

CONVERSATIONS

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1. What have you thrown out, re-cycled, given away this week? What do you have lined up to help the Earth next week?
2. There's a theory that there's a book inside everyone. If you wrote yours what would you highlight that's been important in your life? The very idea should give you some interesting thoughts and memories. Would you share your reflections with anyone – or hear theirs?
3. Will you sit quietly somewhere for 5-10 minutes each day this week? Enjoy the silence – no TV, music or other sounds? Be at peace, knowing Jesus is at ease with you and enjoying your company.
4. Will you read anything religious today or this week, apart from this bulletin? Does your reading, little or great, include something that informs, supports, encourages or challenges your faith?
5. What did you particularly enjoy as a child? Can that still give you enjoyment – or at least the memory of it? Do you have some good memories you could share with children today – they live in a very different world.
6. From your life experience – it's far greater than you think – do you have a word of advice or wisdom to pass on to others – maybe something you wish someone had given to you before you had to discover it for yourself?
7. What are you going to delight in today? Do you wait for something to happen, help it to happen or make it happen? Be gentle with yourself.

Thank you