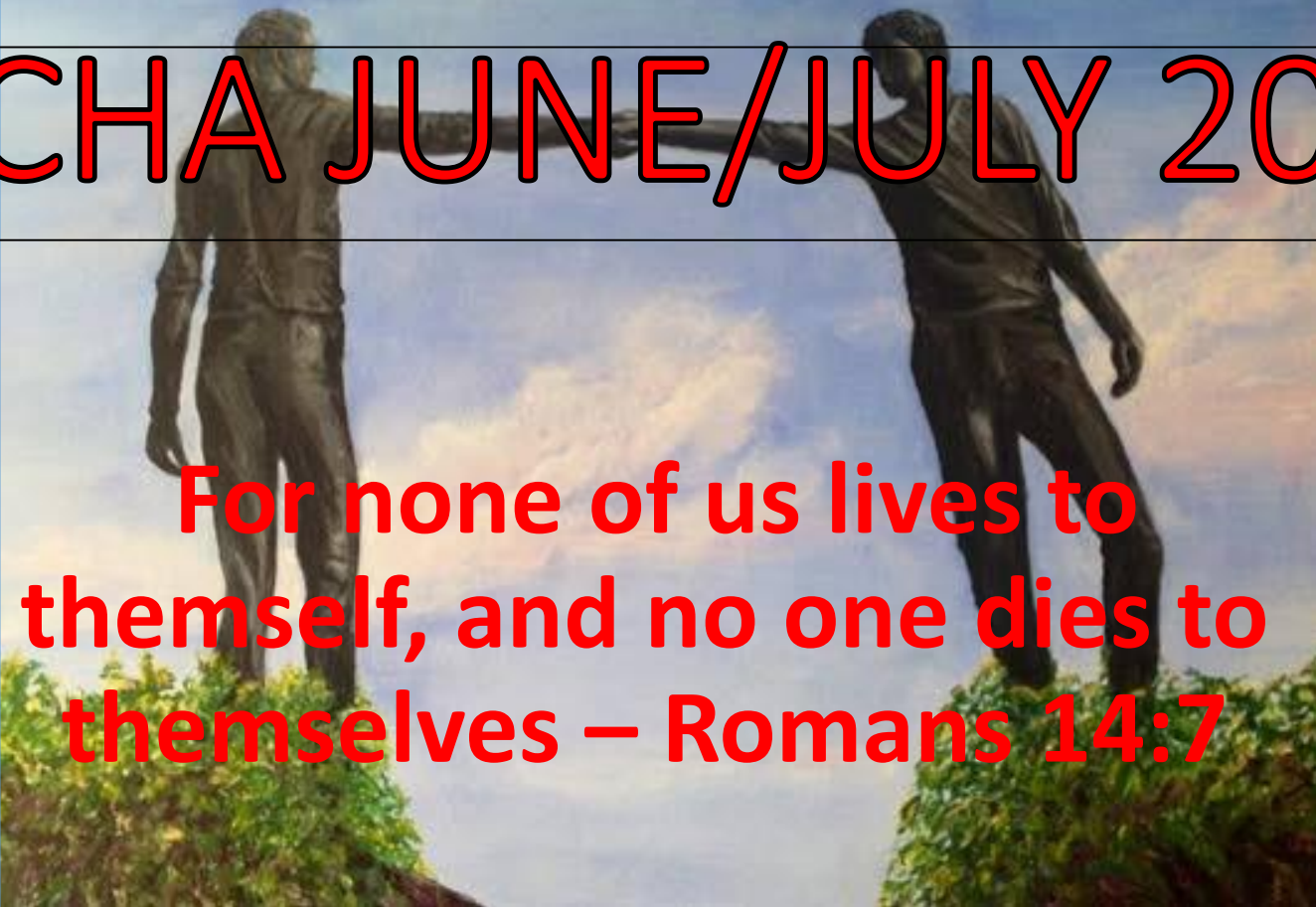


NO ONE IS AN ISLAND— TFCHA JUNE/JULY 2021



For none of us lives to
themselves, and no one dies to
themselves – Romans 14:7

No man is an island, Entire of itself;
Every man is a piece of the continent, A part of the
main - John Donne



Think about this statement

- What does it mean to you?
- Discuss it as a form
- It was written a long time ago by a poet called John Donne and is a very well known saying even today.
- Why is it even more important to take note of this saying during the recent pandemic?

Why should we all open our hearts to others?

1. **Our world is getting smaller** - Our world *seems* smaller now because so much of it is captured at our fingertips, through our mobile and desktop devices, as well as our TVs. The world runs 24/7, and we can now be a part of that – so we should choose to connect to each other.
2. **It starts with you** - My heart, my mind, my relationships. When these are in a right, peaceful place, the ripple effect proves powerful. When they are not, the damaging results further drag down our world.
3. **We can learn from one another** - reaching out to people who are different from us in sincere care and love necessitates a spirit of humble learning. Our ways are not always the right ways, but simply *one* way of doing, seeing and living.
4. **Something new, even magical, happens when people and ideas of different cultures come together** – the many different cultures that have worked together to create the United Kingdom as a multi-cultural society.
5. **We experience a net gain as we befriend the people** – making new friends and maintaining old friendships is good for the soul.

Being part of a community is vital for us all

- Which communities are you part of?
- How does the CHA community help you?
- What could CHA do engage more in the local community?



THE SECRET OF HAPPINESS IS HELPING OTHERS

There is a Chinese saying that goes: “If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody.” For centuries, the greatest thinkers have suggested the same thing: Happiness is found in helping others.

WHY DO YOU THINK THIS IS TRUE?

LADY GAGA HELPS NATURAL DISASTER VICTIMS

Among the many people forced to evacuate after wildfires threatened her Malibu home, Lady Gaga was one of several stars to donate to the victims of the raging natural disaster. The *A Star Is Born* actress visited a shelter at Pacific Palisades High School, where she delivered coffee and pizza as well as handing out gift cards. “I extend my love to each and every one of you,” Gaga told evacuees “I know we do not know each other, but I love you. This is an emergency, but you are not alone and we have each other.”



THE WORK OF MOTHER TERESA

Fundamental to the prosperity of all, Teresa chose a voluntary life of poverty in order to help others. In 1950 she founded the Missionaries of Charity, a Roman Catholic congregation which to this day dedicates itself to helping those suffering from HIV/AIDS, leprosy and tuberculosis as well as running soup kitchen, orphanages, schools and mobile clinics.

Through this work she instigated entire generations to selflessly aid others and fearlessly take on world leaders to tackle inequality. She was awarded the Nobel Peace Prize in 1979 and was canonized in 2016 by Pope Francis, becoming the Patron Saint of Calcutta.



A prayer for reflection

Dear God

We will try to love our neighbours as ourselves.

Help me to do that in my community, my school and my town.

Help me understand the problems my friends and family are going through and find ways to help them in ways they need it most.

Help me to love others no matter what their race or other differences. Help me to receive their love as well.

Help me to not permit grievances to block giving or receiving love.

Amen