

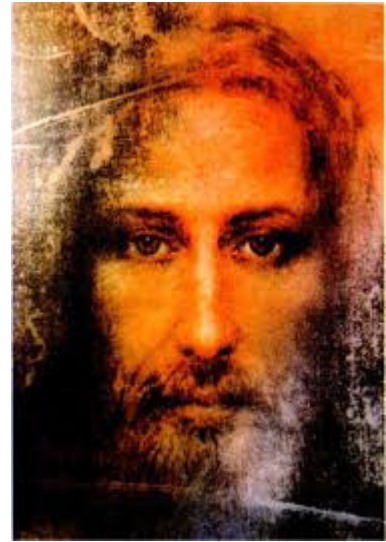
STAFF PERSONAL REFLECTION JOURNAL

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

How much time are you making at the moment for personal rest, inspiration and fun? What are you doing to recharge your batteries? If you are not doing much, what is the 'story' you are telling yourself about why you can't?"

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.

“Following Christ’s example,
we have to learn to give
ourselves completely.
Anything else is not enough.”

Pope Benedict XVI

Q# 2

When was the last time you really felt the presence of God in your life? Where does he seem to be 'showing up' at present in your experience?

[illegible]

Going Deeper

In this week's episode we talk about the environment. Where do find God most easily in nature? What do you experience there?

This image shows a single 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.

O sinner, be not discouraged, but have recourse to Mary in all your necessities. Call her to your assistance, for such is the divine Will that she should help in every kind of necessity."

St. Basil the Great

Action Steps

During the rest of this week try and make some time to go and be in nature. Allow the presence of God in the created world to bring you some rest and peace. Make a plan today to do this. Where will you go?