

## Community Remembrance Assembly at The E-ACT Burnham Academy

12<sup>th</sup> November 2014

### SGi Buddhists from Taplow

Buddhism teaches that this moment is the most important – it contains the past, the present and the future. And it teaches that this moment creates the future. So what we do with this moment and indeed every moment is really important.

When we remember those who bravely gave their lives in that time of war we can feel many things - we can feel grateful, we can feel sad, we can feel angry - each of us may feel something different, whatever we feel is ours to feel, we don't have to try and feel what we are 'supposed' to feel.

It is what we do with that feeling that is important. The loss of life created by the two World Wars was devastating. However, we each have a choice over how this fact affects our lives. If we determine to make the most of the life we have, doing our best to make a positive contribution at school, at home, in our community we can turn any negative feelings into the source of a powerful determination. I'll give you an example.

Can you remember the last test you took?

Can you remember whether you passed or failed?

Passing a test doesn't guarantee a positive outcome. If you are complacent and don't study, but somehow manage to pass, there is a high chance you won't bother to study hard for the next test – so you will miss the opportunity to challenge yourself and polish your character.

Failing a test doesn't have to create a negative outcome. If you use the failure to remember to challenge yourself and work hard it can actually turn out to be something very valuable. Each moment is the chance to create something positive, the more effort we put in to creating something positive, the brighter our future becomes.

It is so important to remember the sacrifices others have made for the freedom we have today. What will you do today to make a positive contribution? How will you challenge yourself? What will you do for others?

