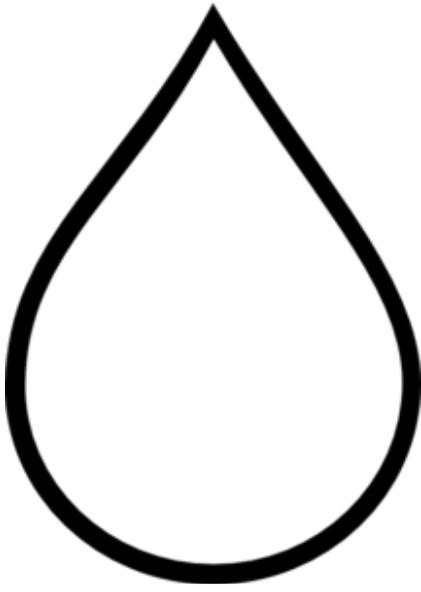


Activity 1.



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Print and cut out the tear drop (s). Write on it the name of someone you know is sad this week and hang it or lay it someplace where you will see it. Each time you see it, pray for that person.

Activity 2

Sit or lie down and think about your breathing. Focus on your breath going in and out as you think of the words of the hymn 'O breath of life, come sweeping through us.'