



## Deacon Deliberations by Deacon Gary Kupsak

### “Be Humble Day”

Well it's about time for me to reflect on one of those “wacky” little know holidays that sometimes appear in my musings. On Wednesday, February 22, 2017 the world celebrates “Be Humble Day.” Humility may be the most difficult of all the virtues to truly attain. There seems to be a contradiction in that claiming to have humility may be an act of pride. Anyway, “Be Humble Day” focuses on humbling yourself (for at least one day). There is no boasting allowed on “Be Humble Day.” Choosing not to brag about your successes and abilities can prove to be much more difficult than one might anticipate, as the culture surrounding us is often centered on self and the successes achieved by an individual. Throughout time philosophers and the “Average Joe” alike have pondered humility and what it means to be truly humble. It is a difficult question, and one that in which a final answer may never fully present itself. How can we be humble, without telling others how humble we are? Maybe here's an example where actions speak louder than words.

We don't know much about the origin of the day. In a fascinating “twist,” the person responsible for the founding of “Be Humble Day” is unknown. Whoever it was, clearly took humility seriously and didn't bother to brag about starting a recognized day of celebration. Maybe the person was so humble that they didn't even stop to think they might have initiated something that would reach so many.

Well, then just how should we celebrate the day? First of all, all celebrations of this day should maintain the quietness associated with humility. There should be no loud proclamations of the fact that you're celebrating “Be Humble Day.” That would ruin the point. The major focus of the day should be on recognizing that we all need to focus more on the greatness and good deeds of others and not on what we think our accomplishments may be. It can be a day of focusing on others' achievements and encouraging others to “keep on keeping on.” Of highlighting the good others do and not always telling others about the good that we do. It's a day for us to tell someone, “Good job,” and really meant it.

Pope Francis has been a model of humble pastor, and time after time asserts, “Being humble is a childlike virtue and is not theatrical humility. It is not humility for someone to say, ‘I am humble,’ but does so loudly and proudly for all to see.” No, that is not true humility. The humility of the child is that of somebody who walks in the presence of Jesus, does not speak badly about others, looks only at serving and feels that he or she is the smallest of the small. Being “small” is where their strength lies.”

C.S. Lewis, the Christian thinker best known for his beloved, “Chronicles of Narnia” book series said that, “True humility is not thinking less of yourself, it's thinking of yourself less.” Let's all celebrate this year's “Be Humble Day” by not thinking of ourselves, but of only thinking of others. Maybe we'll be really blessed by God and the celebration can go on for days, weeks, months and years.

**Happy Be Humble Day!!!**