



*One Great Heart, Holding All in the Tenderness of Your Love  
Valentine's Day 2025*

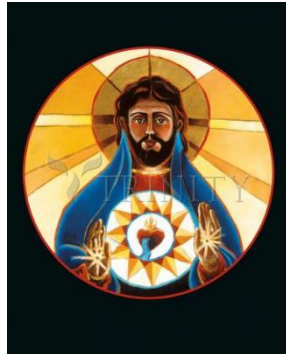
**Opening Prayer:**

Lord, Lord, open unto me  
Open unto me, light for my darkness  
Open unto me, courage for my fear  
Open unto me, hope for my despair  
Open unto me, peace for my turmoil  
Open unto me, joy for my sorrow  
Open unto me, strength for my weakness  
Open unto me, wisdom for my confusion  
Open unto me, forgiveness for my sins  
Open unto me, tenderness for my toughness  
Open unto me, love for my hates  
Open unto me, Thy Self for myself  
Lord, Lord, open unto me.

Howard Thurman, *Meditations of the Heart*



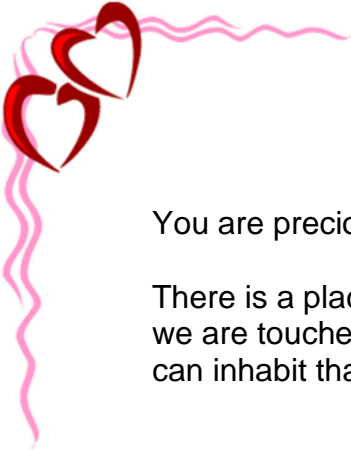
**Readings:**



The heart of Christ is 'ecstasy,' openness, gift, and encounter. In that heart, we learn to relate to one another in wholesome and happy ways, and to build up in this world God's kingdom of love and justice. Our hearts, united with the heart of Christ, are capable of working this social miracle...The heart of Christ, as the symbol of the deepest and most personal source of his love for us, is the very core of the initial preaching of the Gospel...as the wellspring that refreshes and enlivens our Christian beliefs.... Christ encourages us to overcome our fear and to realize that, with him at our side, we have nothing to lose. In a world where everything is bought and sold, people's sense of their worth...depends on what they can accumulate.... Yet only the love of Christ can set us free from a mad pursuit that no longer has room for a gratuitous love. Christ's love can give a heart to our world and revive love wherever we think...love has been definitively lost...The wounded side of Christ continues to pour forth that stream which is never exhausted...but offers itself time and time again to all those who wish to love as he did. For his love alone can bring about a new humanity.

Pope Francis, *Delexit Nos*





You are precious in my eyes. I honor you and love you. Isaiah 43:4

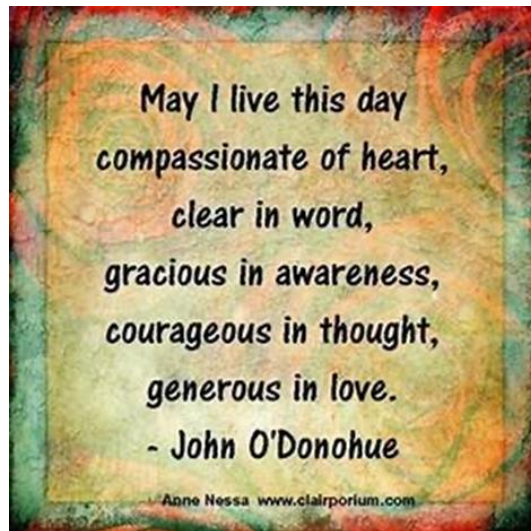
There is a place in you-the eternal place within you. The more we visit there, the more we are touched and fused with the limitless kindness and affection of the divine. If we can inhabit that divine presence, then compassion flows naturally from us.

John O'Donohue

God's love shines down upon me like the light rays from the sun, or God's love is poured forth lavishly like a fountain spilling forth its waters into an unending stream.

*Spiritual Exercises, 237*

The love that flows through your heart purifies not only your own spirit, but the love you share with others. Caroline Myss



### **Reflective Question:**

How do I give and receive love as an image of the Great Source: the One Great Heart holding all in the tenderness of love?

### **Closing Prayer:**

In the presence of the heart of Christ, I once more ask the Lord to have mercy on this suffering world in which he chose to dwell as one of us. May he pour out the treasures of his light and love, so that our world, which presses forward despite wars, socio-economic disparities, and uses of technology that threaten our humanity, may regain the most important and necessary thing of all: its heart. Pope Francis, *Delexit Nos*, 31

