Some Resources and ideas. Pam

**pdf- Oxygen for the Soul**

**New documentary on netflix about the People's Temple entitled 'Jonestown:Paradise Lost' for anyone studying Cults in RE Class.**

**The story of Thomas Merton, who the pope held up as a model of peace**

<http://huff.to/1WlPmjb>

**13 Powerful Women Mystics Who Helped Shape Christianity**

<http://www.huffingtonpost.com/entry/13-powerful-women-mystics-who-helped-shape-christianity_55f9a53ce4b0d6492d63e7c7>

**Snapchat saftey**

<http://www.internetmatters.org/hub/guidance/snapchat-safety-a-how-to-guide-for-parents/>

**17 great podcasts for the spiritually curious**

<http://m.huffpost.com/us/entry/5641b8b3e4b0411d3072646e>

**Blog- Powerful Images**

<https://5j16missdignamblog.wordpress.com/2015/11/03/powerful-images/>

**11 books that will introduce you to the beauty of Hinduism** [**http://huff.to/1MtsB5s**](https://t.co/3xmtSHt5IT)

[huff.to/1MtsB5s](https://t.co/26Hl2pQz8R)

**Thanksgiving**

Thanksgiving Day has been an annual holiday in the United States since 1863. For many of us, it is a day for families and friends to get together and count the blessings that we know we have. This Thanksgiving, challenge yourself to truly embrace the spirit of the season and to carry it on after this holiday weekend. When we commit to living a life of gratitude, the effect will ripple through our present moment and into our future. People who give thanks regularly have positive social relationships, feel more relaxed, make better decisions, and are generally happier people. Today, it’s easier than ever before to show your thankfulness.

Try out some of these ideas this week:

• Download this digital gratitude journal which challenges the user to write down five things they are thankful for everyday: <http://getgratitude.co/>

• Send a different message to one your friends each day to let them know you are thinking of them

• ‘Pay it forward’ in some way by donating to a charity or offer words of encouragement to a stranger

• In so far as you can, enjoy regular meals with family and friends, not just at Thanksgiving. <http://www.independent.ie/life/family/family-features/family-advice-from-pope-francis-put-your-phones-away-and-eat-together-34194463.html>

• The story of the disciples sharing a meal with the Risen Jesus on the road to Emmaus is a central story in the Gospels. Immerse yourself it using this imaginative prayer exercise: <https://soundcloud.com/loyola-press/an-imaginative-prayer-exercise-on-the-road-to-emmaus>

**Preparing for Advent**

This time of year is an extra busy time for people. Many of us are preparing to travel home for Christmas, and enjoy time off work/school. Stores are busy, the streets are crowded, and decorations and lights are visible. Christmas music is playing on the radio, friends and families meet up, and there is always last minute Christmas shopping to be done.  
While much of this is part of life, we must ask ourselves the important question: How can we keep Christ in all of this? Why not spend some time in these busy days praying for the homeless and doing a random act of kindness for them. Pope Francis asked us in a recent twitter message, ‘When we meet a person truly in need, do we see the face of God?’ This week let’s keep Christ in Christmas by seeing the face of God in all we meet.  
This week,  
• Take time to reflect and spend time with Christ by using Busted Halo’s online retreat facility: <http://bit.ly/1ywoe89>

• Keep a “Blessing Bags” in the car (or backpack, purse) when you encounter visibly homeless people. <http://homesweetroad.com/blessing-bags-backpack-homeless-checklist/>

• Reflect on this Christmas blessing for Justice and peace: <https://educationforjustice.org/node/1609>

• Encourage students/families and friends to donate a shoebox of items that the homeless can use. A small gesture like this can go a long way.