

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

Can you recall a memorable experience with the sacraments in your life? What happened?

[illegible]

Well, if the Eucharist is a
symbol, to hell with it.
Flannery O'Connor

Q# 2

What do you think God might want to do in your life through the sacraments? Is there a particular healing or grace you sense he may want to give you?

[illegible]

Going Deeper

[illegible]

A photograph of the interior of the Church of the Holy Spirit in Cologne, looking down the nave towards the altar. The space is characterized by its high, ribbed vaulted ceiling and large, arched stained glass windows. A large, dark wooden cross is mounted on the wall above the central window. The altar area is illuminated by warm light, and the pews are visible in the foreground, leading the eye towards the sanctuary.

Saint Josemaría Escrivá