

The Superstition Week Challenge

This week LUU Atheist Society is issuing a challenge to everyone – to find at least one irrational belief that they let affect their life and remove it. Step on a crack, stop taking that lucky charm everywhere and don't bother touching wood next time you talk about never having broken a bone. Trust us, you'll realise how silly it all was once you've done it.



We would love to hear from anyone who has taken up the challenge – whether the results were positive or negative! If you have, why not drop us an email at leeds@atheistsoc.org.

About LUU Atheist Society

LUU Atheist Society is one of the most active societies on campus representing and promoting the free thinking movement including atheists, agnostics, rationalists, secularists, humanists, pastafarians and others! We run a huge range of events – usually four or five a week so there are plenty of events and activities to get involved in.

You can find out more about the society and what events we have coming up on our website at <http://leeds.atheistsoc.org/>. You can also drop us an email at leeds@atheistsoc.org or just drop by our Tuesday night main meetings starting at 7pm in meeting room 3.



Superstition Week

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A superstition is a belief which is widely held and yet has no basis in reason, knowledge or evidence. Essentially a superstition is a commonly held belief which isn't actually true and yet despite living in the 21st century, many of us still subscribe to some superstitions.

You don't have to go far to find an example of an irrational superstitious belief. Kids in the playground will avoid stepping on cracks; apartment buildings will have 12 and 12A rather than 13 and people will literally *touch wood* in order to avoid bad things happening to them.

This week at Atheist Society we're addressing this with Superstition Week because much like racism and

domestic violence, you shouldn't let yourself be a victim. Cast off these old myths which we all know aren't actually true, it's just very uncomfortable to break them.

Does it affect my life?

Do you do or subscribe to any of the following...

Have a lucky charm and maybe even take it into exams.

Touch wood after describing how something bad hasn't happened to you.

Hit electronic devices or press certain keys because "it helps somehow."

Have lucky numbers for playing the lottery because if you're going to win with any numbers, it's going to be those.

Worry about travelling on a Friday the 13th.

What is wrong with superstition?

Superstitions are far from benign. While it may seem like a small thing to worry about



seeing a black cat or breaking a mirror, there is no reason for us to have these silly worries in the modern world. We have far more important things to worry about, such as global poverty and nuclear war.

Taken to extremes it can be very damaging to our society as well. History is littered with examples such as the Salem Witch Trials and Voodoo rituals and many of this sort of behaviour is still practiced across the world.

There is also something demeaning about putting success down to inanimate objects. Did you really ace that last exam because you took in your lucky rabbit's foot or did you ace it because you worked hard and actually did some revision? You owe yourself a little credit there!

