucharist and our Blessed Mother. As we experience the suffering that exists around us, both in our personal lives and the life of the world currently, we look to the Cross of Jesus Christ to give us perspective.

For St. Alphonsus, the Passion and Death of Jesus had everything to do with God’s great and abiding love for each one of us. The mystery of Redemption is revealed in a humble God who emptied Himself of His Godliness, poured Himself out in His ultimate humanness, and laid down His life upon the cross in a wondrous excess of love. On the cross, the precious cost of our Redemption, Jesus experienced the very depths of darkness, fear and distress, and through this experience knows well our own challenges.

St. Alphonsus was deeply aware of the emotional stress involved in all types of human sorrow. He hoped that we would come to know that the God who desires to be so closely involved in our lives, enters our every suffering. Jesus would have us walk through our suffering by His side and in His company, there to experience hope – the hope of newness of life – by virtue of His resurrection. This experience of the Paschal Mystery is an invitation to see the world and ourselves with new eyes: eyes that see life in the midst of death, possibility in the midst of failure, love in the face of lovelessness, and forgiveness in the face of anger and hurt. This is the image and likeness of the crucified God in broken humanity – near and far.

We have a God who understands our own times of distress, fear, darkness, and pain. Pope St. John Paul II wrote in his encyclical on suffering, *Salvifici Doloris*, “the fullest source of the answer to the question of the meaning of suffering. This answer has been given by God to man in the Cross of Jesus Christ” (# 13).

Here is a brief but powerful explanation of the meaning of the Cross:

<https://www.youtube.com/watch?v=hS7XHev5eBI&t=135s>

Learn more about the IHM Sisters:

<https://ihmimmaculata.org/>