

**“To live is to change,  
to be perfect is to have changed often.”**

*(John Henry Newman)*



Biologists consider one of the great signs of life to be change. To grow is to change. To move is to change. To bring new life is to change. Change can be worrying too and often calls for faith. Family life has many moments of change: birth, starting to walk and talk, going to school, leaving home, getting married and death, to name but a few. Each brings with it the loss of the old life but a faith-filled step into the new gifts that lie beyond.

**To Read**

John 12: 23-28

**To Reflect on**

Think of times of change in your life. How have they challenged you? Have they brought gifts with them? Have you grown as a result?

**To Do**

This month, as we enter into spring, is a good opportunity to explore change as a family. All around us nature is changing and bursting into life. Something we can do is to plant seeds in gardens or in pots on the window sill (runner beans give a particularly good result). Over the coming months we can see the changes that take place from seed to seedling, to plant, flower and even fruit. Each step brings a new and wonderful gift.