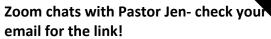
Middle School

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



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/681 4116410118196486

Something to worship with:

https://open.spotify.com/track/2elEVvWjPZltkotzc CwKvM?si=Il9RKZH5SduhHF52aVoC-A



