

# "The right measure"

Hello moderation  
and temperance!

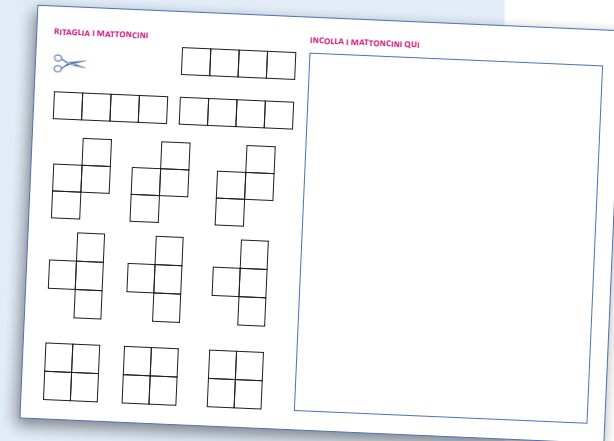


## Objective

To be aware that attention to the needs of others leads us to choose a lifestyle that is moderate and free from conditions.

## Where we left off...

Last time, we accepted the Tetris Challenge: every brick pasted to the sheet represents an opportunity in which we managed not to waste the goods at our disposal or to share our surplus with those who needed it most. Let's tell each other how it went.



- How many bricks did we manage to paste on the sheet? How many empty spaces have we left?
- When we managed to give up something or share it with others, how did we feel?
- Do we have some suggestions to give to others so we will not be taken up by the vice of gluttony?



Stop, I'll stop!

**OBJECTIVE:** To recognize and respect one's limits without falling into excess.

**VENUE:** A space that is not necessarily big.

**PLAYERS:** From 2 up.

**MATERIALS:** several objects that can be superimposed and not the large type (diameter of 5 cm maximum): pieces of wood, nuts, plastic cups, cans, etc...

**DURATION:** 15 min or according to the number of rounds you want to do.

**FLOW:** The young people will divide themselves into two teams: A and B. They will then form a line, one team in front of the other, face to face. The first player from team A will start to put the object in his/her hand (piece of wood, glass, etc.) on a spot between the two teams. A player from the other team will put his/her piece on top of it. The other players will follow suit, alternating between the two teams, until they will be able to build a tower together.

When the players of one team will realize that adding another piece entails the risk of collapsing the tower, they will say "STOP".

If those in the opposing team, instead, think that they can continue without collapsing the tower and succeed in their intent, they will have as their score the number of objects in the tower, placed there by both teams.

If the tower will collapse, the team that said "STOP" will get 1 point for each object that they have successfully placed in the tower as a team. If both teams will agree that the limit has been reached and it is no longer possible to add another piece, the game ends in a draw, both teams will get no points, and a new game may begin.

#### REFLECTION:

- Which point in the game was difficult for you?
- What helped you to stop at the right moment, without going beyond the number of pieces that maintains the tower's balance?
- What would you advise to a young person your age, who consumes too much food and other things, so that he may observe right moderation and distinguish what is necessary from what is excessive and superfluous?

## Let's live in this way

For almost 5 years, I have been living with diabetes and for 4 years with celiac disease - two illnesses that have changed my life a bit.

When I discovered that I have diabetes - **aided by the word of Jesus which says "May your will be done on earth, as it is in heaven" and which I wanted to live in a particular way**» - I felt that I had to face and accept this reality as part of the wonderful plan that God had prepared for me.

The doctors explained to me that the cure of diabetes

depends in large part on one's discipline in eating and on self-control. **I felt that I have this great responsibility before God to take care of the body that He has given me and to do all my part.** Thus I tried to learn well how to measure my meals, which food to avoid, how to control the sugar...

Whenever I find it difficult - when I don't want to get injections or give up sweets - I say, **"For you Jesus! You suffered a lot on the cross and I am happy to be somehow like you."**

Half a year after my diabetes, I discovered that I have another illness: celiac disease. I can't eat bread, pasta, pizza, and many others still. **It's again another expression of God's will, knocking on the door and waiting that I make it mine.** Many times - it would happen at school or along the road - people would look at me in a strange way, they would ask me questions that I don't like, or they would offer me food I cannot eat. In these situations I'd like to forget about my diet or flee. However, I would later tell myself: "No! That's not what Jesus would do in my place!"

That's how I've managed to restrain myself and not break my diet and also love those who would ask me about my health, explaining to them with patience anything they wanted to know. I realize that I can always love: love those who do not know these illnesses; love my body in order not to harm it; love the doctors who help me and all those who are closest to me who would worry about me. **And if at times I would not succeed in taking this step, I have this super recipe that helps me: "Always start again!"**

A. [Slovenia]

## Let's live in this way

I go to a school with a mix of Christians and Muslims. During the month of Ramadan in which the Muslims observe fasting, some Christian girls would eat in front of these Muslims precisely with the intention of offending them.

My sensibility tells me instead that if I have to respect them and love them, I cannot behave in the same way.

But it's not enough that I myself would not eat; in fact, I felt the urge to ask my Christian friends to change their attitude.

Unfortunately, I did not immediately get some positive results; rather, their response was: "Shut up."

A Muslim girl, however, who heard and saw what had happened, was surprised and happy for the attention that I gave them.

The next day as well, my Christian friends reconsidered my proposal and avoided eating in front of the Muslims.

certainly that the smallest attention for others inspired by love is capable of great things.

J. [Jerusalem]

I was very happy and I had the



## MORTIFICATION

The opposite of gluttony: mortification. Though the Gospel does not tell us many particular things about the life of Our Lady as we would very much like to know, it means that the things that we know are enough to tell us how this family was and how Mary was.

We know that one day Our Lady and Jesus were invited to their friends' wedding. With the spouses, they were seated at the table full of joy. Unexpectedly, there was no more wine. Mary, who was accustomed to prepare food, to always think of others, noticed it at once and did not like that the spouses would have a bad image for not being able to provide everything that is necessary for their guests.

So she went to Jesus and slowly, in a low voice, she



told him: they have no more wine. Jesus did not almost want to listen to her, but precisely for her, he transformed the water into wine, making the first of his miracles. This way of doing by Mary is exactly the opposite of gluttony, because a glutton thinks of being able to eat just by himself. Mary instead is concerned about others; she thinks of others.

*Chiara*

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

Sul sito <http://assistentigen3.focolare.org>  
Video in IT - EN - ES  
and PPT in international version

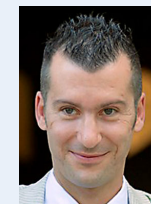
## Direct line with an expert

«What can we Gen 3 do in order to have a moderate lifestyle and get to distinguish a real necessity from a superfluous good?»

The first suggestion that I'm giving you is to talk it among yourselves and with your assistants. Do not think that choosing what to buy is a personal, private choice. For example, should I buy this pair of jeans or this other one? Should I buy it or not? Talking about it is already a motive to better understand together if it is useful or what it is for.

Another suggestion is to compare your needs - I'm especially speaking here to those who come from richer countries - with the needs of the Gen 3 who perhaps have lesser possibilities. And then you will understand if your need to buy that cellular phone is indeed true or if you can actually do without it.

A third suggestion is to give greater importance to relationships. Invest your energy, time, and all your creativity in building relationships, instead of buying goods. There are things which are not really necessary in order to live, but are useful in order to get the attention of others: buying a pair of shoes with a certain brand, can help me being noticed by others. If you can conquer the esteem, the confidence of others through relationship, through your being the first to love, you will no longer need to buy certain things just to gain prestige.



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April 6, 2012





