

# Catholic Volunteer Network Transformative Power of Trauma

November, 2016

Mary Frances and Bill Jaster

Each day holds a surprise. But only if we expect it can we see, hear, or feel it when it comes to us. Let's not be afraid to receive each day's surprise, whether it comes to us as sorrow or as joy. It will open a new place in our hearts, a place where we can welcome new friends and celebrate more fully our shared humanity. Henri Nouwen

What I do know is that both her loss and her life have come to define what I am slowly learning about the love of God and the way the Holy Spirit permeates our lives. I know that Kaela loved and honored God with her life and that that relationship had an enormous ripple effect. Stories like that of Lazarus, Job and Sarah are evidence that God's faithful are not exempt from loss or heartache. Interestingly, in each of those scenarios, God intervened in the story personally. What an expression of God's tenderness! Katie

But perhaps it has presented us with our greatest challenge from Kaela: to find the light...to spread the light. Her light. In the midst of the heartbreak, we are called to share the ways in which we were changed and made better by knowing her. We are called to smile and open the door to insight, relationships, and selflessness. Her light was her listening ear, her ability to give unconditionally and love endlessly. She touched each of us with that light and we are called and challenged to recognize that light in ourselves and shine it even brighter. Karli

Kaela's presence brought our community together when she was with us through her wise words and humor, but her presence when she was gone not only continued to bring us together, but touched us each at our cores and we all carry her spirit with us. Clare

An autumn rain came the day after Kaela died...That water and rain overcame each of us that day and all the days after. It transformed us to know deep wells of our very selves and each other. We sat together a lot in that time—holding each other, crying or trying not to cry or praying and not knowing how. I tried to cling to *all will be well*, but it was difficult. But somehow, through some prayer, we bend and move like the strong weaving, melting, breaking waters and the sun warms us and *all will be well*. Gianna

Social Psychology - August 2014

Name: Kaela Allton

In the space below (and back side if needed), respond to this question:

Who am I?

I am Kaela Allton, a senior here at Xavier. I am an easy-going girl who loves adventure, which can be good or bad depending on the situation. My friends would probably describe me as compassionate, funny and real. I try not to define myself by what I do or do not do, but I do define myself by who God made me to be. With that, I would say that I identify with what I am passionate about—loving God and loving people. — Kaela



