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■ **Spiritual**

Learning intention To celebrate the uniqueness and innate beauty of each of us.

Introduction and content

Pope Francis reminds us that every person is unique, special and loved by God. The well-known Canadian priest and spiritual writer, Fr Ronald Rolheiser, reminds us that we wake up into life with the incurable sense that we're special, that we're the centre of the universe. There's a great artist, composer, teacher, athlete and performer inside each of us, but few people can ever express that potential in their lives. Each of us by our nature possesses a divinely given uniqueness and dignity, thus nothing wounds us more than being humiliated and shamed in our struggles to live this out. Even when we are a very young child a humiliation can scar us for the rest of our lives. We must encourage every person to talk about and find ways to express how they are feeling and, also, recognise the warning signs about mental health and wellbeing and how to seek support for themselves and others when it is required.

It is believed that when we love someone, we enable them to appreciate their beauty, uniqueness and value. Every child, every person, should be celebrated as a source of joy and a gift from God. Only when we accept who we are, including our faults, can our negative self-perceptions be transformed, encouraging those around us to be more accepting of themselves and others. We should celebrate our uniqueness, gifts and talents and do this by being honest, living truthfully and with integrity.

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Questions to consider**

- 1) What makes you unique?
- 2) What are your special qualities, gifts, and talents?
- 3) What attributes do others recognise in you?
- 4) Why are being honest, truthful and having integrity positive attributes?
- 5) How can your gifts be used for the Common Good?
- 6) What is it that we can do for each other to support each other's mental health and wellbeing, recognising the importance of expressing feelings.