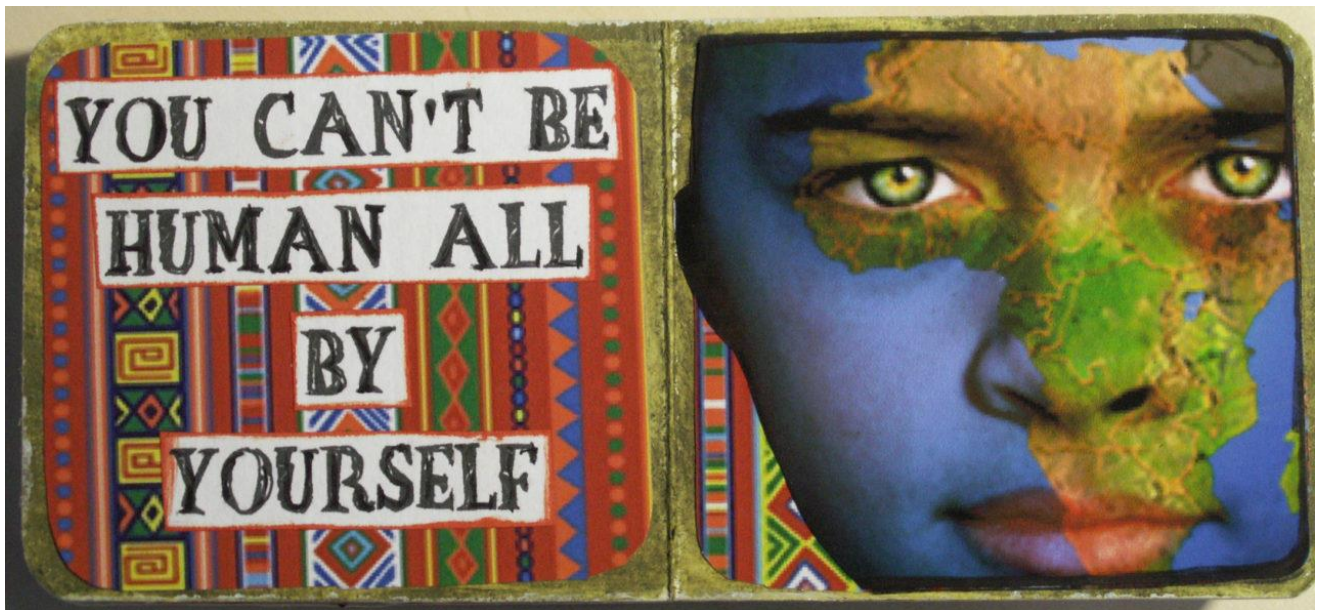# Ubuntu

- The African philosophy of Ubuntu tells us that we're only fully human when we live our lives connected to other people. Desmond Tutu talks about living lives of 'Courage, Compassion and Connection.'

- We all feel isolated and disconnected at times, especially when we're tired or stressed, but we're social creatures, designed to be connected to others.

- What makes you feel connected? Is it when you work together on a project? When you share sport or music with each other? When you laugh and cry together? When you do life together?

- How can you make more time for building connections with others? Are there new experiences you can seek out which will help you build bonds with other people?

'Sticks in a bundle are unbreakable.'

African Proverb

DIOCESE of WINCHESTER

Diocese of Portsmouth