

Tracing Love's Footsteps

Here are some quotes from prominent people. Which ones do you identify with? Which relate to your own story?

“Love is the only thing that grows by being squandered.

Ricarda Huch, German writer

“To love someone is to see a miracle invisible to others.

François Mauriac, French writer

“Forgiveness”: Once a woman has forgiven her man, she must not rehear his sins for breakfast.

Marlene Dietrich, Hollywood actress

“Someone who loves a neighbor allows them to be as they are, as they were, and as they will be.

Father Michel Quoist, French writer

“The good is the sole cause of love. ... To love is to will the good of another.

Saint Thomas Aquinas

“The desire of loving and love depend upon the same will: wherefore as soon as we have framed the true desire of loving, we begin to have some love; and ever as this desire grows, love also increases.

Saint Francis de Sales

“Let us love all people, as Jesus loved them, by wanting for them all the good things that He wanted for them, by doing for them as much good as we can, by committing ourselves to their salvation, ready and willing to give our blood for each one of them.

Saint Charles de Foucauld

“True love hurts. It always has to hurt. It must be painful to love someone, painful to leave them, you might have to die for them. When people marry they have to give up everything to love each other. The mother who gives birth to her child suffers much. It is the same in religious life. To belong fully to God we have to give up everything. Only then can we truly love. The word “love” is so misunderstood and so misused.

Mother Teresa

“You can force a person to do anything at gunpoint. Except love you.

Father Karl-Heinz Menke, German theologian

REFLECT

Take some time to read through these quotes individually. Then discuss which one resonates with you most. If you find any of them especially moving, feel free to do something artistic with it, like write it down in calligraphy or use it in a digital image for your laptop background.

Ricarda Huch, *Gesammelte Werke*, vol. 7 (Kiepenheuer & Witsch, 1966), 580.

Marlene Dietrich, *Marlene Dietrich's ABC* (Doubleday, 1962),

Thomas Aquinas, *Summa theologiae* II-II, q. 26, art. 2, ad. 1. ("bonum est causa diligendi"); *ibid.*, q. 26, art. 6, arg. 3 ("amare est velle bonum alicui").

Georges Bernanos, *Diary of a Country Priest*, trans. Michael Tobin (Ignatius Press, 2025), 170.

Charles de Foucauld, *Directoire*, art. 20, in *Conseils évangéliques: Directoire* (Seuil, 2001).

Karl-Heinz Menke in a personal conversation with YOUCAT Foundation.

François Mauriac, *The Woman of the Pharisees* (Noonday Press, 1964), 125.

Quoted in Helmut Dröws, *Gesammelte Erkenntnisse* (BoD, 2021), 45.

Francis de Sales, *Treatise on the Love of God*, trans. Henry Benedict Mackey (1884), bk. 8, chap. 2.

Mother Teresa, *Love: A Fruit Always in Season*, ed. Dorothy S. Hunt (Ignatius Press, 1987), 130–31.