

People are yearning to discover community. We have had enough of loneliness, independence, and competition.

Jean Vanier

God created us to be an interdependent people. We crave community because we are wired for it. If you yearn for more connection and community but don't know how to find it, answer these questions on the challenge of reaching out. When you acknowledge your need for others, you are making room for God's grace.

	Always	Sometimes	Never
I am comfortable acknowledging my needs and			
limitations.			
I am comfortable acknowledging my strengths.			
I feel comfortable asking others for help.			
I let people know when I'm upset or hurt.			
I accept imperfection in others.			
I accept imperfection in myself.			
I reject offers of help for fear the task will not be			
completed my way.			
I make an effort to welcome new people and get to know			
them.			
I enjoy inviting people to coffee or dinner.			

Checklist created by Paula Hagen, OSB. Used with permission.

For when I am weak, then I am strong. $2 Corinthians 12:10$

Time to Reflect

Spend some time reflecting on your answers.

What do you think God is telling you?

How can you reach out in one small way today?

