

# ENTHUSIASM

At the start of the school holidays we ask you to reflect upon enthusiasm. Some days this will be difficult. But most people, even during the days they feel fed up, try to find some enthusiasm. People are being much more honest with each other about how they feel. Prince William has been very frank about the importance of mental health. Over the last few months sharing our joys and concerns with family and friends has been essential.

The origins of the word enthuse can be found in ideas being inspired and fuelled by God. I feel much better when I have a sense of purpose.

Hopefully you will want to complete the six challenges that have been designed for the six weeks of the school summer holidays. Give it a go! You will probably find that you are more enthusiastic for some of the activities than others. Perhaps this tells you something about yourself.

**Mix and Match** - The idea is that you mix and match the activities to the themes we have reflected upon over the last few months. The themes have been **Staying Thankful, Goodness in People, Giving, Community, Daily Bread, Behold Nature, Journey, Hope, Challenge, Acceptance, Discern, Children, Forward, Time, Love and Relevant.**

Each week choose a theme and choose an activity. The activities are **Create, Prayer, Display, Conversation, Map and Photography.** Then let your enthusiasm and imagination take over.

**Here are some suggestions for a mix and match.** I am sure you have already thought of some of your own. Perhaps the photographs will inspire you.

- \* Create a simple 'childlike' drawing of a ladder that represents **challenge**. On each run of the ladder note down your achievements over the last fifteen weeks. Is this difficult time more fruitful than you expected it to be? Why?
- \* Write a simple prayer about **hope**. What or who keeps you going during challenging days?
- \* Create a display of objects that represent significant times in your life **journey** so far. What do these objects and memories mean to you now?
- \* Have a conversation with a wise person and share your ideas about **discernment**. Are you ready for some aspects of your life to move forward?
- \* Find on a map places you are **looking forward** to visiting again. Do you see these places differently now?
- \* Photograph weeds in your garden or street. Has your attitude to **nature** or other things changed?

Each week, near the end of a day, or perhaps before tea, share your thoughts as a family.  
You could share your thoughts by phoning a friend or messaging someone.  
You could also say this simple prayer.

**“Thank you God for enthusiasm,  
Help us to enthuse about the right aspects of life,  
Amen”**



In Acts 13:52 we read 'And the disciples were filled with joy and with the Holy Spirit.'