

The sacrament of love

When we find ourselves loving somebody, one of the things we want to do is to show that love, to *demonstrate* it to that other person. We don't want to keep our love locked up, like a prisoner in our own heart. On the contrary, we take pleasure from showing this other person how much he or she means to us.

We demonstrate this love in many ways. We look after those we love; we spend time together, and offer support through good times and bad. We give gifts to those we love, but the most valuable gift we have to give is the gift of ourselves: our time, a listening ear, a helping hand. Our presence with another person in his or her life is a sign to that person of the love we hold for him or her within. Our loved ones can't see the love we have for them, but they can see what we do *because* we love them. This is sacrament.

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