

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:

QUESTION ONE

Q#1 What has been your personal experience of 'social communication' in recent years? What do you think or feel about the growth of social media?

QUESTION TWO

What impacts have you seen upon young people?

Q#2



"Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset."

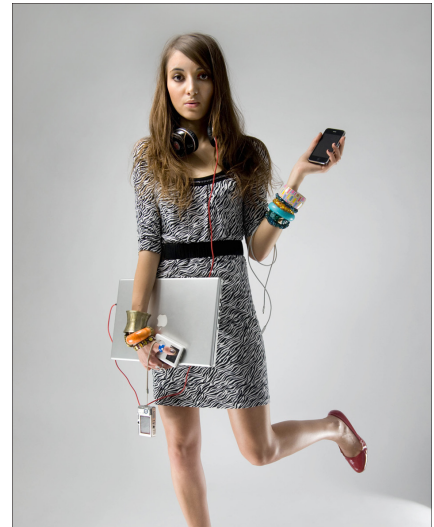
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QUESTION THREE

Q#3 What do you think lies at the heart of the human desire for deep communication with others? Do you see modern social media as meeting this need?



QUESTION FOUR

Q#4 The Church does not see all social communication as negative by any means. Describe a time in your life when 'social communication' such as film or music moved you deeply.

"In the age of technology there is constant access to vast amounts of information. The basket overflows; people get overwhelmed; the eye of the storm is not so much what goes on in the world, it is the confusion of how to think, feel, digest, and react to what goes on."

CRISS JAMI

ACTION STEPS

1. Media fasting. While still dealing with your professional obligations, email etc, try and fast from other media for 72 hours. Journal your experiences of the fast.

2. For the next seven days turn your phone off every night by 6pm. Journal what you notice about doing this small action step.