

1. People campaigned long and hard and some lost their lives working and fighting for the right to vote. You may or may not have voted in the elections this week. If you didn't, would you decide to vote when the national elections for the next government take place?
2. On big issues – war and peace, the environment, equality, freedom and people's rights – we may feel helpless in effecting any change. Don't believe it. Small groups of people change things. Talk to a few mates. Decide to pray. Adopt the cause of one individual. Litter pick in your street. Do something rather than nothing. Thanks.
3. What do you think about the influence of phones and social media on our young people – and not just on young people? Are we learning anything from this?
4. How do you feel about the renewed attention being given to a possible change in the law to permit assisted dying? What importance do you attach to life, the quality of life and what special pleading to change the law may do? Do you need more information? Where will you seek it?
5. Do you have any specific plans for this month? Would you achieve more if you had?
6. Do you pray for abused people, for survivors and victims? Do you pray for those who abuse, for the people who investigate allegations and bring perpetrators to justice?
7. Have you ever thought about planting a tree?

Thank you.