

# Heart ♥ to ♥ Heart



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*Thank you to all who responded to our “This summer I have learned...” prompt! The generosity, abundance, and richness of your responses was overwhelming, and we are deeply grateful. Your many responses left us with a dilemma as how best to share them with our Heart to Heart readers. So, here is what we are planning: The September issue below is an initial sharing of some of the responses we received. Each week after this, we will email to our readers one or two more of the “summer learnings” that have been shared. We hope that this will allow you the time and opportunity to ponder the learnings and to let them speak to your own heart and life.*

## *“In these summer 2026 months, I have learned . . .”*

I’ve learned through both joy and loss in early summer, that the future is uncertain, but today is in our hands. Today is the day God has given. Every conversation, every hug, every act of kindness matters TODAY. I’m learning to slow down, be present, listen, care, love and value deeply the people and moments that make life meaningful.

(Pam Moore)

I have learned that life carries both disappointing and exciting experiences, but you need to keep riding the wave, letting yourself grow and learn.

(Jeannie Humphries, OSU)

I learned this summer

- ◆ That knowing how to do something is an excellent thing, and sharing that knowledge with others is a necessary complement;
- ◆ That silence is a fragile treasure that speech does not necessarily harm when it is done with the silence which loves and respects;
- ◆ That fire destroys humans as much as forests, and that solidarity with water also has no borders and restores life and courage;
- ◆ That lying is a terrible weapon that leaves powerless any effort to build a trusting society where hearts want to love and to meet in truth;
- ◆ That the elderly can be approached by those around them as a mystery where history and the consent to no longer choose open a path to fulfillment;
- ◆ Violence is a consuming fire fueled by money, power, and the pursuit of self for the sake of self;
- ◆ That he/she who must leave his/her land to live is as if forced to “die of hope” (Sant’Egidio) if our hearts and our borders engulf them in indifference and blindness.

(Brigitte Brunet, OSU)

I've learned to make manifest the Counsels of Angela, the wisdom of Ursuline Integral Ecology, and ideas shared by members of this community into my daily, weekly practice. Today it was to prepare a Prompt for 60 learners in our BSU Osher Lifelong Learning Institute's Beginning Dream Appreciation Workshop. It is my intentional integration of 'Serviam' and Care for Creation into the classes I teach and conversations with those that I abide! A threshold to the 'somatic grounding' to nature I get to advance and be as a Master Naturalist.

(Kevin Laughlin)



I've learned...that life is like a circle. Its beginning point connects to its completion — only to lead to a new beginning.

I've learned...that the most important moment is the present and the One mirrored in the person in front of me.

I've learned...that trust brings peace and peace an open heart.

I've learned...that gratitude for all — good and painful — leads to deeper awareness of the hand of God holding us in love.

(Jeanette Lombardi, OSU)

I've learned that God is always in our midst and Angela too.

(Élisabeth Landry, OSU)

This summer I learned that the CBC students here for a service project are great helpers. I've learned that even though I can't plant a garden as I have before, I can still plant a few bedding plants with the help of others. I have also learned that one simple bedding plant can become a nice-sized bush of yellow flowers. And lastly, I've learned that they just happened to be putting up new *bright yellow umbrellas that matched my beautiful flowers*.

(Madonna O'Hara, OSU)



This summer I learned:

- ☐ That losing my brother was a strong reminder of my own mortality and a reminder to stay connected to those I love.
- ☐ That having a grandchild is SO much fun!! It is so wonderful to watch the wonder in her eyes as she explores this new world she is living in.
- ☐ That it is okay to accept limitations when energy level is low.
- ☐ And most importantly that there are so many good people in the world, so I try not to get lost in the "bad" news we are barraged with.

(Ellette Gibson)

I've learned to do far less measurement of my distance from God, and to enjoy far more the experience of our proximity to each other.

I've learned that I may not be the only person in my facility re-reading the US Constitution, but I sure as heck am the only one who wants to discuss it at "happy" hour!

I've learned with my friends in AA to live one day at a time, rather than onedayatatime!

I've learned all my life that you can learn from many sources, even those which seem least likely: bratty kids, dunces, clowns, brainiacs, the tattoo-ed, gum-chewing gal at the supermarket check-out, homeless people, and even those who aren't very fond of you. To that list, in retirement, I add: old folks with memory issues, the people of Mayberry, Monk, the Golden Girls, Danny Reagan, and even Raymond.

(It ain't all about JEOPARDY!)

I've learned with Pope Leo XIV that seeming limits - incapacity, illness, old age, suffering, vulnerability - are not defects to be corrected, but rather realities that help humanity flourish. And I'm learning that flourishing takes time....(See MH, #118)

I've learned that I'm pretty sure what the "pearl of great price" is; now I'm trying to learn what I need to sell to get it....

I've learned recently that my whole love for butterflies was based on a fake truth. At 5, I read that some of these beautiful creatures go through ALL THAT - egg, larva, pupa, adult - and only live 24 hours! What that said to a not particularly religious preschooler was: WOW! WHAT A GOD, creating so much beauty for us to last only 24 hours. Recently, I learned that the 24-hour datum is not true at all, and the much older child in me said: "HURRAY for butterflies' longer lives!! And still, WOW! WHAT A GOD!!

I've learned with Peter that life is too short to be impulsive, but long enough to pay attention.

I've learned that death isn't only about saying farewell to friends; it's also about losing the last person with whom you shared life's meaning.

I've learned that life is too short NOT to read only the best; if by page 30, you aren't grabbed, toss that book aside for another worth your time.

I've learned that it's all a journey to Emmaus, and Jesus comes to us again and again in the hopes that we gradually see each other in each other, Jesus and I.

(Jeanne Cashman, OSU)

