

This term we will be focussing in school on the value HUMILITY.  
We hope your family will find these ideas helpful as you explore the value and have fun together.

## TALK ABOUT HUMILITY TOGETHER...

**Humility** is about trying to think of others before you think about yourself.

At home you could talk about how **humility** is:

- being able to encourage and praise other people when they have done something really well or tried very hard
- listening carefully to others and valuing their opinions as much as our own
- asking for help rather than thinking that we always know what to do and how to do it

## THINK TOGETHER ABOUT WORDS OF WISDOM

"**Humility** is not thinking less of yourself, it is thinking of yourself less."

*Anon*



## READ TOGETHER...

### The Roman Centurion

Flavius was a Roman centurion and a powerful man in the town of Capernaum. But Flavius was also a humble man. The Romans had conquered Jesus' country and now everyone had to pay taxes to them and abide by the strict laws that the Romans had passed to govern them.

Now Flavius had a servant, a kind, loyal and hardworking man. Flavius was very fond of him. One day the servant fell ill, the next day he was worse and hardly able to move. The next day, Flavius even thought the servant might die! He was distraught. There is only one chance, thought Flavius. I have heard the people speak of a man called Jesus who is somehow able to heal the sick. Even though I am an important man, I know that Jesus has power that I will never possess.

Without delay, he sent his friends to beg Jesus to come and make his servant well again. Jesus felt very sad when he heard the story and started out for Flavius' house, but before he arrived he was met by some messengers.

"Sir" they said to Jesus, "Flavius has sent us to give you this message, 'I do not deserve to have you come into my house neither do I consider myself worthy to come and meet you. I beg you just give the order and I know my servant will get well'."

Jesus was amazed at the faith and **humility** that Flavius had shown.

"Even my own people do not show faith like this." When the messengers returned they found Flavius and his whole household celebrating because the servant had been miraculously healed.

Bible story based on Matthew 8:5-13



## QUIZ Crack the code

What was special about Flavius?

(clue: the letters of the alphabet have been advanced, so when coded, e becomes g, f becomes h and so on)

Hncxkwu ujyqgf itgcv hckvj cpf jwoknkva

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## FAMILY FOCUS

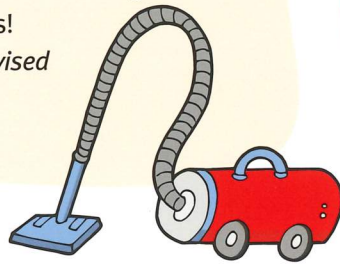
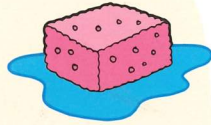
### Making a difference

There are some household jobs that no one really enjoys doing.

- Which is the least popular household job? Who normally ends up doing it? Perhaps different members of the family could take it in turns doing this job for a fortnight!

- Go on a family litter picking walk to help clean up a part of your neighbourhood. Don't forget to wash your hands afterwards!

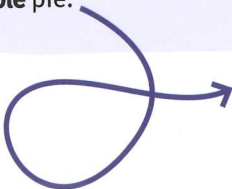
*Litter picking should be supervised by an adult.*



## FASCINATING FACTS

Have you ever heard the saying to 'eat **humble** pie'?

- When someone 'eats **humble** pie' it means they have to admit to being wrong and sometimes give an apology.
- The phrase has been around for six centuries (600 years)!
- Back in the 15th century the tastier, more expensive cuts of meat were usually only eaten by rich people and were often roasted.
- The offal (liver, kidneys, heart, sweetmeats) was considered poorer quality meat and known as 'umbles'. It needed to be cooked more slowly and was often used in pies.
- The poorer people therefore made Umble Pie. Over time the pie became known as **humble** pie.



## Maundy Money

The name "Maundy" which we use today comes from the Latin word *mandatum*, which means 'to love and serve'.



Each year on Maundy Thursday churches across the world remember Jesus' last supper with his friends before he died. At this special meal Jesus wanted to show his disciples how they should lead their lives – by serving the needs of others. In those days it was usually the job of the most lowly servant in the household to wash the feet of visitors who had travelled on foot along the dirty, dusty roads. At the last supper, Jesus himself **humbly** took water and a towel and washed the feet of each one of his friends.

In the Middle Ages, English kings and queens followed Jesus' example and washed the feet of beggars, to show that in God's eyes everyone is equal. They also gave gifts and money to the poor.

Queen Elizabeth II carries on this tradition. On Maundy Thursday each year she visits a different cathedral and distributes money to people who have **humbly** and selflessly served their local communities in practical ways.



## HALL OF FAME

Think of someone in your school community who works behind the scenes to make everything run smoothly. Draw his or her portrait in the frame.

Take it to school to display in the Challenge Gallery.

