

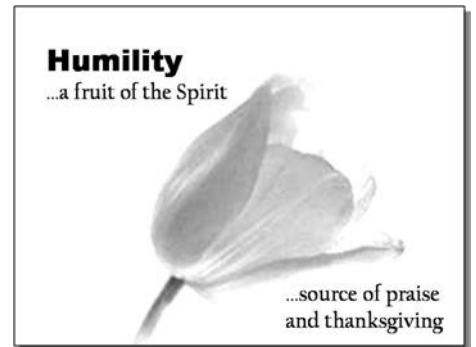
PRESENTATION ON HUMILITY

SLIDE 1

Facilitator: Since the origin of the Congregation, there was a chapter on Humility in our Rule of Life or Constitution, which is not true of all congregations, of all spiritualities. Marie Eugenie starts with Humility because she believed that without humility any effort in spiritual formation will not bear much fruit. Why? Because Humility is...

Click #1: A fruit -- a result, an outcome of love (MME speaks of the experience of a peasant who realizes she is loved by the King).

Click #2: What comes through is a deep sense of gratitude for being loved!



SLIDE 2

Facilitator: The Rule of Life goes on to say...

Click #1: One who is humble is grateful

Note to facilitator: to illustrate this, share an experience of having been humble to acknowledge you didn't know how to do something and because your work companions saw your need, they helped you out and you were so grateful.

Click #2: Confident...truly happy

Note to the facilitator: cite some examples of how children develop confidence in their growing years with small successes and how happy they are when they are able to accomplish things.

Click #3: Simple

Note to the facilitator: cite the difference between one who is simple (accepts who she is and what she can do) vs. one who is always pretending or making more of herself than she truly is. Ask participants to share stories of their own experiences in order to bring home the point of simplicity and humility are really Godly virtues.

Click #4: RL 42

Facilitator: Though we know that we need to work for humility all our life,

Click #5: it is finally given as a gift!

SLIDE 3

Facilitator: Let us focus on MME's Chapter on Humility.

Click #1: Perfect Love of Jesus Christ: Humility

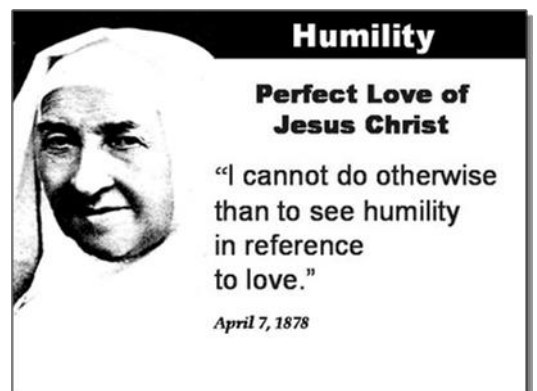
Facilitator: Notice how we cannot separate humility from love- love of JC and M. Eugenie herself said:

Click #2: "I cannot do otherwise than to see humility in reference to love."

Facilitator: For her, the most important factor is love.

Note to facilitator: Ask participants if they agree that love and humility go together. Ask them to cite some examples showing how one without the other can't work;

and how Jesus showed us His Way, His Truth, and His Life through humility





SLIDE 4

Facilitator: This is the first aspect or perspective of humility:

Click #1: knowing that God is All, that God is Creator ...

Click #2: All that I am, all that I have is a gift

Click #3: Therefore we know our nothingness and dependence –

This is a realization that is based on truth. We don't have to pretend that we are the origin of ourselves, that what we are comes from us... "self-made"/studied/earned degrees/worked hard on my "issues", etc.

We know that we have received all – and all these have been made possible by one who loves us. This is the truth that Humility is all about.

Click #4: this is living in the truth of what we are. All that I am ... what I have become today has been made possible by God's grace.

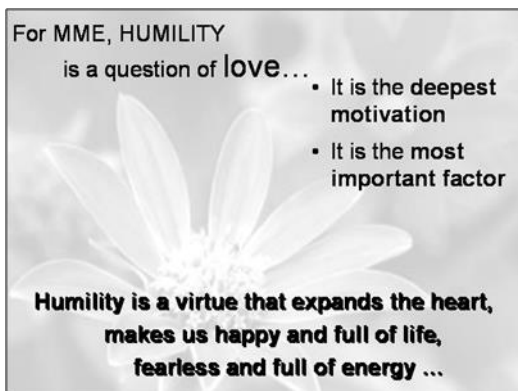
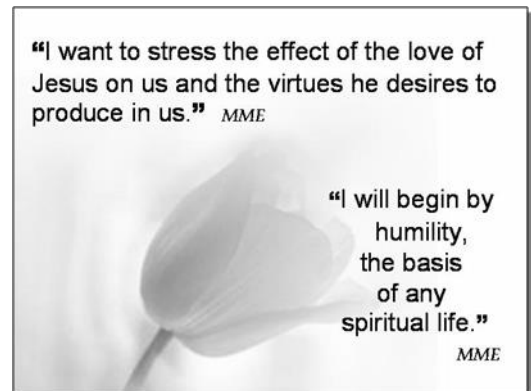
SLIDE 5

Facilitator: Right at the start of the Chapter MME says... *(read slide script)*

Click #1: "I want to stress..."

Click #2: "I will begin with humility..."

Facilitator: Without humility there is no spiritual life. We cannot get along in the spiritual life without humility. When asked about what the most important virtue is, St. Augustine said: Humility. And the second? Humility. And the third? Humility. So for us in the spiritual life, it is a question of wanting to be humble, of seeking humility and taking the means to form ourselves in humility.



SLIDE 6

Click #1: And for her, Humility is a question of love ...

Facilitator: And the humility she asks us to practice is in the name of love.

Click #2: Love is the deepest motivation,

Click #3: the most important factor of humility

Click #4: Humility is a virtue that expands the heart...

Note to the facilitator: We can learn much about humility by observing little children. They are totally dependent on their Mom and Dad. They are fearless and unafraid of any danger because they are so secure that they have their parents watching over them

. "Out of the mouth of babes, truth speaks." If facilitator is married, share some stories of your own observations about your own children in their early years. If facilitator is unmarried, share some stories of your own experiences with others' kids or, ask the participants to share their own stories where they can see this exemplified.

SLIDE 7

Facilitator: Then she quotes St. Augustine talking about 2 cities:

Click #1: the City of God

Click #2: the City of Satan

Click #3: Arrow

Click #4: In the City of God – the love of God is pushed and lived to the point of self-forgetfulness (the word used is not “despise” or “hate” oneself) – but we forget ourselves when we love much.

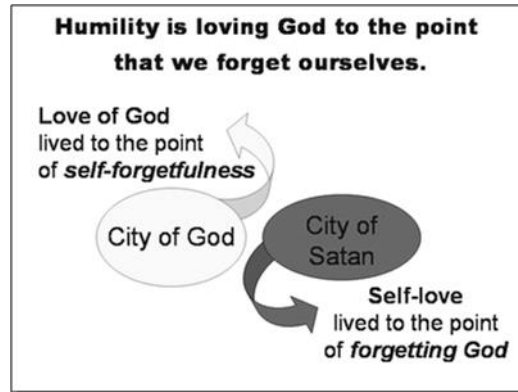
When we analyze the experience of sincere love, the person who loves gives and gives – is willing to do anything for the other and is willing to be humble. Nothing seems too much nor too low ...

Click #5: Arrow

Click #6: In the City of Satan, self-love is pushed to the point of forgetting God.

Click #7: Humility is loving God to the point that we forget ourselves.

Facilitator: If we truly accept that everything comes from God...our successes, our talents, our capacities, then we give Him our gratitude. When we do this, pride cannot come into play.



Self-love is the big obstacle. It shrinks and locks us up to ourselves.

“Penetrated by love you should not want to keep the miseries of pride and self-love.”

MME

The principal work is to uproot false self-love, the desire for praise, esteem, success... making oneself the center of the world



SLIDE 8

Click #1: The main obstacle is self-love that shrinks and locks us up to ourselves.

Click #2: The principal work is to uproot false self-love...

Facilitator: We can never really know if we are humble. It is clearer to see it from the other side ... the opposite, which is pride. We can detect the movements of pride, we can see our sins of pride. Sometimes it takes a lot of discernment because the devil is very clever, and our own human spirit is very clever in hiding pride, we know when our self-love is troubled.. we react.

It is an instinctive reaction because we want to preserve life. The tendency is to protect ourselves, to cling.. when self-love is touched, we feel the sting. The feeling itself is automatic. So what do we do when the feeling comes? How do we handle it? Deny it? Or do something worse, like react to the person who pricks our self-love? Covering up the thing that is pointed out?

We do not readily accept criticisms, we will find excuses...

What do we do when these things happen?

Be aware... train ourselves when someone criticizes us-to be quiet, and afterwards when we are calm, look into it, yes, there's some truth in it. That's important... looking for the truth! (*if time allows: share personal experiences*)

We combat all these things by love...

Click #3: "penetrated by love..."

SLIDE 9

Click #1: Love is ...

Click #2: Nothing is too much or too low

Click #3: Picture of Jesus crucified

Click #4: Let us consider... The example she gives is of that love is Jesus' own love. Jesus manifests his love for us in that self-emptying...

Click #5: "He did not hesitate to show us..." He made that love take him to the humiliation of the Cross. The Cross is above all a humiliation... In his time, the worst thing that could happen was death

on the cross- the most ignominious death, one reserved for a non-citizen or a slave.

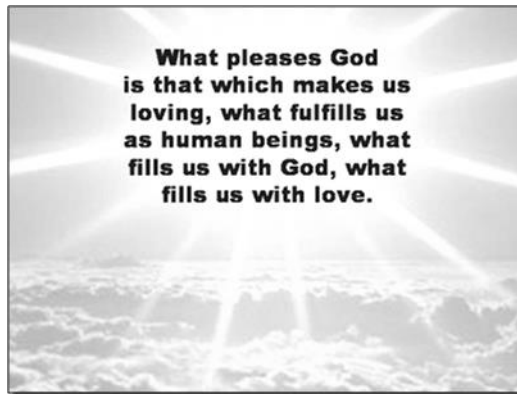
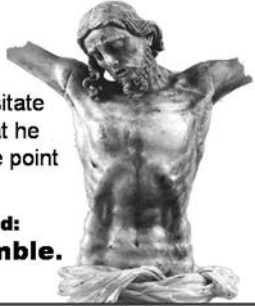
Jesus, in manifesting his humility, in giving us the example, He revealed his love for the Father and for us. It was also

Click #6: the revelation of God. God is humble.

Love is giving ourselves ---
willing to do anything for the other.
Nothing is too much nor too low.

"Let us consider
the humility of the
Son of God
He did not hesitate
to show us that he
loved us to the point
of death... "

**A revelation of God:
God is humble.**



SLIDE 10

Facilitator: Sometimes we take the teachings of Jesus and the things he tells us to do as being things that please him. It doesn't please him that we are humble because it is an act we do for him. It doesn't please him that we accept humiliation because it is a gift that we give him.

Click #1: What pleases him is that which makes us loving, what accomplishes us, fulfills us as human beings and fills us with God, fills us with love.

SLIDE 11

Click #1: MME said that, "The motive of our humility is the fact that we know God."

Click #2: Adoration places us out of ourselves and places us at the feet of the other. And it is a joyful act of love, for the one we love is the one who loves us. And for this, she says, that humility is not a sad and depressing virtue. "People think at times that humility is a sad virtue.

Click # 3: Is It sad to follow Jesus in His humility? To offer him your heart, to take The means to find him and make your relationship with him more intimate?

Click #4: Is it sad to pay the price for love?

**"The motive of our humility is
that we know and love God."**

**"Adoration brings us out of ourselves
and places us at the feet of the Beloved."**

**Is it sad to follow Jesus
in His Humility?**

Is it sad to pay the price for love?

Fruits:	Description:
<ul style="list-style-type: none"> • Humility brings liberty • Freedom from all self-love, pretense, lies • Freedom from desire for esteem, praise, success... 	<p>simple, sincere real, frank joyful deep generous</p>
<p>" Humility must be a fundamental virtue of the Assumption on condition that we take it from the perspective of love..." MME</p>	

SLIDE 12

Facilitator: Humility is definitely positive. The indicators are positive effects.

Click #1: It brings liberty.

Freedom from all self-love, from pretence, lies

Freedom from desire for esteem, praise, success

Facilitator: To describe humility MME uses these words:

Click #2: simple, sincere, real, *frank*, *joyful*, *deep*, *generous*

Facilitator: She says: I have heard it said that humility is not the outstanding virtue of the Assumption. I cannot accept that, and I regret it very much. On the contrary,

Click #3: Humility must be the fundamental virtue of the Assumption... but take it from the side of love and trust...

SLIDE 13

Facilitator: There's another point that MME talks about regarding humility. It goes well with what she said about humility not being a sad virtue.

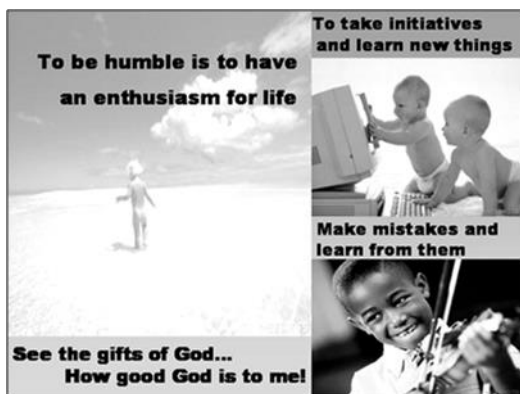
Click #1: our humility should not be one of appearance...

Facilitator: Being quiet...being the last to speak... or act – may not mean being humble at all! (Cite some examples from your own experiences or ask participants to think of their own examples from their own experiences).

Another nuance to humility...



Humility is not one of appearance, of words and expressions in our faces..



SLIDE 14

The way to be humble is to have an enthusiasm for life!

Click #1: "To take initiatives and learn new things.

Click #2: "To make mistakes and learn from them."

Click #3: "To see the gifts of God...How good God is to me!"

Facilitator: To discover beauty in nature, beauty in cyberspace that connect us to one another across continents, beauty in this powerpoint that can be a tool for good news...

Humility is accepting new gifts from God's hands, from the hands of fellow human beings... to appreciate them as good and use them for the good. When we are grateful, when we can appreciate more and more things... we are on the road of humility.

Note: (Ask participants to cite examples for each of these items)

And in all this – we ask ourselves...

What makes me more apostolic? More loving? More humble?

SLIDE 15

To be humble is also about finding our place. We need to recognize that we have a place.

Facilitator: It is one thing to about looking for people to appreciate us, to recognize us and another thing to find oneself. Each person has a place in the group. Each one has gifts which are at the service of the group. In a community each person has something to give.

(Recall experiences)

Facilitator: Find out what it is, and accept and

Click #1: love yourself as you are today.

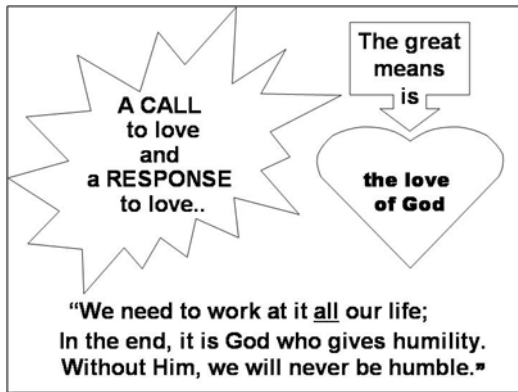
Facilitator: What about my difficulties? My problems? We must move on. If we don't accept ourselves right now.. as we are- it is very hard to advance, to move. If we don't love ourselves, we start pretending to be better or to be worse, pretending we are different... and we get angry...

Facilitator: God loves us right now, and

Click #2: under the loving gaze of God

Click #3: everything is fine right now.

Facilitator: God loves me right now.. It takes humility to accept that,
(esp. when the "now" finds me at my ugliest moment)



SLIDE 16

Facilitator: The whole chapter on Humility is

Click #1: a call to love and a response to love.

Facilitator: MME does not give little means. There is

Click #2: only one great means:

Click #3: the love of God. All of these being said, humility is impossible.

Click #4: "We need to work at it all our life. We do everything we can. We desire and work for it.

Click #5: "In the end it is God who gives humility as a gift. Without Him we will never be humble."

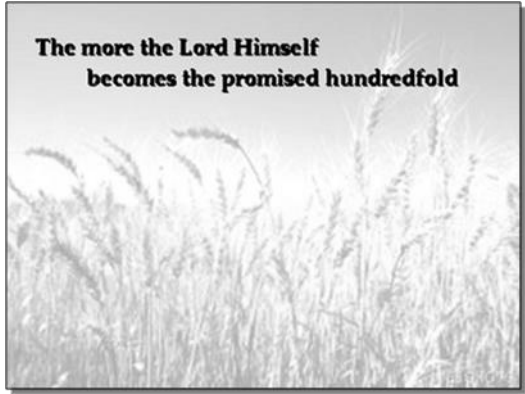
SLIDE 17

Click #1: "The more you are sincerely humble...the more you open your heart to love."

Click #2: picture of flowers

Note to Facilitator: At this point, you may share your own experiences on when you experienced this in your life.





SLIDE 18

Click #1: The more the Lord Himself becomes the promised hundredfold
Note to the Facilitator: connect to a personal experience or ask the participants to share their experiences.

SLIDE 19

Facilitator: St. Marie Eugenie ends the Chapter on Humility with...
Click #1: "For us today...we need to know ourselves."
Click #2: "For formators...we need to know the person in formation..."
Click #3: "Each one has her own path to HUMILITY."
Facilitator: Our task is to FACILITATE their finding their own path to Humility.

Humility

"For us today... we need to know ourselves."

"For formators... we need to know the person in formation and adapt the means and practices for her situation."

"Each one has her own path to HUMILITY."