

## 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 SECOND VIRTUE IS

## Silence of Signs

that calls “our facial expressions, gestures, postures, dress, manners, and actions [to] agree with our words ...” (*Growing in the Virtues of Jesus*, Quentin Hakenewerth, SM)

## Mindfulness of Signs

- Jesus, you came in human form and know the power of the body to influence.
- Are my non-verbals in sync with my words?
- What signs do I give to others through my demeanor, gestures and dress? Are there any off-putting behaviors or mannerisms that I need to tame? Choose one today.
- How can my presence, actions and the symbols in my spaces be a sign of welcome to others today?

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



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