

A SERIES OF TALKS ON IDENTITY AND LOVE: BUILDING UP OUR SELF ESTEEM

Speakers: **Mgr. James Curry** (Parish Priest at Our Lady of Victories), **Sr. Paloma Marchesi** (Carmelite Missionary Sister)

24th February. Who am I really?

Readings: Gen 1:27, 1Cor 3:16

Welcome by **Mgr. James Curry**

Sr. Paloma Marchesi talks on:

- We are created in the image of God but in conflict with our false self.
- Jesus invite us to go deeper into the self.

2nd March. Self esteem #1

Readings: Mk 5:25-30, Mk 1: 40-42

Mgr. James Curry talks on models of authority in the Church before and after Vatican II.

Sr. Paloma Marchesi talks on:

- Understanding ourselves: self-concept, self-image, self-esteem.
- The different models of authority within the family: what attitudes emerge in the children from these different models of authority.

9th March. Self esteem #2

Readings: Jer 31,3, Is 54:10, Sof 3:14-18

Sr. Paloma Marchesi talks on:

- How is the self esteem being formed. Healing the low self esteem.
- Biblical texts of people with low self esteem – Lectio Divina.
- Building up our own self-esteem.

16th March. Reactivity – Can faith help me handle my emotions?

Readings: 2 Timothy 2:24-25, Gal 5:13-24

Mgr. James Curry talks on the 7 capital sins.

Sr. Paloma Marchesi talks on:

- Reactive versus responsive behaviour.
- How to dismantle the habit of reactivity.
- How to handle my emotions in a mature way.

23rd March. Me, my parents, my friends, my God. The problem of denial and projection.

Readings: Lk 6: 41-43, Jn 8:7

Sr. Paloma Marchesi talks on:

- Making friends with my “own shadow”: what I don’t understand or don’t accept in myself.
- The problem of projecting my own shadow, and the need to reconcile with it.
- Images of God. “forgiving God”.

Mgr. James Curry talks on the sacrament of reconciliation.

30th March. Reconciliation - Healing

Readings: Mt 5:23-24, Eph 4:32, Col 3:13, Mt 18: 21

- Moving into interiority and silence. Personal reflection. Reconciliation and healing.
- Reconciliation service (optional).

13th April. Evaluation & Party. Where do we go from here? How to keep alive the spiritual growth?