

# I can work, play, rest and pray each day.

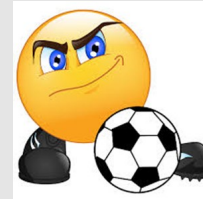
Dear Friends,  
Help everyone who works hard for you. Love and respect them for what they do. Get on well with one another. Encourage each other to work hard. Help people who are afraid. Take care of those who are not very strong. Be patient with everyone. Make sure you and your friends don't try to get your own back. Always do what is best for you and everyone else. Most of all be happy and pray every day. Make sure you say thank you to God and remember that God loves you.  
The word of the Lord

Your mission this week is to make time to:

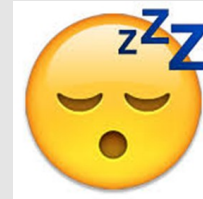
Work



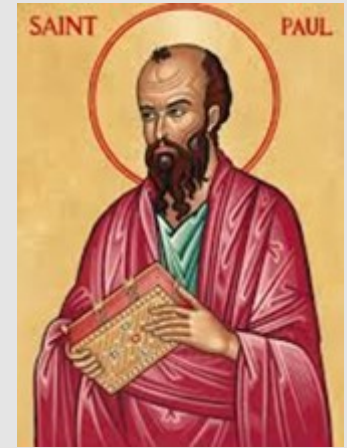
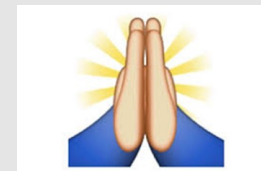
Play



Rest



Pray



In our reading this week, St Paul is asking us to think about what we are doing. If we work all the time we get too tired. If we play all the time we won't learn anything. Each day we should spend some time resting and spend some time in prayer.