



VIRTUE CORNER

Humility is the quality of being humble. That may sound obvious, but real humility is anything but obvious.

Dictionary definitions accentuate humility as having a low self-regard and sense of unworthiness. From a Christian perspective, humility means a recognition of ourselves in relation to God, and thinking neither less nor more of ourselves than God does. We are his children, worthy of him sacrificing his son for our salvation. This makes us amazingly important and special. At the same time, we are also sinners, weak, and often times unable to live up to our amazing dignity as God's children.

Humility is an outward expression of an appropriate inner self-regard and is much different than merely the result of suffering humiliations. Those can be just an imposition, often external, of some shame or failure. Real humility is based on a simple acceptance of who we are, in all our gifts, talents and greatness, as well as our poverty and internal division.

Humility, in various interpretations, is widely seen as a virtue which centers on low self-preoccupation, or unwillingness to put oneself forward. For a leader, or one given to positions of leadership, humility is not a virtue to be ignored. Jim Collins and his colleagues found that one of the highest levels of leadership, whom they term "level 5", possesses humility and fierce resolve. Humility is more and more appreciated as a trait that enhances leadership effectiveness. One can be absolutely gifted, yet remain meek and humble of heart. Just look at Jesus Christ for an example.

In many religious and philosophical traditions, humility rightly contrasts with narcissism, hubris and other forms of pride. In summary, CS Lewis said it best. "Humility is not thinking less of yourself, but thinking of yourself less."

"Living our humility, Christian humility means having this fear of the Lord which, I repeat, is not terror but is: 'You are God, I am a person, I journey forward in this way with the little things of life but walking in Your presence and trying to be perfect.' Humility is the virtue of the childlike and this is true humility and not a rather theatrical humility."
Pope Francis



GOSPEL REFLECTION (30 MIN)

John 13:1-15

1 Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. 2 The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper 3 Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, 4 got up from the table, took off his outer robe, and tied a towel around himself. 5 Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. 6 He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" 7 Jesus answered, "You do not know now what I am doing, but later you will understand." 8 Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." 9 Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" 10 Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." 11 For he knew who was to betray him; for this reason he said, "Not all of you are clean." 12 After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? 13 You call me Teacher and Lord—and you are right, for that is what I am. 14 So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. 15 For I have set you an example, that you also should do as I have done to you.

Philippians 2:5-11

Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, he humbled himself and became obedient to death — even death on a cross! Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Questions for Discussion:

1. What is the context of the Gospel passage? Perhaps this makes Jesus's act of humble charity even more impressive?
2. Humility can be equated with a fundamental disposition of wanting to serve others. Do you love your spouse and children in the way they want to be loved? Do you know their love languages?
3. Do you recognize God's grace as being the protagonist behind all of your good actions as it's primary source and sustenance? Do you try to fan your God given gifts into a flame, trying to give the glory to him for your successes?
4. What does the crucifix tell us about the humility of Christ? How can we find inspiration from his passion and death in our lives?
5. What do you make of the phrase by St. Teresa of Avila that "Humility is the truth"? Is there such thing as a "false" humility?
6. Do you look for esteem, verification, pats on the back, validation from others? Is this what drives your actions? Do you find it difficult to perform hidden acts of charity?
7. "I am the vine, you are the branches. If you remain in me and I in you, you will bear fruit in plenty, for cut off from me you can do nothing." John 15:5 Are you convinced of the importance of prayer and the Sacraments to live this virtue of humility at a high level?





CASE DISCUSSION (30 MIN)

2 ways to go about it. Read the Case and discuss afterwards how it can apply to your life of Lumen Virtue. Or ask a member to voluntarily offer their challenges in living out this month's lumen virtue at home, in the work place or in their lumen action (volunteer work). The circle can offer some personal experiences on how they have confronted and resolved similar difficulties.

Several years ago, I was having an early morning breakfast in a local diner with a Lumen member whose health had taken a serious turn for the worst. He was forced to scale back on his job due to the intense medical treatments, and the overall prognosis looked bleak. During our breakfast, the waitress screamed out a few obscenities after seeing that the elderly gentleman who had just left did not leave a tip. This woman was having a really tough day and it was only 630 am! When she came over to fill our coffee cups, she lingered a little longer than needed, trying to listen to our Christ centered conversation. Then she began to cry and opened up to us about her marital issues and major personal struggles that she was currently facing. This Lumen member asked her if we could pray for her, so he and I both said a few words out loud asking the Lord to grant her peace and serenity in the midst of her turbulence.

When she walked away, this Lumen member immediately pulled a pen out of his pocket, flipped the paper place mat on the table and drew a big smiley face with the words, "GOD LOVES YOU!!" He folded up a large tip inside the place mat, and left this on the table for her to pick up after we had left. As we were leaving the restaurant, he tried his best to make her smile and although it took some effort, he eventually succeeded. Like a wounded and humble doctor, he forgot about his own burdens and quietly focused on relieving the pain of this poor waitress. (From a Lumen chaplain)

1. Is your fundamental disposition one of wanting to serve others, especially when it is inconvenient or when you have serious burdens weighing on your own heart?
2. Do you notice the needs of others, and in a small way, try to make a positive impact on that soul?
3. Do you feel that Christ wants to love these souls whom you encounter through YOUR words and actions and prayers?
4. Do you find it hard to love people who cannot repay your love down the road or to whom there is no immediate benefit for you?
5. Please describe a similar case of humility in the work environment that has impacted you along the way.



UPCOMING EVENTS & ANNOUNCEMENTS

Manhattan Chapter

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|-----------------------|------------------|------------------|
| • Leadership Circles: | May | June |
| • Greenwich | 15 th | 12 th |
| • Manhattan | 23 rd | |
| • Rye | 16 th | 13 th |
| • Summit | 9 th | 13 th |
| • Naples | - | - |
| • Golf Outing (all) | | 14 th |

Atlanta

- Leadership Circle
- Speaker Series 22nd Arthur Brooks

Houston

- Leadership Circle 15th 19th

Chicago

- Leadership Circle 16th 20th

WDC

- Leadership Circle 15th 12th

Nationally:

- Pilgrimage to the Holy Land June 1 to 10
- Pilgrimage to Rome – June 11 to 17
- Father/Son Mission Montana June 22 - 26
- National Summit in New York City – September 14 – 16, 2018
- Father/Daughter Pilgrimage New Orleans



Lumen Core Values Self-Assessment (10 minutes)

Core Values Assessment. Spend 10 minutes in silence assessing positive and negative examples of how you live this core virtue. The below quadrant can help in jotting down some of your assessment as well as a tool for the whole Lumen Circle and how you can let it be a leaven in your life.

What struck me in this circle and how I might apply it to my THINKING. What CRITICAL ISSUES am I facing? What is the biggest CHALLENGES with these issues I face and what OPPORTINITIES does it present.

Prayer:

Family:

Business:

Lumen Action:

What ACTION STEPS can I take now or long term? Develop a concrete resolution for how you can improve in your efforts to exercise Christian charity in you interactions with others during the next month. Your resolution should be a specific action or activity that is easily measured.

