

1. This summer has given rise to huge fires in Hawaii, Canada and elsewhere. Do you need to be convinced at any level that global warming appears to be the cause of these extreme natural disasters? Do you see yourself sharing the blame? Do you excuse yourself for any reason? What can you, as an individual do? Are you doing it?
2. Can football, athletics and all the other sports we see at this time of the year attract us to stay fit, eat more healthy foods, feel challenged by excellence and/or just enjoy the skill and competitive spectacle of team sports?
3. What do you think about banning a country from the Olympics and other sports competitions if the country applying has a bad record on human rights? Should sport have anything to do with showing approval and seeming equality if it fails to treat individuals with dignity and justice?
4. Do you attempt to apply the lessons and challenges of the readings we hear at Mass to yourself personally, regularly, now and then, rarely or never? Do you reflect on what you've heard, returning later to what may have struck you? Be honest. Do you want to do anything about this?
5. Do you get out into nature very often? If not, would you like to? Can you be still enough to enjoy the countryside, the weather, the sea? What details attract you?
6. Are you adventurous with food? Do you try new things, adapt recipes, take risks, or do you stick to tried and tested foods and meals?
7. Share with someone else what television you normally watch, what you dislike and what you get out of the programs you watch. You could do the same for radio if you're a radio listener.

Thank you.