

#### Monday 24<sup>th</sup> April 2023







# What does spirituality mean to you?









## Spirituality is <u>not</u> something we can see; it is something we feel inside ourselves. It is about:

- awe and wonder,
- asking questions,
- caring for nature and living things
- wanting to love and to be loved by people

#### Our four Christian values that guide us LOVE HONESTY RESPECT RESILIENCE

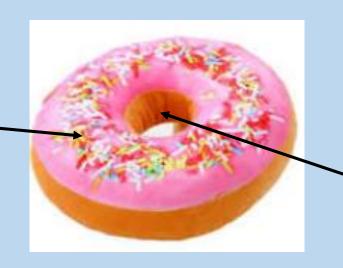








The ring donut represents the whole person.



The hole is like the spirit: you can't see it but it is there.

If there were no hole, it wouldn't be a ring donut. If we didn't have spirituality, we wouldn't be whole.



Take some time to stop and think at our Spirituality board. Add your thoughts on Spirituality if you would like to.





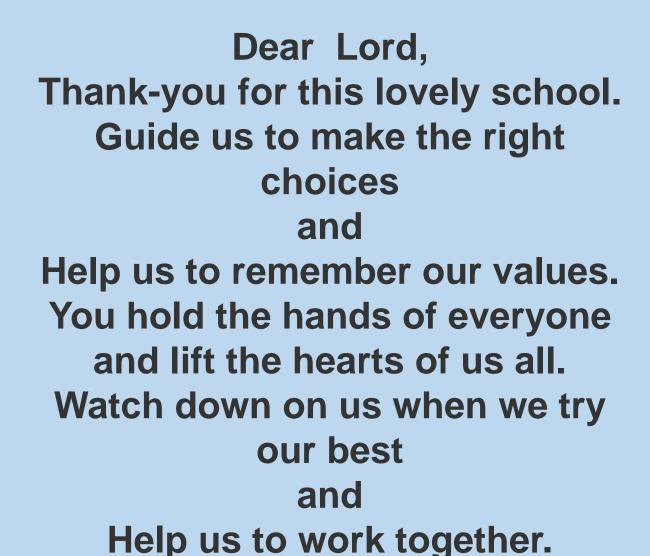
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### Reflection Time









We will trust in you forever.

**Amen** 

