

## "Virtues to Live by"

***"Our educational work should have a purpose: to elicit a change in our students, to make them grow in wisdom, to help them undergo a transformation, to provide them with knowledge, with new feelings and, at the same time, achievable ideals."***

*(Pope Francis 2013)*

### **Spring Term:**

#### **SIMPLICITY**

##### **Simplicity:**

You know what really matters in your life. You live simply and don't look out for the next thing to buy or follow. You are not afraid to live with less things. Little by little you realise that you don't need many things to live a happy life. Living simply gives you time to think of others, do good and care for creation. Living simply helps you put more trust in God.

##### **Blessing**

###### ***May the God***

Of new beginnings lead us forward this day.

###### ***May the God***

Who lives within us

Be revealed to everyone we meet this day.

###### ***May the God***

Who created the universe renew our spirits with joy and peace this day and every day of our lives.

**Amen**

## **OPENING Prayer**

Out of nothingness we came  
through birth into life:  
**With the Spirit of God within us.**

From the life of God  
the universe unfolded into being:  
**With the Spirit of God within it.**

From the heart of God  
creation goes on till the end of time:  
**With the Spirit of God within it  
and with our spirit in it.**

Let us embrace the God who enfolds us.  
**We delight in God and in ourselves.**

## **READING:**

'There is no need to be afraid, little flock, for it has pleased your Father to give you the kingdom. 'Sell your possessions and give to those in need. Get yourselves purses that do not wear out, treasure that will not fail you, in heaven where no thief can reach it and no moth destroy it. For whatever your treasure is, that is where your heart will be too.

LK 12:32-34

## **REFLECTION**

God tells us that we should not live in fear but that He will provide for us. He wants all humanity to live life to the full. Living life to the full means living a life of contentment, appreciating each person and everything, learning that the simplest things can give enjoyment.

**What do I really need to live my life to the full?**

**What can I do to enable others to live life to the full?**

If we live simply we are treasuring our connection with God's world and all peoples.

### **How can I live simply?**

We know we are beginning to live simply when we glimpse that we are content with less; when we discover we don't have to compete with other people in relation to what they have or what they have achieved.

We know we are beginning to live simply when we find ourselves delighting in little things; when we can affirm the achievements of other people of any age and background; when we appreciate the gifts of others; when we find ourselves valuing the present moment and worrying less about tomorrow and its mysteries.

### **LIVING OUR VIRTUE**

Inspire each one of us that we may help our children to:

- Appreciate the beauty of God's world
- Recognise how God provides for all our needs
- Understand that there is enough for everyone.
- Share what they have with others.
- Be thankful for what God has provided
- Understand their responsibilities in caring for God's world.
- Learn to be thankful even when it is difficult.
- Encourage others to care for creation.
- Know that possessions do not lead to lasting happiness.

May we support our children in recognising opportunities for growth so that they can make the most of the opportunities life presents.

### **CONCLUDING PRAYER**

Help us, God of wonder and delight,  
to reverence the mystery of life all around us  
and come to know the interconnectedness of all things.  
May we live life to the full and develop body, mind and spirit so that we  
may be more aware of the sacred presence of the Spirit moving through  
all creation.

Through Christ our Lord, who lives and reigns with you and the Holy Spirit,  
One God, forever and ever. Amen.

### **VIRTUE TO LIVE BY**

#### **Simplicity**

I know what really matters in life.

I can give time to think of others, do good and care for creation.

Living simply helps me put more trust in God.