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Possible activities continued

Affectionate love – This is the love shared by friends and, according to the Roman orator Cicero, is the highest of all the different kinds of love. The Greek word for it is *Philia*. It is rooted in mutual caring, loyalty, sharing enjoyment and common interests, etc. The medieval Cistercian Aelred of Rielvaux said: 'God is friendship'. It is often been said that we can't choose our family, but we can choose our friends.

Selfless love – A love given with no consideration or expectation of reciprocity. Our homes and our Catholic schools are often outstanding models of this love in the way they nurture belief that all people are our brothers and sisters. It is perhaps exemplified in reaching out in loving, practical support for the poor, the vulnerable, the homeless and all who are in need. It is the love that is at the heart of the Gospels.

Sexual Love – This involves a physical relationship between two responsible, consensual individuals which carries with it accountability for commitment. These factors should be present: mutual self-giving, respect and reverence for the other person and openness to the possibility of children.

Each of these forms of human love should be respectful with the awareness that the choices we make in our relationships can have positive, neutral or negative consequences. We should be aware of how we feel if we are in a relationship that threatens our physical, emotional well-being and where and how we can go to if we need to seek support.

Changes to relationships can, and often do, happen in life, such as loss, separation, divorce and bereavement. These changes can affect the way we feel about those we love and the emotions that will accompany these changes.

1) Create a table showing each aspect of love and say why it is important. Debate the beauty and joy of each and the challenges they may pose e.g. Gospel values, societal values, and peer pressure, sexual behaviour, and gender, acceptance of differences, mental and physical well-being biologically determined.

2) Create a piece of artwork that depicts yourself in the flourishing image of God that He created you to be. Surround yourself with the people in your life who will/have supported you on this journey/adventure.

3 Pause and reflect**Reflective music**

Through prayer and worship we can nourish our spiritual growth and relationship with God. We thank Him with joyfulness for creating us in His image and likeness.

As we grow spiritually and physically may we be 'kindly lights' to all we meet as we make the Sign of the Cross.

"In the name of the Father,
and of the Son and of the Holy Spirit
Amen"

We light a candle to welcome the presence
of Jesus among us.