

## CONVERSATIONS

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1. Advance information alerts us to our heating bills continuing to increase as winter approaches. Irrespective of any help that may or may not be forthcoming from Government, do you have the ability to look after yourself and dependent others? Do you have needs you cannot meet just to keep sufficiently warm? Do you have any tips to pass on to others?
2. The hot weather and other upheavals of storms and floods are a further indicator of climate change and a reminder that each of us can help to lessen future extreme weather by simple actions at home. What can you do today to help? Can this continue and become an automatic habit? If so, would you also go on seeking further ways to help?
3. The year is moving on rapidly. What prayer plans do you have for August? Do you pray for individuals on their birthdays/before and after their birthdays/on a daily basis? We pray for people when they're ill. Can we habitually pray for them while they're well too?
4. Do you take an interest in politics, in who are the representatives who are in important leadership roles? They are elected to serve the people of our country. Do you find that the notion of service is mentioned sufficiently often today? How do you serve and who do you serve?
5. What inspires you? What do you find beautiful? Do you need to spend more time delighting in what nourishes your heart and soul?
6. It's not difficult to let life get us down. What deliberate things do you do to help yourself when life and others' demands weigh heavy on you/us??
7. Do you get enough of nature and fresh air each day? The benefits are many and crucial.

Thank you