

Can you name five  
fruits or vegetables  
that begin with the  
letter 'a'?

















**TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED**

- ‘Love your neighbour.’  
(The Bible)
- ‘By the morning  
brightness. And by the  
night when it is stillest.  
Your Lord has not  
forsaken you.’  
(The Qur’an)
- Prayer





- Be a good steward of your physical body!
- ‘Your body is a temple of the Holy Spirit.’  
(The Bible)



- Buddhist practices of mindfulness and meditation
- Contemplation and practice of thanksgiving prayer



- Be a good steward of your intelligence!
- Jewish tradition of learning a section of the Torah for bar/bat mitzvah



**Your time,  
your words,  
your presence**

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- Langar meal
- Charity
- Help those in need