

“ Turning Possibilities into Realities ”

## Building a Global Movement for Change [UNSG]: The Promise (part 75)



### "Working Hard at Working Smart" (part XCV)

# Spiritual Values: Living the Spirit of Easter



**The great gift of  
Easter is hope -  
Christian hope which  
makes us have that  
confidence in God,  
in his ultimate  
triumph, and in his  
goodness and love,  
which nothing  
can shake.**

Basil Hume - English Roman  
Catholic bishop

**(Love Hope God)**

## The future we want: The Promise: The Force Beyond

### Be Fearless, Be Joyful, Be Renewed: Living the Spirit of Easter

Source: <http://www.loyolapress.com>

The Easter season – beginning on Easter Sunday and continuing for 50 days – is an opportunity for us to cultivate a spirit that defines who we are as Christians. So what does living the spirit of the Easter season mean in practical terms? Here are three concrete suggestions.

#### Live with Joy

Joy is a deep-down gladness that cannot be taken away, even in the midst of sorrow. The Passion and Resurrection of Jesus teach us that suffering is transformed through faith in the Risen Christ. With this faith, we are able to hold on to an enduring sense of joy even in the midst of the sadness we experience from the loss of a loved one, a failure to achieve an important goal, or a setback during recovery from an illness.

#### Live without Fear

The Resurrection teaches us that God can overcome anything, even death. When the Risen Christ appears to the women at the tomb and later to his disciples, his first words are “Do not be afraid!” (Mt 28:5,10) These words speak to our hearts, helping us cope with the fear from the loss of a job, a serious illness, or a crumbling relationship. Our faith allows us to trust that God can overcome our most serious problems.

#### Live with New Eyes

Easter means to live with a sense of newness. Just as the return of spring lifts our spirits and makes us feel like the whole world is new, the Resurrection of Jesus makes “all things new.” (Rev. 21:5) The Easter spirit is a spirit of renewal that enables us to show up at work with a positive attitude, to renew relationships that have been taken for granted, and to express appreciation and affection to those closest to us. It means to see the world through new eyes—God’s eyes.

We can use these 50 days to cultivate an Easter spirit that enables us to be truly Christian: embracing joy, living without fear, and seeing the world again—as if for the first time.

### 7 Inspirational Messages From Pope Francis for Easter

Source: <http://www.time.com>



The most important event in the Catholic liturgy is this weekend, and in 2015 Pope Francis published a new book as an Easter present to his flock. The book is a collection of various sermons and speeches he had given in the previous two years, (2013-2014) on topics ranging from wisdom to poverty. Here are seven thought-provoking excerpts from *Walking with Jesus: a Way Forward for the Church*.

### On Faith:

In many areas of our lives we trust others who know more than we do. We trust the architect who builds our home, the pharmacist who gives us medicine for healing, the lawyer who defends us in court. We also need someone trustworthy and knowledgeable where God is concerned. Jesus, the Son of God, is the one who makes God known to us.

*From the encyclical Lumen Fidei, June 29, 2013*

### On Knowledge:

Our own knowledge and self-awareness are relational; they are linked to others who have gone before us: in the first place, our parents, who gave us our life and our name. Language itself, the words by which we make sense of our lives and the world around us, comes to us from others, preserved in the living memory of others. Self-knowledge is only possible when we share in a greater memory."

*From the encyclical Lumen Fidei, June 29, 2013*

### On Consumerism:

When we look only for success, pleasure and possessions and we turn these into idols, we may well have moments of exhilaration, an illusory sense of satisfaction, but ultimately we become enslaved, never satisfied, always looking for more. It is a tragic thing to see a young person who "has everything" but is weary and weak.

*From the Message for the 29th World Youth Day, Jan. 21, 2014*

### On Compassion:

We have to learn to be on the side of the poor and not just indulge in rhetoric about the poor! Let us go out to meet them, look into their eyes, and listen to them. The poor provide us with a concrete opportunity to encounter Christ himself and to touch his suffering flesh.

*From the Message for the 29th World Youth Day, Jan. 21, 2014*

### On Illness:

Jesus in fact taught his disciples to have the same preferential love that he did for the sick and suffering, and he transmitted to them the ability and duty to continue providing, in his name and after his own heart, relief and peace through the special grace of this sacrament [of the anointing of the sick]. This, however, should not make us fall into an obsessive search for miracles or the presumption that one can always and in any situation be healed. Rather, it is the reassurance of Jesus' closeness to the sick.

*From a general audience, Feb. 26, 2014*

### On Marriage:

It is true that there are so many difficulties in married life, so many, when there is insufficient work or money, when the children have problems—so much to contend with. And many times the husband and wife become a little fractious and argue between themselves. They argue, this is how it is, there is always arguing in marriage, sometimes even the plates fly. Yet we must not become saddened by this; it is the human condition. The secret is that love is stronger than the moment when they are arguing, and therefore I always advise spouses, do not let a day when you have argued end without making peace.

*From a general audience, April 2, 2014*

### On Communication:

Communication is ultimately a human rather than a technological achievement. What is it, then, that helps us, in the digital environment, to grow in humanity and mutual understanding? We need, for example, to recover a certain sense of deliberateness and calm. This calls for time and the ability to be silent and listen."

*From the Message for the 48th World Communication Day,  
Jan. 24, 2014*

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