The following address was given by Richard H. Hart, MD, DrPH, president of Loma Linda University, during the annual convocation ceremony held on October 5, 2011.

The year was 1907, and rumors of war were circulating throughout Europe, eventually culminating in World War I. Henry Ford was still tinkering with his combustible engine, refining it. The Wright brothers were on their third model of airplane.

But, here in California a small group of determined people had just graduated their first class from the School of Nursing. They called this place the College of Evangelists at that time. Early on, they had set objectives, number one of which was to train medical missionaries to go to foreign lands and preach the gospel. And, as that first class graduated, one of the very first people to go abroad from this class, Alma Kerr, in 1907, headed to Montevideo, Uruguay, and later worked at River Plate, Argentina. They called her Media and she went out boldly as the very first missionary from Loma Linda.

The next year or two went by and the group of determined faculty here became more bold, and started talking about a medical school. They changed the name to College of Medical Evangelists and opened a medical school in 1909. As the first classes started graduating in 1914-15, a stream of people embarked to points unknown. Lavina and Fred Herzer, she a physician and he a nurse, headed to the Philippines. Olive Chaceoy-Smith and her husband Frank went to Calcutta, India. Don Davenport headed to China where he joined up with Harry Miller, who was in the process of starting hospitals throughout that vast continent.

Iser Shield was a young man from a family of six, whose mother died when he was 7 years old. His father abandoned the family and he searched about, as children did in those days, to find and make his own way through this world. He finally attached to the Ritchie family who needed a helping hand on their ranch. He started caring for their farmland and learning to care for bees. And finally, in 1908, the Ritchie family said, “We are going to call you our son,” and gave him their name. He and his brother ran a bee ranch to support themselves. In 1908 he came to start nursing here at Loma Linda. A year later, in 1909, when the medical school started, he shifted over to that, and upon graduation, he began a lifelong love affair with Mexico and started institutions across that country.

It was almost like moths to the light or lampposts to the sea, this band of intrepid Loma Linda graduates who started moving out across this world and planting institutions. Over our first 50 years, they averaged one new hospital per year—our Loma Linda graduates.

I began my career in Tanzania years ago, and had the privilege of working alongside a Catholic nun from the Maryknoll Order of Nuns. I’ve always admired their slogan, which I think deeply applies to Loma Linda. It says, “Joy, Fervor, Risk. To go where we are needed but not wanted; to leave when we are wanted but not needed.”

Across this vast globe, the name of Loma Linda started being recognized. Institutions started springing up, names that gradually permeated this church and others—Gimbie in Ethiopia; Kendu Bay in Kenya; Ishaka in Uganda; Heri in Tanzania; Malamulo in Malawi; Mwamii and.

The dedication program for the mission globe took place indoors because of the first significant rain of the season. The sun came out the following day, when this photo was taken.
Friday, October 28, 2011

OUTREACH TO SENIORS

School of Pharmacy grant may have ended—but outreach continues

By Stephen Vodhanel, PhD

Originally funded by the Amgen Foundation, the Partners-in-D grant enabled the School of Pharmacy to send pharmacy students directly into several community facilities to help underserved seniors choose a Medicare Part D program that best suits their individual needs.

The Partners-in-D grant supported three years of sending pharmacy students into nearby senior centers and provided excellent experiential education regarding the needs of the elderly with understanding of the daunting task of choosing the best Medicare Part D prescription drug plan.

However, as the Amgen Foundation Partners-in-D grant has passed, the School of Pharmacy remains committed to serving elderly residents by continuing the same community service outreach dedicated to the Medicare Part D grant program.

During the past three years School of Pharmacy students and faculty were able to save many Medicare patients thousands of dollars. It was not uncommon to have a single Medicare patient see a savings of more than $2,000 through proper Part D enrollment. The School of Pharmacy will remain committed to this service to the elderly for the foreseeable future.

The School of Pharmacy’s involvement with Partners-in-D offers valuable experiential learning for pharmacy students by providing the opportunity to work directly with individual patients, often with complicated drug regimens, in a manner that evaluates cost efficiencies in the Medicare system. The Partners-in-D experience allows pharmacy students the real-world opportunity to help seniors get the best and most appropriate coverage for their medications when possible. Partners-in-D prepares students for future work with elderly patients and builds a foundation for them to become vital advocates for elderly medication needs.

Joycelyn Yamzon, PharmD, director of the Partners-in-D grant, sees the value of assisting the elderly, as well as the experiential education benefit the Partners-in-D program provides. “For our students that are not doing rotations yet, this program gives them a great opportunity to apply classroom information of a complicated Medicare enrollment program to elderly citizens who would otherwise be too vulnerable without assistance,” says Dr. Yamzon.

The School of Pharmacy has also expanded site visits for the 2011 enrollment period with the Medicare Part D program.

The Loma Linda City Senior Center, as with new senior housing projects have been added to an existing list of several senior housing projects.

COMMUNITY PLANNING SUMMIT

Upcoming summit to encourage community planning around health

By Heather Reifsnyder

The School of Public Health will host the second annual Healthy Communities by Design summit November 14 and 15 at Loma Linda University and at the Economic and Social Research Institute (ESRI) headquarters in Redlands.

The design of healthy communities brings geographic analysis into urban and suburban design processes that seek to promote human health. The summit will provide a forum to exchange ideas on environmental factors that affect health and to discuss new community planning approaches that incorporate health considerations.

“It is my hope that through the Healthy Communities by Design Summit, the value and application of geospatial technologies in community health, urban planning, and the built environment will create a positive impact on human health within our communities,” says Seth Wise, MPH, director of the summit and coordinator of the school’s health geoinformatics program.

Sandra Witt, DrPH, will open the summit by discussing how to achieve livable communities. She has more than 20 years of experience in public health and currently oversees the California Endowment’s healthy community initiative in the northern half of the state. The Endowment is a private foundation dedicated to promoting affordable, quality health care and improved health for all Californians.

Another key speaker, Bill Davenhall, MA, will examine community design through the use of geographic information systems (GIS). He currently manages the health and human services marketing team for the Redlands-based company ESRI, a global leader in developing GIS software to help solve human problems, including those related to public health. Throughout a career of more than 30 years, he has focused on applying geographic and demographic data to issues ranging from health care demand to business expansion.

Dr. Witt, who has 13 years of clinical experience as an occupational therapist, joined the LLU faculty in 2004. Until now, she has always used her own notes and various other resources to teach activity analysis.

After seven years of leading the class without a textbook, this quarter Dr. Thomas is teaching from her own for the first time.

“It is a sense of completion,” she says. “It feels good to see the students finally have a complete resource—not just my notes—that they can carry with them and refer back to for help in the next few years of their education and early career.”

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Having run into a publisher at an annual occupational therapy conference several years back, Dr. Thomas suggested her company produce a textbook for this course. He revealed that he had heard the same suggestion from others. Discovering her previous experience in publishing journal articles, he asked, “Have you thought about writing it?”

When they ran into each other again the next year, he asked her once more. She agreed to write a couple of chapters for SLACK Inc., to evaluate. Upon seeing her initial work, the company immediately signed a contract for the book, saying there was a huge need for such a text.

For three years, Dr. Thomas worked on the book. She not only wrote the text, but she

Continued next page
This year, four School of Public Health faculty members followed their own teachings on personal wellness to summit Mount Kilimanjaro—the highest mountain on the African continent.

The grueling round trip took a total of six days, with more than four of those days spent ascending. The faculty members faced physical and mental challenges to achieve their goal.

Three of the faculty members—Joan Sabaté, MD, DPh, chair of the nutrition department; Ronald Mataya, MD, associate professor of global health; and Mickey Ask, MD, assistant professor of health promotion and education—traveled in a group of eight to Tanzania in late June with a group from the Loma Linda University Church. She and Drs. Sabaté, Mataya, and Ask reached Uhuru Peak by the Umbwe Route. This route is one of the most spectacular routes and goes directly to the peak, but it is also the toughest and least traveled in a group of 19. Ms. Murdoch says they ascended “rapidly and the whole experience was very disorienting.”

But, with the support of their groups and motivating guides, the four faculty members reached the peak and recall feeling exhilarated with the sense of accomplishment and the spectacular view. “Although it was freezing cold and very windy, the view was just magnificent!” says Dr. Mataya. “The giant glaciers, the crater, and the sun rising above the clouds was a view that I will never forget!”

Wayne Dysinger, MD, MPH—assistant professor of health promotion and education, as well as health policy and management—also summited Kilimanjaro years ago when he was a student missionary. He remembers the view as giving him “the feeling of being on top of the world.”

The success of Kilimanjaro was not achieved without dedication and commitment, noted the faculty members. They needed to train and ensure they were physically capable of completing the hike. Nutrition also needed to be considered. These School of Public Health faculty members dedicated time outside of their daily roles as professors and physicians to increase their wellness and accomplish their goal of standing at the highest point of the African continent.

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More and more institutions kept coming throughout Asia: Bangkok and Seoul, Harry Miller had started 17 hospitals as China before the great revolution and the work had to be abandoned.

Out of that great heritage there are now 70 hospitals in the majority world. Twenty-five in Africa, 10 in Inter America, 11 in India, 10 in the Philippines— institutions that continue to carry the brand of this place: imprimatur graduates from Loma Linda of all different kinds who have gone out and done their thing.

As they went, another group started developing clinics, starting hospitals here in the United States, but also answered the call, and also recognized the need to keep on the wave that were serving abroad. Many of our alumni started in a pattern of short-term service, going out to take part in the mission of the institution, by covering while doctors were on furlough, teaching a course, covering various institutions intermittently through the years. And, literally, hundreds of Loma Linda graduates have done that from all different disciplines through the years.

This morning we want to particularly recognize one of those families. 1961 was a special year for them. Elvin Gaines, graduated from medicine, Geri Gaines from nursing, and they got married. And, not long after that, they began their career, first in Yuka Hospital across the Zambezi floodplains of Zambia, that had been started by Geri's uncle years before. And, later throughout other countries of the world: Papua, New Guinea; Atoifi, in the Solomon Islands; back to Africa at Bere, Tchad. A place in southern Chad that had an abandoned, dirty little hospital of sorts. James went out, met a volunteer Danish nurse, named Sarah, who became his wife, and lived out the life of his dreams—developing that hospital in Bere. About a year or so ago, James said, "It's time for me to move on to another place in Tchad. And, we were fortunate enough to identify another couple, Olen and Danae Netteberg, who had just finished emergency medicine and obstetrics gynecology. They said, "We'll take it, we like this." So, Olen and Danae are now laboring in Bere, and James and Sarah, just this week, are heading to Moundou, Tchad, to start another institution in that struggling country.

As you go across the world right now you will find Loma Linda graduates doing their thing, responding to the needs of the world.

What makes that happen? As I look at this audience full of students, what will it mean for you to step into that kind of legacy? Are you ready? Like the apostle Paul, you don't get travel insurance in some of these places. You go into the unknown of not being sure about what is happening. It is answering God's call.

That is what makes Loma Linda so special—the people, the places, the connections, the stories that reverberate through these halls—told time and time again by so many. What a privilege it is to be part of an institution that carries that dream throughout the world!

We have set up programs here—SIMS (Students for International Mission Service) to give you a chance to experience this while students. The Deferred Mission Appointments (DMA), The Global Service Scholarship fund to help cover your educational debts to give you all a chance to go and serve. There is nothing more satisfying than stepping into real needs and responding. That is a privilege we have at this institution.

As many of you know, we have a mission globe that we are dedicating in the center of the campus, with the names of alumni and others who have served abroad, engraved around the edge. Our plan was to go out there after this service and have a ceremony there. I just got the sign—"one by land, two by sea"—that suggests the rain is coming down a bit too hard for that, so we will be staying here in this auditorium for that service. But—we've left a lot of empty spaces around that globe, spaces for your names, spaces for each person within this institution who chooses to live a life of service abroad, something that not only expands the mind, but brings satisfaction to the soul.

I want to close by sharing with you a saying that embodies, I think, what Loma Linda is all about, because as our alumni have scattered, they're not just treated patients, they've planted schools, they've mentored people, they've brought up others to carry on this work. And that's what has made this institution be able to maintain and relate to all those other hospitals and clinics around the world.

The saying goes like this—"Go to the people, live among them, learn from them, love them. Start with what they know, build on what they have. Of the greatest leaders, when their work is done, the people will say, 'We have done it ourselves.' That's empowerment, that development. In a world of increasing chaos and strife, that's the steady calm voice, a nurturing tactic that we need to follow around the world.

Thank you, each one, for being a part of this institution. I look at the faculty behind us and on the sides—faculty, who are here to nurture that belief, that dream in each of you. I realize that they, themselves, carry the fire of commitment. So, our prayer, as we start into this new school year, is that each of you will have the chance to experience God's blessings in your studies, and the excitement of service to Him.
Family Fun Day encourages exercise for 200 community children and adults

By Heather Reifsnyder

Inspired by Michelle Obama’s Let’s Move! campaign to eradicate childhood obesity, the School of Public Health hosted the Let’s Move! Family Fun Day on September 25 at the Drayson Center.

Open to the community, the event attracted about 200 children and adults who participated in basketball, swimming, karate, dancing, sack races, rock-wall climbing, and other activities.

Because the organizers wanted to ensure learning took place alongside the exercise, booths offered information and educational activities about nutrition and healthful living, as well as health assessments.

The morning-long event was geared toward populations at risk for obesity and other health problems, according to coordinator Tracy-Ann Dawes, a public health doctoral student focusing on preventive care. The local communities, she points out, are disproportionately impacted by issues of obesity because of factors that can negatively impact health such as unemployment, the inability to afford nutritious food, and a lack of safe places to exercise.

Three busloads of kids from Sherman Indian High School chose to crawl out of bed early on a Sunday morning to attend the event, reports Kathy Thompson, who teaches health classes at the high school. “This is a unique opportunity for them to get out and have lots of different experiences,” she said.

One of the students, 16-year-old Angelica Kane, described the fun of almost reaching the top of the rock-climbing wall, then letting go to descend. “Whoosh, all the way down,” she recounted.

The students from Sherman were much less inhibited during the event than usual, says Ms. Dawes. LLU students volunteer with them once a quarter in the My Campus: Minority Youth Health Pipeline Program; they often appear to be quiet and shy.

“During the Let’s Move! event I found them to be the opposite,” says Ms. Dawes. “They immediately joined the activities—even jumping on stage to participate in the Zumba routine. They were gregarious and unhindered. They danced, participated in the activities, and pulled their friends to join in.

“Many of them won prizes for completing the Passport to Fun sheet, which required every child to go to specific vendors and take part in specific learning activities to qualify,” she adds.

The Family Fun Day was a joint effort of the School of Public Health and Adventists InStep for Life, a national program of the Seventh-day Adventist Church. Mrs. Obama’s Let’s Move! obesity campaign has collaborated with faith-based organizations to achieve its mission. The Loma Linda University Children’s Hospital co-sponsored the event.

Members of the LLU family and local churches also participated in the event, in addition to children from area schools.

Allied health recycling program helps Haitian orphans

By Heather Reifsnyder

Thanks to an idea born under a mosquito net, the simple act of recycling one’s beverage containers with the School of Allied Health Professions will help both the Earth and Haitian orphans. The school is entering its second year of the recycling program, with all the proceeds benefiting the 60 children whose lives depend on the orphanage Véné Enfants et Vévez Mieux—Come Children and Live Better.

Following earnings of more than $2,200 during last year’s pilot program, the school begins this new academic year with a goal of $10,000, according to Everett Lohman III, DSc, professor of physical therapy. He hatched the idea of a recycling program that would fund local and global outreach projects, with the money to be managed by both the school’s student association and the spiritual life and wholeness committee.

Upon traveling to Haiti this past May to help rehabilitate earthquake victims at Hospital Adventiste d’Haiti, Dr. Lohman visited an orphanage run by a man, Frantz Bastien, whom he had met on a previous trip in May 2010. A

These orphans captured the heart of Everett Lohman III, DSc (center), prompting him to get involved.
The hidden war of child welfare

By Kelly Phipps

Viola Lindsey, PhD, is all too familiar with the barriers between law enforcement and social workers when dealing with child welfare cases. When she started her doctorate in social policy and social research at Loma Linda University School of Science and Technology (SST), Dr. Lindsey got the opportunity to explore the complexities of these barriers.

Dr. Lindsey worked as a Child Protective Services (CPS) supervisor for more than 20 years. Her responsibilities included supervising emergency response social workers.

During that time, she saw firsthand how emergency response social workers are required to work in tandem with law enforcement. Within this setting, many variables affect how a case is handled from each side.

“The working relationship is not always a good relationship,” says Dr. Lindsey. “I never quite understood why.”

Before obtaining her PhD, Dr. Lindsey began working as a clinical faculty member in the department of social work and social ecology at SST.

“When I was in the environment, it was more working out the conflict rather than understanding what contributed to the conflict,” says Dr. Lindsey. “So when I came to work for Loma Linda, I got the opportunity to look at the issues in depth.”

Dr. Lindsey interviewed 20 law enforcement officers and social workers from Riverside and San Bernardino counties. Her goal was to understand both their perspectives on difficult cases, and how reoccurring problems could be resolved.

Occupational therapy student Sarah Thomas heard about the devastating conditions in Haiti and saw pictures of the orphanage. “Heart-wrenching,” she says. She wanted to help but didn’t know how, as a full-time student, she could.

“When I realized helping these orphans was as easy as donating plastic water bottles—something we all regularly use and don’t think twice about throwing away—I was ecstatic,” Ms. Thomas says. “I think a lot of times we don’t realize how easy it is to help.”

Due to these problems, law enforcement sometimes calls social workers overly anxious. Social workers sometimes think that law enforcement doesn’t care. Ultimately, they don’t understand the function of each other.

According to Dr. Lindsey, aligning child welfare and criminal codes (which dictate how each responds to allegations) specifically for child abuse cases may also help alleviate time constraint problems.

Dr. Lindsey believes one solution is crucial: interdisciplinary training. Law enforcement and social workers need to work together, rather than merely side by side.

“There is a misconception as to what collaboration is on both sides,” says Dr. Lindsey. “There is this happening in many arenas, where you have different professional groups working together.”

Dr. Lindsey noted that the relationship between the two is not all bad. They understand that their roles complement each other, but may not know how to overcome certain obstacles.

“Don’t want to create more conflict with the families we’re working with,” she says.

When a situation arises in the home that requires involvement of Child Protective Services, there is often a disconnect between social workers and law enforcement.

Dr. Lindsey hopes to present her research and recommendations to both countries that participated. She was grateful both were very open and willing to provide staff to participate.

Alied health recycling program helps Haitian orphanage…

Continued from page 5

Viola Lindsey, PhD, previously worked as a Child Protective Services supervisor for more than 20 years. Now she devotes her time to researching ways to improve the system.

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Loma Linda University was the second university to join in partnership with Recycling Hope, which continues to expand its presence on campuses of higher learning, as well as other organizations.
More than 500 individuals from 51 different nations attended a four-day conference on "Emotional Health and Well-being: A Biblical Worldview in Practice," held at Loma Linda University from Wednesday, October 12, through Saturday, October 15, 2011.

The conference—a joint project of the General Conference of Seventh-day Adventists and Loma Linda University—explored the inter-relationship between spirituality, religion, and mental health, and encouraged scholarly research and publishing on the subject.

According to Carlos Fayard, PhD, associate professor of psychiatry at LLLU and chair of the planning committee, the goal was to help practitioners from the Adventist faith community explore ideas that remain faithful to their tradition, yet connect with cutting edge theory, research, and practice.

"To my knowledge," Dr. Fayard says, "this is the first global conference on religion and mental health the church has ever held. There is a consensus throughout the denomination that the time has come to discuss these issues."

In his keynote address, Allan Handyides, MD, health ministries director for the General Conference, asked the question, "Who is healthy?" He answered by stating that many factors contribute to mental health, and observed that a biblical worldview doesn't automatically isolate people from depression and anxiety, but it does help them cope.

Some of the world's top researchers and clinicians in the field of religion and emotional health presented at the conference; among them representatives of the World Health Organization, Brigham Young University, Duke University Medical Center, Harvard University, and the University of California at Los Angeles as well as LLLU and the General Conference.

David Puder, MD, a second-year psychiatry resident at the LLLU School of Medicine, says the conference provided an appreciated balance to the secular theories of his profession. He believes the theistic model offers better outcomes.

"Under this theistic model of the art of healing," Dr. Puder adds, "the healer taps into God's love as demonstrated on the cross, and brings that love to those he works with. This type of agape love will heal the brokenhearted and provide true transformational power to those we seek to serve."

Near the conclusion of the four-day conference on religion and emotional health, which was held recently on the campus of Loma Linda University, Carlos Fayard, PhD, and Wintley Phipps, MDiv, gathered in the first floor lobby of the Centennial Complex to enjoy some lighthearted fellowship.

"Loma Linda is pleased to host this meaningful conference," notes Richard H. Hart, MD, DrPH, president of Loma Linda University. "Many presenters emphasized the centrality of mental health to spiritual understanding, and the unique balance in this area that we have been blessed with in the Adventist Church. It is gratifying to see our long-held beliefs echoed in today's literature, in both terminology and emphasis."

Carlos Fayard, PhD, associate professor of psychiatry at Loma Linda University (LLLU), says more than 500 individuals from 51 different nations attended a four-day conference on "Emotional Health and Wellness: A Biblical Worldview in Practice," held at LLLU from Wednesday, October 12, through Saturday, October 15, 2011. "To my knowledge," Dr. Fayard says, "this is the first global conference on religion and mental health the Church has ever held."
The stars were aligned for the Loma Linda public relations team during the “Shining Stars of PR” annual awards banquet, hosted by the Public Relations Society of America–Inland Empire Chapter.

The event, held October 12 at Center Stage Theater in Fontana, featured the best and brightest PR minds from the Inland Empire region. Team members from the office of university relations received six awards during the evening.

“Our team did really well,” says Dustin Jones, MA, associate director of public relations, office of university relations. “We have a healthy competition going against many of the PR agencies in the area and I’m always pleased at our results.”

Inland Empire’s public relations professionals submitted entries in more than 22 different categories, ranging from community outreach and media relations to collateral development and social media programs. The submissions were reviewed by judges from the PRSA Bluegrass Chapter in Kentucky. Two categories of recognition are awarded to submissions that meet the strict requirements—the Polaris Award for first place submissions and the Capella Award for second place submissions.

Cosmin Cosma, MA, video production specialist; Michael Wolcott, MA, video production specialist; and Mr. Jones won a Capella Award for their work on “Out of the Rubble.” Mr. Cosma and Mr. Wolcott travelled to Haiti following the earthquake in 2010 to capture firsthand how Loma Linda was helping those in need. Mr. Jones served as executive producer.

Mr. Cosma, Mr. Wolcott, and Patricia Thio Kelikani, associate director of PR video, received a Polaris Award for “Loma Linda 360. Season 3.” The official video news magazine for Loma Linda University and its entities, “Loma Linda 360” tells the story of how Loma Linda changes the lives of those in need. Ms. Kelikani serves as executive producer for the show.

Mr. Jones won the Capella Award for his work as editor and designer for Loma Linda Nurse, alumni publication for the School of Nursing. Please turn to page 7.

Members of the office of university relations pause for a photo after winning several awards at the Public Relations Society of America chapter awards. From left are Cosmin Cosma, MA; Heather Reifsnnyder, MA; Michael Wolcott, MA; Nicole Dailey, president of PRSA-Inland Empire Chapter; James Ponder; and Dustin Jones, MA.

Nearly 1,100 seniors from the surrounding communities were on hand for Loma Linda University Drayson Center’s ninth annual Senior Health and Fitness Fair, held on Wednesday, October 26, 2011, from 9:00 am. to 12:00 noon.

Vendors and others sponsoring booths totalled 71. “We had a record number of seniors attending this year,” says Romy Niblack, senior wellness coordinator at Drayson.

In the left photo, Cheri Watkins, MD, a DrPH student in the preventive medicine department of the School of Public Health, screens an attendee.

For the first time in many years I find myself in the wonderful situation of learning with a group of sophomore medical students the essence and mystery of relating to yet future patients of theirs in spiritual and healing ways. Already I am feeling that the essence and gift they even now bring is that of love. Eugene Kennedy writes thoughtfully about this quality of life and service:

“Love is sadly elusive among many persons. It is often talked about as though it were something outside ourselves. That is why people are always asking where they can find it or how they can be sure that it is real and yet expect it to be or that it will last through a lifetime.

Love lies in the possibility of our response to those around us; it is not a gift floating just beyond our fingertips in the air. Love gives us the energy to do more than just seek nourishment from life. Love alerts us to other persons and to the fact that we are not destined to be like microscopic animals moving gluttonously down the beach bumping and sliding off each other without any consciousness of our movements together.

Love belongs to those who understand that it is to be blind to each other’s features. Love is not about seeing. It is about seeing more deeply into ourselves. Love is at the very heart of the trembling mystery of revelation. It is indeed the virtue for people on a journey (like sophomores in medical school).

The capacity to love matches the fact that we haven’t finished our journey yet. It also helps us recognize that we travel together and that, in the long run, there is nothing we can do by ourselves.

We find ourselves together and love’s mystery is expressed in the fact that the more we make room for the others the more space we find for ourselves. Love doesn’t do anything for us unless we are ready to do something for others. It tells us that life is not about winning but about sharing, and that real wealth is not about holding on to things but about knowing how to let them go.

What are we supposed to do in life anyway? We are supposed to enter into these experiences and the opportunity comes with every day. People who believe and hope and love are doing the things that alone deliver to us a sense of being alive. Through the experience of incarnation and through a thousand deaths we lay hold of the mystery of life.”