

- 1 There is a Buddhist story of a young woman whose baby grew sick and died. She was torn apart with grief and sorrow, and asked a Buddhist holy man if her grief and sorrow would ever go away.
- 2 *"You must bring me a bowl of rice," he said, "but it must be from a house where no-one has ever suffered the loss of someone they loved and cared for."*
- 3 So the woman set out, thinking this would be an easy task which would then result, at last, in her grief and sorrow no longer dominating her life. In the first house that she visited she found that a family member had died two years before. They talked, and each felt a little better as they shared their experience and learned from one another and supported each other.
- 4 In the next house, someone had lost a close friend. Again, she and the family found support. In the third house she began to appreciate more that love costs.
- 5 And so it went on, from house to house. Eventually the woman returned to the holy man who asked if she had a bowl of rice for him. She had been told to bring one from a house where nobody had ever suffered the loss of someone they loved and cared for. "No," she said. *"Every house I have visited has had people who have suffered the loss of someone they have loved and cared for. What I **have** discovered is that it is because we love greatly that we experience such pain and sorrow when loved ones die. Our pain and sorrow may get less as time goes by, but they never go away. The medicine I have found in visiting other homes is that peace can come from helping others and sharing their problems."*
- 6 The poet, Alfred Lord Tennyson, wrote:

*" 'Tis better to have loved and lost
Than never to have loved at all."*
- 7 *Let us pray:*

**Lord Jesus, you tell us
that those who mourn are "blessed",
knowing that only those
who love greatly
can mourn.**

**We know, too,
that it is better
to have loved and lost someone
than never to have loved at all.**

**We ask you today
that through our own sufferings
of different kinds,
we may discover
strength and peace
through helping
and supporting others
in their difficulties. Amen.**

This is an excerpt from the page of this date in
'Praying Each Day of the Year',
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:
www.prayingeachday.org