

## Connection

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By Lynne, fcJ

We long for connection. People are often lonely, isolated, divided. And yet we long for connection – to be, as Einstein says, ‘freed from this prison’ of separation.

We easily connect with people we know, or who think and experience life in similar ways to us... its also easy, with just a tiny effort, to make connections with others outside our normal circle.

**“ A human being is part of a whole, called by us the “Universe,” a part limited in time and space. [They] experiences [them]self, [their] thoughts and feelings, as something separated from the rest — a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.**

*Albert Einstein*

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Simply smiling at someone on the street, checking if an elderly neighbour is OK, speaking to someone in a cafe or in the supermarket are all tiny ways in which we break down the delusion of separation and open up possibilities for connection.

Our FCJ charism is one of companionship – of being present alongside others in day to day life and activity. These tiny connections bring ripples of companionship into our world, breaking down division and building community.



“ Unsere kleine Gemeinschaft hat das Ziel, mit allen Mitteln ihrer Macht das Herz Jesus zu ehren. ”

*Marie Madeleine d'Houët*

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## Treue Gefährtinnen Jesu

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