STAFF PERSONAL REFLECTION JOURNAL

Going Deeper

Try and find a quiet place such as the school chapel and, after watching the video, capture your thoughts on the following questions:

	QUESTION ONE
Q#1	What comes to mind for you when you hear the term, 'sacred tradition'? What feelings or associations does it raise for you?
	QUESTION TWO
Q#2	Is there a particular Catholic ritual or tradition that has a special meaning or resonance for you? How does it make you feel when you remember it or experience it?



The absence of God is worse than material poverty because it kills every firm hope and leaves the person alone with his pain.

ARCHBISHOP PAUL CORDES

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QUESTION THREE

In a fast paced and technologically advanced world the idea of tradition and especially of a 'teaching authority' can be a challenge to many people. Do you think that deep down we hunger for something stable, ancient and trustworthy? Do you ever feel overwhelmed by the many currents of life and the bombardment of information overload?

QUESTION FOUR

Do you have a favourite family tradition or ritual? How did it come about? What feelings does it bring up when you think about it?



If you're a Catholic you believe what the Church teaches and the climate makes no difference.

FLANNERY O'CONNOR

ACTION STEPS

Do a Google search and find out what is meant by the term Doctor of the Church. How have these men and women contributed to our knowledge of God and life?