



"NO LIMITS!"

Bye, bye lust

Aim

To understand the importance of respecting and keeping the privacy of our body and that of others.

Preparing for the meeting

POINTS OF REFLECTION FOR THE ANIMATORS
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Lust

The vice of lust refers, on the one hand, to the experiencing feelings of pleasure and enjoyment; and on the other hand, it introduces us to some topics concerning human sexuality. Enjoyment and pleasure are different aspects of the feeling of joy. They are experienced gradually during human development. It is vital for us to help

one another recognize as time passes the aspects of joy given to us in our life. These aspects allow us to experience pleasure in experiencing beautiful scenery, music, a game, some clothing and fulfilling friendships. Just as vital is helping one another to understand the importance of postponing the enjoyment of a pleasure, and experiencing the joy of waiting. As people grow, the ones who have the most fulfilling experiences of joy are those who accept the limitations they encounter in the absence of something they want; and who learn to wait for the gratification that will come later.

In fact, in order to relish a joy more, it is important not to depend on the satisfaction of the pleasure itself. To give a banal example, we could not enjoy the benefits of Sunday (waking up later, more elaborate meals) if there were

no differences between the days of the week! In the pre-adolescent stage, joy is often experienced as enthusiasm at new discoveries, especially in the affective field. Among the youth, we can note curiosity towards their own origin, their uniqueness, their sexual identity, towards the mystery of conception, exploring one's own body and that of others during a time of great changes.

The educator's role is to build a dialogue on these topics with respect and discretion. S/He can help a young person to recognize their own desire to know, and at the same time, to find answers that will convey the great value and sensitivity of these topics considering the depth of human life. An opportunity to guide pre-adolescents in this process of discovering the value of one's own affectivity and sexuality would be the "Up2Me" course in your own area.

References

Veglia, F., Sexuality and development: psychology, psychopathology, Clinic in Lambruschi F. Cognitive psychotherapy in the age of development, Bollati Boringhieri, 2014.
lanes D. (2007), Educating in affectivity, Erikson, Trent.

DISCOVER THE BEAUTY within you

GROUP LEADER GUIDE



Let's free ourselves

AIM: To untie oneself without letting go.

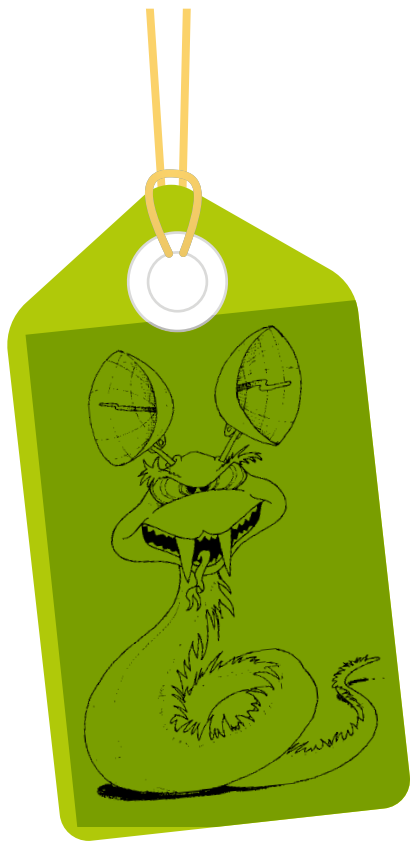
PLACE: outdoors or indoors

PLAYERS: 5 or 6 or more (the more the merrier)

MATERIALS: none

PROCEDURE: the players stand in a circle with their eyes closed. Each one starts walking slowly towards the center. They put out one hand to take the hand of another and then do the same with the other hand. When everyone is holding two hands, they can open their eyes. They then try to form the circle again without letting go. The entire group has to help in doing this so as to free themselves. There will be very funny situations until the group forms a big circle again. Sometimes 'knots' remain or you finish with two circles with 'knots' or separated.

REFLECTION: Sometimes we are "entangled" in situations proposed by the media or by Internet or by groups of friends. Often mutual help in a group, that supports us in positive values, can untie and resolve situations that we cannot overcome alone.



Inside the image

We suggest the following activity to discover, together with the youth, the message of the allegorical design of LUST.

MATERIALS NEEDED: a large copy of the allegorical design (attached is the PDF file for printing), three empty boxes, very soft cloth (chenille, velvet or piece of fur), something sticky (gel, gelatin, skifidol slime), a small balloon in elongated form filled with flour or rice.

PROCEDURE: Make the participants discover some characteristics of the animal starting from **an experience of touch without seeing the objects being touched**. Prepare some closed boxes with openings accessed through sleeves of cloth (you may use old knee-high stockings, cutting off the foot and fixing the rest of the sock to the opening on the box). Put various items into the boxes: in one box some soft fur (or something similar); in another something sticky;

in another an object with long and cylindrical form (ex. a long small balloon filled with flour or rice); and in another, if available, a small radar antenna (toy).

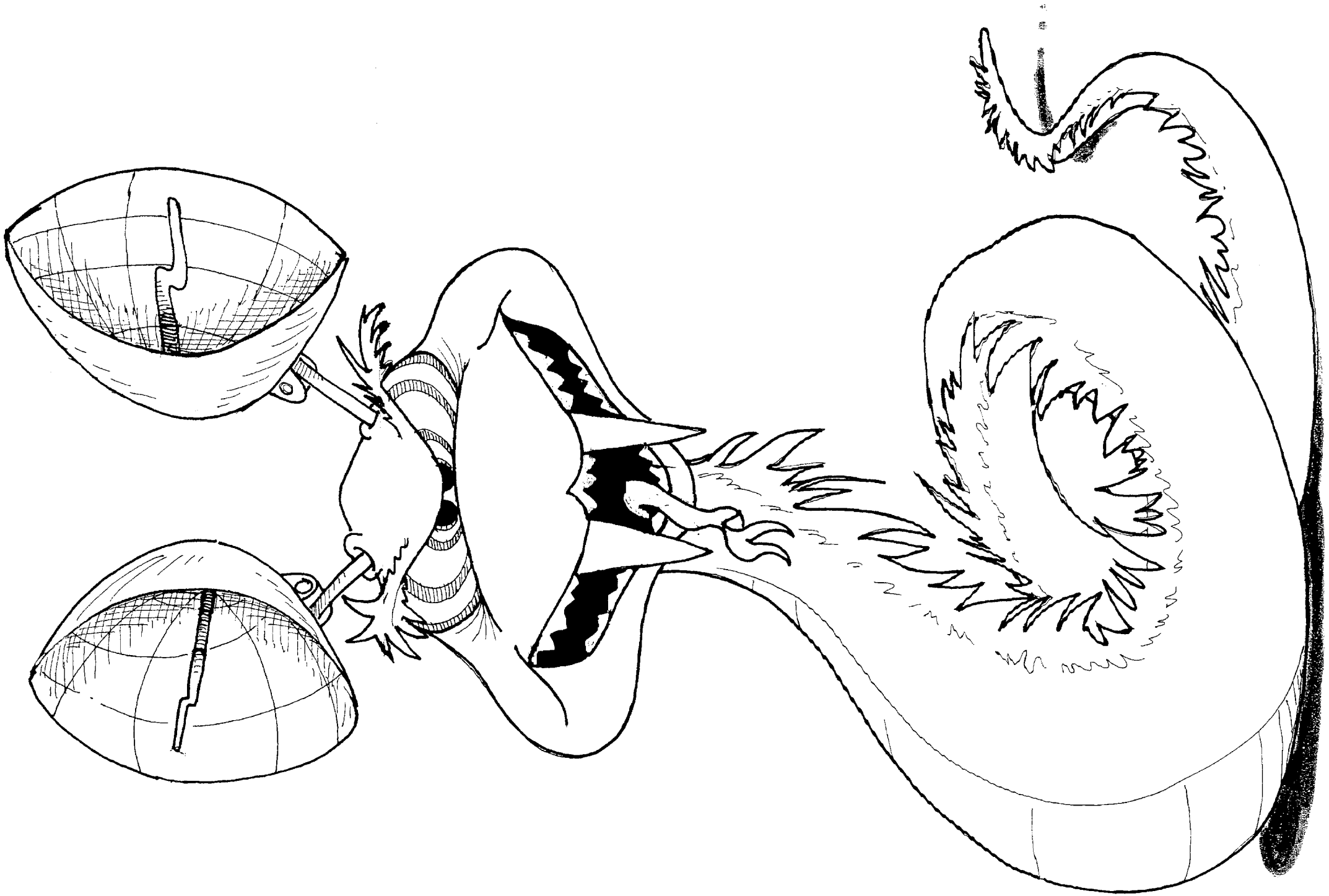
Circulate one box at a time to a group and ask the youth what they feel.

- What is inside the box?
- What are its characteristics?
- What did you experience in touching it?
What feeling did it give you?
- For what is it useful? (especially the antenna)

Using their imagination, ask the youth in groups **to draw an allegorical animal that can have all the characteristics** they discovered through their touch experience. At the end, each group will show its drawing and explain it to the other groups. They may also use other techniques to make the design (collage, pens, colored acrylic, etc...).

In conclusion, **compare the youth's drawings with the poster:**

- What similarities do you find among the animals you have designed?
- What differences did you notice?
- Which of the feelings you had, as you touched the objects inside the box, did you find in the allegorical design?
- In your opinion, in what situations will we have something to do with this allegorical figure? What vice does it represent?



We live this way

I often go downtown to see what movies are showing in the movie houses. In one of these, there were very indecent photos shown for publicity. **When I passed in front of it, thinking of Jesus who wants us to be pure, I did not look at it.**

S. [Germany]

Once in school the teacher was absent and so a substitute came, who is very famous for his bad jokes. All of my friends started to clap their hands and told him: "Well, tell us some jokes!" He began at once, and I felt

that I could not listen to these, God would not like these because they were against purity, and against what Mary would have done.

So I immediately plugged my ears and then closed my eyes. My friend noticed and told me: "What



are you doing? Listen how interesting it is!" I replied: **"No, I don't want these, I don't like these, and they're not for me!"** Then she also said: "Yes, you are right!" and she too plugged her ears. The other classmates began to look at us and said: "But look at what they're doing!"

At the start, my friend felt ashamed but she continued not listening. All the others seeing that we were happy, even if we did not hear anything, said: "It's better to stop." **Seeing that the jokes were not effective, the substitute told us to study.**

C. [Italy]

In touch with Chiara

LUST

Do you see that disgusting pink worm, with the white downy covering, with radars on its eyes?

It is the symbol of those who want to commit the ugly sins of impurity. This aspect of the old self is called lust. First of all, it is a pink worm, which is disgusting; then it has a white downy covering because it goes towards people in a coaxing way to attract them to wrongdoing.

Lastly, it has radars on its eyes to capture the young boys and girls, who are not watchful, not careful, not on a war footing, in order to draw them into its coils.



Chiara

Chiara Lubich,
Gen 3 Congress, 1973, Rocca di Papa,
"NO TO VICES, YES TO VIRTUES"

The video in Italian-English-Spanish and the international version of the PowerPoint is available at the website <http://assistentigen3.focolare.org>

Chiara, the world offers us many things and images that are ugly. What should we do in order not to fall into temptation and remain authentic Gen 3?

We must listen carefully to what the Church tells us about temptations, because the Church – not everybody knows it – has 2,000 years of experience; thus, it is very, very, wise. You may have 12, 13, 15 years of experience that is very little compared to it.

Even though I am much older than you, I too have far fewer years of experience when compared to the Church; and so we have to believe her always.

The Church says that we must escape from temptations, not look at ugly things, such as for example, a movie that is for adults only. In such cases, you turn off the TV and, if you cannot do it, you go to another room. If you happen to see ugly pictures in the newspapers, you turn the page. When there are advertising posters in the streets – there are many because the world is really sick in this sense – you must not look at these. Look the other way. We all do this. **Then, another way to overcome temptations is to love as the art of loving teaches, because while you love, you will not give in to evil that comes from outside.**

Still another way is to behave like the early Christians. They were in the midst of the world, and poor things, they too went to work, some were soldiers,

others owned businesses, and others studied. Whenever they felt tempted, they ran to the Christian community, to be with others in the community. Since Jesus was in their midst and they loved one another, as they had got to know Jesus recently, they felt a beautiful atmosphere of purity and the temptation vanished. **This because the devil cannot stay where there is Jesus in the midst, it goes away, far away.**

So you too, whenever you feel a strong temptation, run to your focolares, to your communities. Perhaps you can tell somebody about it: "I am troubled..." and you will see that the temptation escapes by itself. So do this and by following all these guidelines, you will be at peace.

Chiara

Chiara Lubich,
To the gen 3, 1996-2002. Città Nuova,
Rome 2010, pp. 86-89

The video is available at the website <http://assistentigen3.focolare.org>

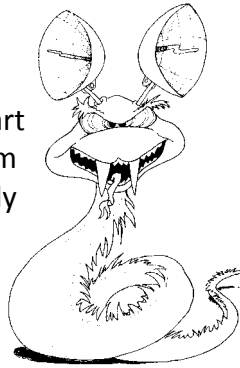
Bye, bye lust

Points for the dialogue

After presenting the vice, you can start a dialogue with the youth to help them reflect on the challenges in their daily life regarding purity.

It is useful if the animators/assistants share their personal experiences too.

To maintain freedom and discretion, we suggest writing down some questions on small cards placed clearly visible in the center of the group. Each one can answer the question he/she likes (also writing their answers anonymously on small cards, and put these around the question, to be read together). Here are some sample questions:



- If you had to think of something pure that gives the idea of being “clean,” what comes to your mind (it can be a landscape, a person, part of a film, some music, a memory, etc.)?
- On the contrary, if you had to think of something not pure, that is “dirty”?
- Some films/images/videogames/magazines are forbidden to youth and children. Do you think this is right? For what reasons?
- The respect we must have for each person means also to respect his/her body. What behaviors do you think are against this principle?
- Does it ever happen to you and your friends to do or talk about things that seem “dirty” to you (bad words, images, video, and violence)? How do you usually behave in such cases? Is it difficult to do something different from what others do?

We will try

In the next session, let us practice
“Seeing the world with the eyeglasses of respect and of love”

From a white card that is hard enough, each one will cut out the outline of a pair of eyeglasses (see attachment). Join together the different pieces of the card using paste or a stapler. So each one will have a pair of eyeglasses to bring home.

These eyeglasses will help us see the world as Jesus sees it, with the eyes of respect and love.”

Then suggest they wear the eyeglasses in the evening too, for a short review of the day: **“Was I able to see the persons and the things around me as Jesus sees them, with respect and with love?”**

MATERIALS:

white small card
 A4 size to print out
 the eyeglasses
 (ATTACHED IS THE PDF FILE),
 scissors, stapler
 or paste

After this short examination of conscience, they can color in part of the eyeglasses with a color suited to the experience they had (it can be a difficulty overcome, a doubt, a failure, an act of love).

Suggest that everybody brings their eyeglasses to the next meeting to share what they have experienced.

