

STAFF PERSONAL REFLECTION JOURNAL

Going Deeper

Try and find a quiet place such as the school chapel and, after watching the video, capture your thoughts on the following questions:

Q# 1

Where do experience beauty in your life at the moment? Are you making time to discover God's presence in nature, art, music, food or something else? What makes this hard? What might you be missing?

Q# 2

Look back over the previous week; where can you see the presence of God in your life? Was there a conversation, experience or person that, upon reflection, might have been God present in your life?



Acquire the habit of speaking to God as if you were alone with Him, familiarly and with confidence and love, as to the dearest and most loving of friends. Speak to Him often of your business, your plans, your troubles, your fears — of everything that concerns you. Converse with Him confidently and frankly; for God is not wont to speak to a soul that does not speak to Him.

St. Alphonsus Ligouri

Going Deeper

Recall a time in your life when you faced real hardship, loss or suffering. Can you now see the presence of God in that time or does he still seem absent?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This week try and be attentive to one student whom you know is dealing with a hard time. If possible, create an opportunity for them to share how they are experiencing the challenge from a spiritual perspective. Does God seem absent to them? If appropriate, try and share with them a different vision of the God who is walking alongside them.



Christ did not found an abstract religion, a mere school of religious thought. He setup a community of apostles, of teachers, with the task of spreading His message and so giving rise to a society of believers: His Church. He promised the Spirit of truth to His Church and then sent Him.

Pope Paul VI