

## I am not alone... You are not Alone

Manila, Philippines

joi, 11-apr.-19



*This reflection by [Companions in Mission](#) Group 2, Philippines  
first appeared in the [CiM Newsletter](#).*

*I am alone. I don't have anyone to share my feelings with.  
I am alone. I don't have anyone to share my sufferings and sadness with.  
I am alone. No one is there to help and understand me.  
I am alone. No one sees my pain and struggles, and sacrifices.  
I am alone. No one knows of my existence. No one cares for me.  
I am alone. No one sees my wounds and accepts my scars.  
I am alone. All they see are my failures and mistakes.  
I am alone. No one sees my tears.  
I am alone. No one accepts my imperfections.  
I am alone. They say i am too complicated to be with.  
I am alone. I feel empty, scared, and abandoned.  
I am alone. I have sinned.  
I am alone. No one loves me.*

These are some of our thoughts when we feel so all alone that we can't even feel god's existence. These are experienced by so many people as seen in our surroundings, news and social media, both in the Philippines and throughout the world. We, too, have experienced these feelings and frustrations. There were times when we only saw darkness and felt cold. Each of us experienced and said those things. Each of us felt lonely and isolated at some point of our lives. Each of us has had our own battle and bears wounds, and scars. It was painful that no one listened to our sentiments. We were scared to know that no one will understand and share our feelings. It felt so tired and empty inside.

When we encountered God, everything changed. Jesus is like our constant buddy. We can be our own selves with him. We can express everything to him without having fears of being judged and criticized. We didn't feel we were rejected because of our flaws and imperfections. We didn't feel abandoned. I am not alone. We are not alone. God is a true representation of the line *Just call my name and I'll be there*. Actually, even if we don't call him, he is always there for us. He knows our problems, our sufferings, and the deepest desires of our hearts. He never leaves us. He is our hope. He is our life. He walks with us. He guides us to make us closer to him. Our faith in our loving savior is what keeps us strong. Through him, we will not let our disappointments steal our

joys and love in fulfilling our mission as [CiM](#). He gave us courage to face every trial just as [Marie Madeleine](#) did and we trust in him. He gives us strength to continue to live and hope. We are not alone because he is our Companion and we reach out to others because of this.

We have seen and felt the lord and so we are gladly sharing our faith with others. And with our own little ways such as simple gestures of kindness, smiling at a stranger, greeting a neighbor, listening to the sentiments of someone who is experiencing pain, accompanying a friend even in silence, comforting those who are grieving, reaching out to those who are in need, praying for our family, a friend, a stranger, and even those who hurt us. May all of these actions of [Companions in Mission](#) inspire, encourage, and bring them hope and love, so they may realize and feel that they are not alone.

*You are not alone. I am here to listen to you.*

*You are not alone. I am willing to share in your sadness. You are not a burden.*

*You are not alone. I understand you.*

*You are not alone. I see your pain and struggles. I am here to help you.*

*You are not alone. I care for you.*

*You are not alone. I see your wounds and scars and I will share their burden.*

*You are not alone. I will cry with you.*

*You are not alone. I accept you for whoever you are.*

*You are not alone. You are not complicated.*

*You are not alone. I will fill your heart with love and laughter.*

*You are not alone. I am with you. Do not be afraid.*

*You are not alone. I forgive you.*

*You are not alone. I love you.*



Along the journey, we will find a companion who will make our journey a fruitful and happy one because actually, we were never alone. Jesus is our Faithful Companion. Forever and always.



“ Să am acest nume, Însoțitoare Credincioase ale lui Isus, aș da totul, tot ce sunt. ”

*Marie Madeleine d'Houët*

**Însoțitoarele Credincioase ale lui Isus**

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