



Hello Families of Our Lady Help of Christians, A Peaceable School

We strive to be Peacemakers and not Peacebreakers! As Peacemakers we want to be at Peace with Our God, Our Earth, with Oneself and with One Another. Last week we talked about being at peace with our God through Family Prayer and through Journaling. May we also make the following suggestion to be at peace with Our God.

This week we will continue to focus

on being at **Peace with our God.**



1. **Meditate** - Close your eyes and sit quietly for a few minutes and I listen to what God is saying to you.
2. **Ask yourself at the end of the day –** (if you began a journal perhaps you can record your reflections there)
 - How did I show love today?
 - How did God bless me today?

Let us have a blessed day. We will walk, talk and live in the Peace of Christ!



We miss you and we love you.
Sister Patricia and Sister Eleanor