

Let us love, not in word or speech, but in truth and action. (1 John 3:18)

We began this school year with a particular focus on mental health and wellness – on our first PA Day as staff and in the weeks that have followed. I think this has been a long overdue conversation. It is something that God has called us to all along – to love ourselves and others – not just give lip service but to show love through our actions.

We have the Golden Rule, the Good Samaritan story and many other examples of God calling us to care for each other in big and small ways. Fr. James Martin has said, *“Often we think that the Christian life has to be one of great actions. But God can magnify whatever small acts you do. A little – a kind word, a cup of water, a few dollars, can mean a lot.”* What are the little things we can do each day for our family members, our students, our coworkers to show them we care, to show them God’s love? Showing someone that they matter, that they are appreciated is revealing to them their true importance.

“I believe that appreciation is a holy thing, that when we look for what’s best in a person we happen to be with at the moment, we’re doing what God does all the time. So in loving and appreciating our neighbour we’re participating in something sacred.” - Fred Rogers

Let us do as God asks and show care and concern for each other and thus bring God’s life and love into the world.



#miniexamen

Did I offer peace today? Did I bring a smile to someone's face? Did I say words of healing? Did I let go of my anger and resentment? Did I forgive? Did I love? These are the real questions. I must trust that the little bit of love that I sow now will bear many fruits, here in this world and the life to come.

~Henri Nouwen


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