

Marianist Habits of Holiness

Blessed Fr. Chaminade, one of the founders of the Marianist Family, offers us a way to grow in personal holiness and community life. He identified 18 virtues that address common obstacles to our mission – bringing Christ to the world. He called this practice, *The System of Virtues*.



THE FIRST VIRTUE IS **Silence of Words**

As Chaminade said, “Mary loved silence, spoke little and rarely, and never spoke unnecessary words.” Today, we often call this *Mindfulness of Speech*.

Mindfulness of Speech

- Pause for a moment of stillness.
- Reviewing today's conversations, are there any words that I regret? That were unnecessary? That hurt someone?
- One time that I lifted the spirit of another by my words was ...
- Looking ahead, when ought I restrain from speaking too much? When should I speak up courageously? Spirit of God, give me the wisdom to know the difference.
- Jesus, speak through me today.

Conclude: Mary, I join with you in bringing Christ into the world today.



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