

Please get your
contemplation books ready

The Gathering



Collective Worship

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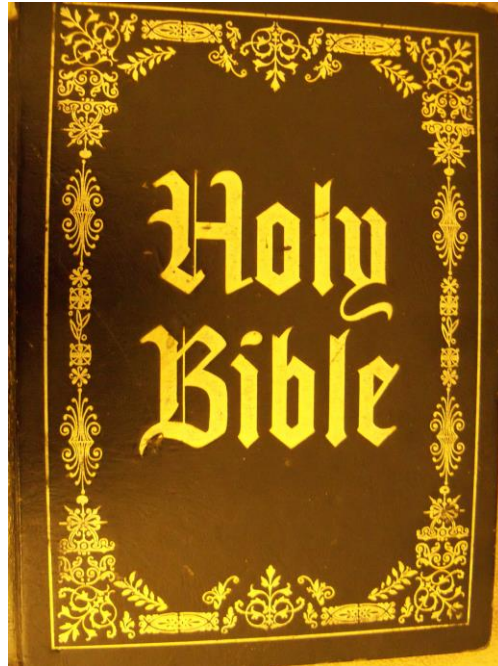
LIGHTING THE CANDLES



God's love brings light to the world and we light 3 candles to remember God is Father, Son and Holy Spirit. The Trinity.

Jesus light of the world is here.

We welcome the Bible; it guides us in everything we try to do.



We welcome God's words.

We welcome the cross; it reminds us of what Jesus gave for us.



We thank you Jesus.

[coralreef](#) [#aquarium](#) [#enlightenmentmeditationmusic](#)

Mental health day

10.10.2022

Why is mental health so important?

Mental health is very important because sometimes your brain can get overwhelmed.. Let's watch a video to see how other people can think and feel like





<https://youtu.be/DxIDKZHW3-E> This clip is 5 mins long

What to do if you feel overwhelmed

- Tell someone or write it down.
- You can meditate.
- You can do exercise.
- Take some time out.
- Think positive thoughts.
- Relax your muscles and brain.
- Say a prayer
- Use your spirituality table in your classroom.



How can you help?

You can help by being supportive and kind to your friends. Make sure they have a positive mindset after you try and help them.



Lets say a prayer

Dear God

I come be fore you to lay my panic and anxiety at your feet.

When I'm crushed by my fears and worries remind me of you power and your grace. Fill me with your peace as I trust in you and you alone.

I know I cant beat this on my own but I also know I have you Lord and you have already paid the ultimate price to carry my burdens. For this I thank you

Amen.

The Lord's Prayer



The Blessing

