

Our Christian Family Value for

March is ...

Simplicity



Dear God,

We give thanks for places of simplicity and peace.

Let us find such a place within ourselves.

We give thanks for places of refuge and beauty. Let us find such a place within ourselves.

We give thanks for places of nature's truth and freedom, of joy, inspiration, and renewal, places where all creatures may find acceptance and belonging.

Let us search for these places in the world, in ourselves, and in others.

Let us restore them. Let us strengthen and protect them, and let us create them.

May we mend this outer world according to the truth of our inner life and may our souls be shaped and nourished by nature's eternal wisdom.

Amen

Our lives can be very complicated and busy. Sometimes we forget the beauty and pleasure of the simpler things that life has to offer. We get wrapped up in material things like our possessions and our priorities can be in a muddle. As life proves to be more stressful a greater number of people seem to be striving to make their lives more simple...if you Google "a simpler life" it has 177,000,000 results!!

The quote to the right by Kailash Satyarthi demonstrates that as children you have the ability to view the world with a purity and simplicity that adults tend to lose if they are not careful. This month you could take the lead at home to inspire your family to enjoy some of life's simpler pleasures, here are a few ideas but I know you will have many more of your own...

- go for long walks, enjoy the spring sunshine, lambs and daffodils
- Play a board game together
- Read books instead of watching TV one evening
- Write a letter or postcard instead of a text or e-mail
- Help in the garden, plant some seeds and nurture the seedlings

“ Everything should be made as simple as possible, but not simpler”

Albert Einstein

“Childhood means simplicity. Look at the world with the child's eye - it is very beautiful.”

Kailash Satyarthi

Family Values activities:

Take time out of the busy pattern of life for a little while. Put away your electronic toys, turn off the television, computers and tablets. Sit still in the quiet and enjoy the simplicity of life. You choose how long for ...it could be half an hour , an hour or maybe longer if you fancy...

Write down your feelings.

How did you feel before?...after?

What did you think about during the quiet time?

Bring in a photograph of you enjoying one of the simpler things in life this month.

Have lots of simple fun!!

Share your ideas for 10 Family Values House Points