

Towards the Dignity of Leisure

Leisure in the Social Doctrine  
of the Church

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- **" From the integral humanism to the humanist leisure"**
  - Humanism: anthropology humanist
  - Leisure: experience "autotelic" ... Leisure that gives sense to our life
- **"Function of the leisure in the social doctrine of the Church "**
  - Social doctrine of the Church
  - Points of confluence between humanist leisure and the concepts and values of the social doctrine of the Church
- **CONCLUSIONS**

# I. INTEGRAL HUMANISM

- The person is the protagonist and the centre of all social life
- Dimensions of the person
  - Unity
  - Opened to the transcendence
  - One and unrepeatable
  - Freedom of the person
  - Equal dignity
  - Sociableness
- Human rights

## II. THE HUMANIST LEISURE

“An integral human experience, that is to say: total, complex (directional and multi-dimensional), focused on voluntary actions (free and satisfactory), autotelic (with a self-contained goal) and personal (individual and social implications).

Moreover, it is a basic human right that triggers development and that nobody should be deprived of on the basis of gender, sexual orientation, age, race, religion, belief, health level, disability or economic status. A right legally acknowledged by various legislations.”

- Leisure favors human development
  - Experience
  - Freedom
  - Satisfaction
  - Autotelism
  - Personalization
  - Continuity
  - Development
  - Solidarity
  - Inclusion
- Leisure is a right legally acknowledged by various legislations

# III. SOCIAL DOCTRINE OF THE CHURCH

- Permanent reflection principles:
  - Human person
  - The Human rights
  - The Common good
  - solidarity
  - subsidiarity
  - The organic conception of society
  - The social participation
  - and the universal destination of goods
- Values
  - Truth
  - Freedom
  - Justice

- **Confluence:** Defense of dignity of the person  
Work is not the only source of right

- 1.- Right to rest that repairs forces

- 2.- Religious rest

improvement

contemplation

In Paradise, the activity without pain = Leisure

- 3.- Festive dimension breaks monotony

To live through values (carity)

Religion

- 4.- Opening to God

Contemplation (Self-contained goal )

- 5.- Freedom, self-accomplishment

Free and satisfactory actions

Need for education

- CONCLUSIONS

- Leisure is an anthropologic feature
- Essential component of life
- The Church has interest for the person  
(Social Doctrine of the Church)
- Dignity is the origin and source of right

- Thank you very much for your attention

....and your patience