

Reflections from 1/2 CK St Charles Borromeo

Gospel, Mark 6:30-34

The story illustrates well the balance in Jesus' life. There are times to reflect and rest, and there are times to help the needs of others. Let us learn to do the right thing at the right time.

Listen to music/stories
Go to Church

Meditate

REFLECT

Relax

Close eyes

Watch TV
Time to ourselves
Pray

Cuddle someone
Fundraise for the poor

Listen

Do chores

HELP

Help someone hurt
Donate money/food/clothes

