

# Catholic Student Forum Weekend 2008

## THE GOOD LIFE...

### ...And how to live it?

*What is 'the good life'? How can I achieve it? How can I enjoy it? How can I share it with others?*

These are questions that we all ask ourselves, and they return to us repeatedly throughout our lives. They are questions which invite us to reflect more deeply on the relationship between goodness and happiness, on the nature of rights, duties and responsibilities, and on the ways in which we live our own life stories amidst the families, communities and cultures in which we find ourselves.

As well as exploring the challenges and opportunities we face today, we shall look at some of the ways in which Thomas Aquinas identified the questions of his time, and we might be surprised to find many shared concerns. What makes a human being happy in this world?, asked Thomas. Is it wealth, honour, fame and glory, power, the good of the body, pleasure, the good of the soul? Together, we'll look at how he responded to such questions and ask what relevance his insights might have for us today.

Dr Tina Beattie  
Roehampton University  
Keynote Speaker at Catholic Student Forum 2008

**Southwell House  
London**

**Starts: Fri 22nd Feb, 6pm  
Finish: Sun 24th Feb, 1pm**



### Things to Bring!!!!

- Toothbrush
- Large Towel
- Notepad & Pad
- Sense of Humor
- A willingness to meet others
- Map & Directions
- £40 if not yet paid

### ...Preparing for the Forum...



To prepare for this session you might like to:

- Think of a favourite poem or piece of music and think about what it means to you.
- Think of one recent action or decision which made you feel good about yourself and one which made you feel bad. What does this tell you about your sense of who you are and how you want to live?
- Imagine you have to write a short formula under the heading "How to be Happy". What would you write in no more than 20 words?

All maps, directions and background information can be found at:  
[www.catholicstudentforum.org.uk](http://www.catholicstudentforum.org.uk)

For further enquiries please call 0207 901 4870  
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