

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 THIRD VIRTUE IS Silence of Mind

As Chaminade said, “However busy you may be, apportion sufficient time for reflection; it is only thus that you will find true peace of mind.”
Cultivate *focusing the mind*.

Focusing the Mind

- How have I “fed” my mind recently? Reading? Writing? Art? Science? Music? Nature?
- Which of my thoughts or memories give me strength and which are harmful to my life purpose?
- What keeps me from paying attention to the work, study or people in front of me today? Distractions? Worries? Animositities?
- Jesus calls us to “stay alert.” Go beyond facts to seek a deeper truth today. Concentrate on the essential and avoid dissipation.

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



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