



THE IMPORTANCE OF RITUALS

by Michael Herbert

“While routine aims to make the chaos of everyday life more containable and controllable, ritual aims to imbue the mundane with an element of the magical. The structure of routine comforts us, and the specialness of ritual vitalises us. A full life calls for both.”

(*Brain Pickings*)

Schools have them, families have them and churches have them. Rituals are an expression of culture and provide a sense of connection. They help us grow as individuals and as communities.

The need for rituals in increasingly fragmented communities may be greater than ever. They are especially important in the lives of young people.

Many schools actually do rituals quite well. However, the author of *Ceremonies and Celebrations*, Dally Messenger, points out, “Many young people feel they are on their own, they don’t belong, they are not supported. The reason? That the community has never told them that they belong – in the serious way known as a ceremony.”

My point here is: Yes, schools have rituals and ceremonies that celebrate members of the community. But show me a school that has done an audit to discover which students NEVER get celebrated?

I recently watched secondary students receive their school year book. Next time it happens at your school, observe what happens. Notice what they do and focus on their faces. They immediately race through every page, looking for a photo of themselves - no stopping to read the articles here! Some faces are filled with joy as they find themselves on one or more pages, others show nothingness as they close the book and put it away.

Rituals are about recognising individuals and the important moments of their life. They declare “we know you are here and we are grateful that you are in our lives.” Perhaps it is time to think creatively about those young people in schools who are yet to receive that message from their school community.

A Drop of Wisdom

Learning.....should be a joy and full of excitement. It is life’s greatest adventure; it is an illustrated excursion into the minds of the noble and learned, not a conducted tour through a jail.

Taylor Caldwell, Writer

HappySillyThoughts

We are going to keep holding meetings until we figure out why we are not getting any work done.



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IT’S NEVER TOO LATE TO SET NEW GOALS

With 2019 well under way—and people back in the swing of their everyday routines—there’s no better time to set or reset objectives for the year ahead. While many of us set personal goals at the beginning of January, a refocus on whole-body health can be done at any time.

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