

Middle School



Reflection Questions

1. What are some ways you think you are already good at being present and mindful?
2. Do you find it harder to be mindful about the thoughts going through your head, or the experiences of your body?
3. What is one relationship in your life where you can practice being more mindful and present to what is going on for the other person? Whether this be a brother, sister, mom or dad, everyone will notice and appreciate when you can be mindful about how they are feeling.

I love you and miss you!

-Pastor Jen



Youth

Zoom chats with Pastor Jen- check your email for the link!

6th grade- Sunday at 7 PM

7th grade – Monday at 4 PM

8th grade- Monday at 3 PM

Zoom chats with your mentors- check your email for the link!

6th grade girls- Saturday at 1 PM

6th grade guys- Thursday at 8 PM

7th grade girls- Wednesday at 11 AM

7th grade guys- Thursday at 4 PM

8th grade girls- Sunday at 4 PM

8th grade guys- Sunday at 4 PM



Check this out!!

Something to laugh at:

<https://www.tiktok.com/@alexpresley/video/6814116410118196486>

Something to worship with:

<https://open.spotify.com/track/2eIEVvWjPZltkotzcCwKvM?si=II9RKZH5SduhHF52aVoC-A>