

## Chaplain's Spot

### What would we give up?

**How many people give up something for Lent?** It is traditionally a religious activity, mainly for Christians at Easter, but many take part to try and change something in their life. I will again give up chocolate, even my favourite dark peppermint. As a Christian I do want to make a difference, and giving up something for a time helps me to consider my priorities.



What should you give up for Lent? Social networking was apparently the most popular vice to give up in 2018 according to a Lent Twitter Tracker. Giving up Twitter itself came in at number 2. This was followed by alcohol, chocolate, swearing, meat, sweets, soft drink, coffee and fast food. Smoking was number 41, TV was 101. Many pupils jokingly tweeted that they planned to give up school, swearing and fizzy drinks.

We could all think of some things we might like to give up, many humorous. However, the idea is to give up something for a greater cause. Parents are most used to giving up their dreams for the sake of their children. However, we all need a balance in our families, allowing us all to feel valued and live meaningful lives.

Are you prepared to go against the flow, and make life-changing decisions that change your life in a significant way. May you be empowered to make those tough decisions, and change your world!

**One-liner of the week: It is far more impressive when others discover your good qualities without your help**

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**Alan Silverwood – Chaplain** - Pastoral care for our community, Tuesday Thursday Friday. [[silverwood.alan.l@edumail.vic.gov.au](mailto:silverwood.alan.l@edumail.vic.gov.au)]

**Supporting the School community in emotional, social, spiritual and practical wellbeing.**

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