

A group of professional people posed this question to a group of 4 to 8 year-olds, "What does love mean?" The answers they got were broader and deeper than anyone could have imagined.
See what you think.

"Love is when you tell a guy you like his shirt, then he wears it everyday."

"My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night."

"I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones."

"When you love somebody, your eyelashes go up and down and little stars come out of you"

In our 2nd Reading today St. Paul speaks for God: "I should like you to be free of anxieties."

We ~~are~~^{all} have our share of worries and anxieties. It is difficult to feel anxious and be laughing at the same time. Laughter is a great remedy for anxiety.

Whatever our life situation or circumstance, worries and anxiety can sneak in and disturb our peace, our joy, our happiness and contentment.

There may be a strain in our relationships.

We may be worrying about paying our bills.

We haven't received the results of a recent school exam, blood test, mammogram or MRI.

These can be anxieties that drain us of our vitality.

We may have a family member or friend, in the military in harms way.

We haven't heard from colleges we hope for admission or scholarships.

We need a loan and our credit rating isn't the best.

These can be worries that trouble us and eat away at our sense of well-being.

What can we do when we are beset with worries and anxieties?

Some possibilities include:

determine what we control and what we do not control

talk with someone about what is bothering us

write down what is weighing on us

say some prayers. Praying the rosary is a good one.

do something to distract our self

hum or sing a song we enjoy

take some deep breaths

go for a walk

do some small task that needs doing

laugh

The GOOD NEWS today is this: God says through St. Paul: "I should like you to be free of anxieties"

Let's see if some more responses of our 4 to 8 year-olds to "What is love" will help:

"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other."

"Love is when your puppy licks your face even after you left him alone all day."

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So, my grandfather does it for her all the time, even when his hands got arthritis, too. That's love."