

5/1/19

Dear St. Rita Parents,

Happy last month of school! Let's let our excitement about summer approaching lead our focus on zeal within our practice of Virtue Based Restorative Discipline! The **Virtues in Practice** curriculum defines zeal as *being driven by an intense love for God*. Wow - how awesome is that - if there is any reason to be intense, it is definitely love. I was blessed this last Sunday to be present at the 9:00 am Mass where we witnessed a baptism during this Easter season. Father Josh reminded us that love for God is above all else, and the weeks after we celebrate the resurrection we can recommit to our Christian faith with the same zeal as the new Christians back in the time of the disciples. How does this play out in our day to day life? Perhaps we can allow love to guide us in all ways. The intense love for God includes all of God's creation, and our actions toward each other speak volumes. The song "They Will Know We Are Christians By Our Love" reminds us of this... <https://www.youtube.com/watch?v=cEwb51LawAI>

So, what actions will love lead you to take this month? Where can you let love be your guide? How amazing would it be if love were guiding us all the time, if we never allowed anxiety, fear, or selfish intent, to get in the way of moving from a place of love. As a parent, I live in both worlds of love and fear (often at the same time). Clearly, we cannot let go completely of fear - we are human, after all, but examining our intentions, and being truthful with ourselves as we examine the "why" behind our interactions with our children, may help us to more often move into this practice of letting all things we do be done in love. When we fully embrace love of God and for God, we know there is no longer space for anxiety. We allow God to be in control, trusting in Him. Intentional practice of zeal may allow us to more often rely on this love. Children are watching us, and our model of love will reap rewards with not only our children, but the whole community.

Find joy in your love for God, and share this with your children. Pray together each day - before meals, before bedtime, when finding yourself in gratitude for a beautiful day, as well as when you are faced with difficulty. Joy is contagious, perhaps return to the practice of gratitude again this month as we build our virtue. Living mindfully in each moment allows us to practice zeal. No longer do we coast casually through the day. We can stay in awe of God's love for us when we stay mindful of his many gifts present in our everyday life. Go back to counting your blessings each evening with your children. There is so much joy to be had this last month of school.

There is no parent focus circle this month as we are not in school on the last Friday of the month (Happy Summer!), but please join me on FaceBook Live for *Spartan Way Wednesday* on Wednesday, May 22 at noon for discussion of zeal. In addition, follow this link for some specific ways to practice zeal as a family this month:

<https://4.files.edl.io/f6ae/04/29/19/165850-9f32709f-e8cb-4729-9e7e-b12e0e11075c.pdf>

As always, blessings to each of you,

Lisa

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