

NEWSLETTER

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Anchoring our identity

Recently I picked a book at random called "Atomic habits" by James Clear. The author develops the idea that for something to become an embedded habit (good or bad) it must start from one's

See - Judge - Act

"There are three stages which should normally be followed in the reduction of social principles into practice.

First, one reviews the concrete situation; secondly, one forms a judgment on it in the light of these same principles; thirdly, one decides what in the circumstances can and should be done to implement these principles.

These are the three stages that are usually expressed in the three terms: look, judge, act."

~ Pope John XXIII ~

(Mater et Magistra par. 236)

identity. For example, if one wants to get into the habit of playing a musical instrument daily, one must first start by wanting to identify themselves with a musician, then moving on to establish a practice regime and finally this leads to outcome; that is a habitual playing of the musical instrument of choice.

The focal point is therefore not the outcome itself, even though it is what we seek.

Interestingly this way of thinking applies at the individual and the broader social and national level.

As a society we tend to focus on outcomes, but we neglect to address the kind of identity we want to associate with that will get us to those outcomes.

"The first step is not what or how, but who. You need to know who you want to be. Otherwise, your quest for change is like a boat without a rudder"

Having a well-defined and intentionally chosen identity is critical. Without addressing this our life becomes stuck in a rut – we act without knowing why we act, we act without any anchoring conviction which gives reason to our actions.

As Christians we believe in a loving, benevolent, and just God that set-in motion what we see as creation. The book of Genesis provides an excellent metaphor that helps us picture this belief *"The Lord God formed man from the dust of the earth. He blew into his nostrils the breath of life, and man became a living being"* (Genesis 2:7).

To fulfil our purpose and give meaning to our lives, we need to first fill our lives with God, we need to build an identity centred around God. Out of this identity proper habitual actions befitting a Christian flow.

In *Principle and Foundation*, St Ignatius' states that *"the goal of our life is to live with God forever"*. With its clarity and conciseness, it makes for a great mission statement for our lives. How therefore do we make this centrality a part of our existence and our identity. How does putting God at the centre of everything we do become a habit ingrained in our being? The answer is to get hold of a good compass: the Gospel and build our lives on it.

In the Gospel Jesus teaches us that we must thirst for justice – *"Blessed are those who hunger and thirst for justice"* Matthew 5:6; and that we must live a life of compassion and solidarity towards our neighbours even when it is an inconvenience – the parable of the Good Samaritan Luke 10:25-37.

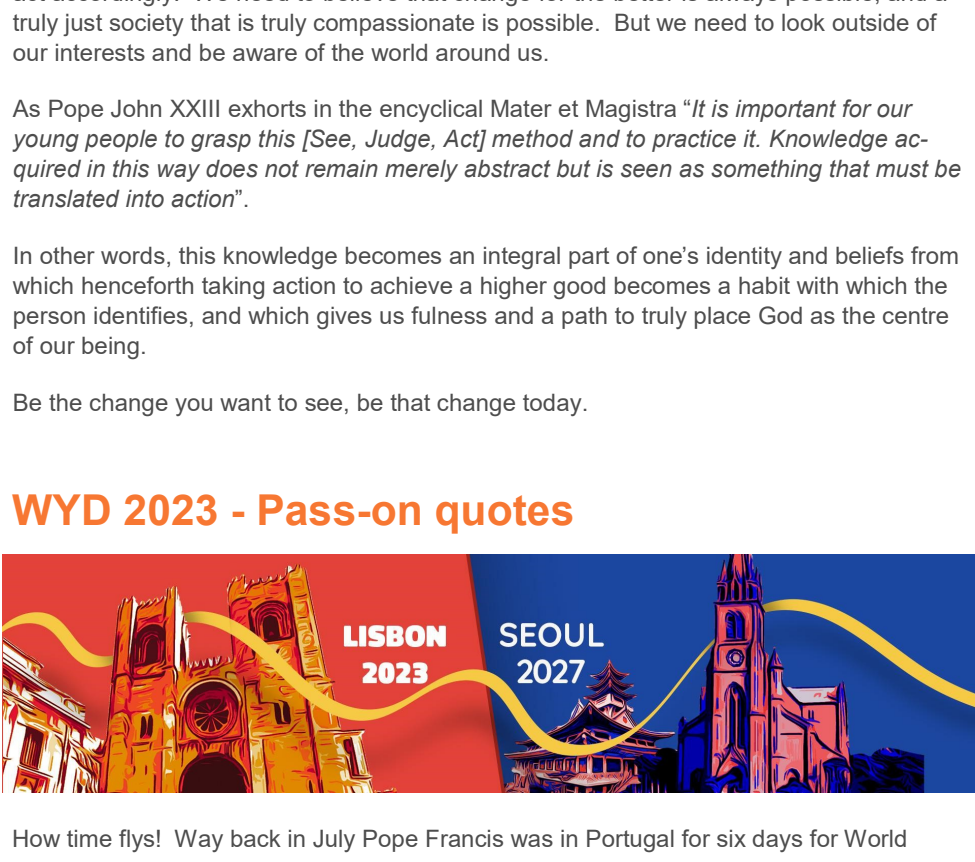
We need to continuously look around us and judge what we see along these axioms and act accordingly. We need to believe that change for the better is always possible, and a truly just society that is truly compassionate is possible. But we need to look outside of our interests and be aware of the world around us.

As Pope John XXIII exhorts in the encyclical Mater et Magistra *"It is important for our young people to grasp this [See, Judge, Act] method and to practice it. Knowledge acquired in this way does not remain merely abstract but is seen as something that must be translated into action"*.

In other words, this knowledge becomes an integral part of one's identity and beliefs from which henceforth taking action to achieve a higher good becomes a habit with which the person identifies, and which gives us fullness and a path to truly place God as the centre of our being.

Be the change you want to see, be that change today.

WYD 2023 - Pass-on quotes



How time flies! Way back in July Pope Francis was in Portugal for six days for World Youth Day (WYD) Lisbon 2023.

Several speeches, homilies, greetings, and blessings were given to the "sea of young people" who attended WYD Lisbon 2023.

From these moments, we would like to highlight a few quotes and encourage you to pass them on to your family and colleagues. Lets keep the WYD spirit alive till we meet again in Seoul in 2027.

"Have the courage, then, to replace your doubts with dreams. Replace your doubts with dreams: do not remain hostage to your fears, but set about working to realize your goals!"

"In the Church there is room for everyone. "Father, but I am a wretch, is there room for me? There is room for everyone! All together now, everyone, repeat with me in your own language: Everyone, everyone, everyone."

"Dear friends, if God calls you by name, it means that for God none of us is a number, but a face and a heart."

"This is the starting point of World Youth Day, but above all it is the starting point of our lives. Young men and women, we are loved the way we are, without makeup."

"That is the only time, the only time that we are allowed to look down upon others, when we are offering to help them up."

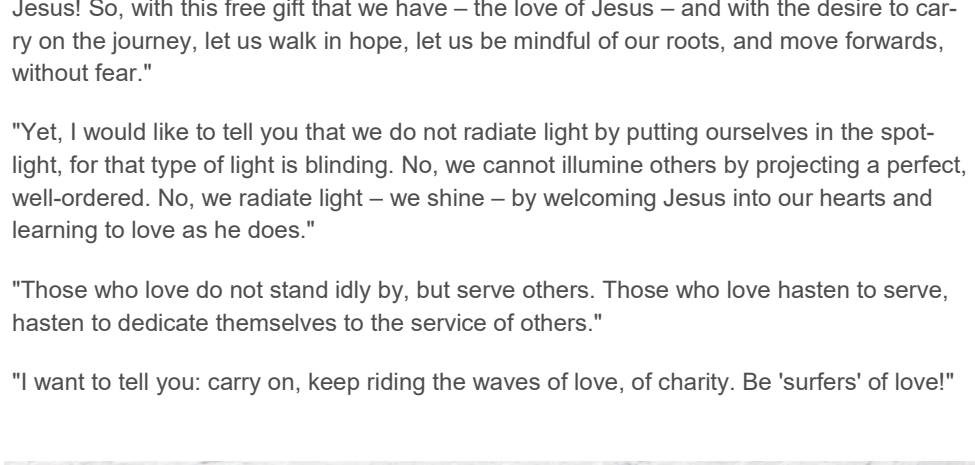
"Mary's joy is twofold: she had just received the angel's message that she would welcome the Redeemer of the world, and she was also given the news that her cousin was pregnant. This is interesting: instead of thinking about herself, she thinks of the other. Why? Because joy is missionary, joy is not just for one person, it is for sharing something with others."

"Nothing is free in life, everything has to be paid for. Only one thing is free: the love of Jesus! So, with this free gift that we have – the love of Jesus – and with the desire to carry on the journey, let us walk in hope, let us be mindful of our roots, and move forwards, without fear."

"Yet, I would like to tell you that we do not radiate light by putting ourselves in the spotlight, for that type of light is blinding. No, we cannot illumine others by projecting a perfect, well-ordered. No, we radiate light – we shine – by welcoming Jesus into our hearts and learning to love as he does."

"Those who love do not stand idly by, but serve others. Those who love hasten to serve, hasten to dedicate themselves to the service of others."

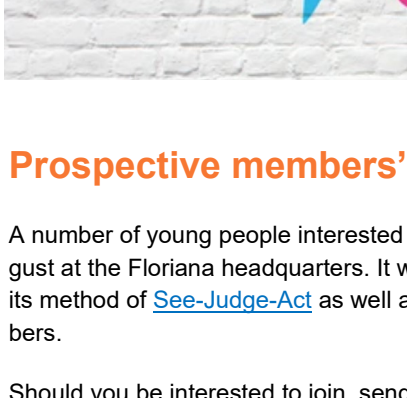
"I want to tell you: carry on, keep riding the waves of love, of charity. Be 'surfers' of love!"



Prospective members' meeting

A number of young people interested in joining the ZHN movement met on the 1st of August at the Floriana headquarters. It was a great occasion to introduce the movement and its method of [See-Judge-Act](#) as well as to listen to the experiences of prospective members.

Should you be interested to join, send us an email and we will be in touch to guide you through the process.



Presentation on employment and migrants in Malta

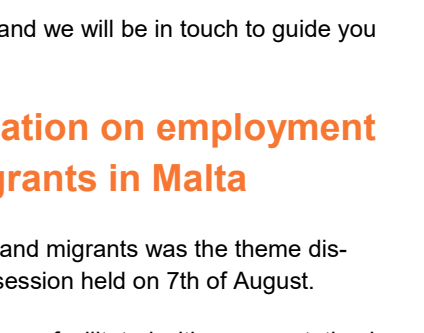
Labour laws and migrants was the theme discussed at a session held on 7th of August.

This session was facilitated with a presentation by Michaela Pia Camilleri based on her research.

The subject was well received, and a good discussion ensued among those present.

Session on workers rights

Thanks to the Department of Industrial and Employment Relations, participants to a session held on the 25th of August had the opportunity to get a better understanding of workers' rights.



The presentation delivered by two DIER officials was detailed but was presented in a very accessible manner. Those present engaged throughout the one and a half hour session through several questions.

Any employees wishing to get in touch with DIER can call on freephone 1575 or send an email to info.dier@gov.mt.