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| --- | --- | --- | --- |
| Human Experience | Symbol | Eucharist | Your meaning |
| REMEMBERING |  | Who do you remember with love and how do you remember them? |  |
| PRAISING |  |  |  |
|  |  | Who do you need most to thank in your life? Who has thanked you recently and for what? |  |
| CHANGING THE WORLD |  |  |  |
|  |  | To what people and groups do you feel that you belong? |  |
| SACRIFICING |  |  |  |
|  |  |  |  |
| LISTENING |  |  |  |
|  |  | What blessings do you think you have received in your life? |  |
| GIVING |  |  |  |
|  |  | Who is “present” to you, even when you can’t see or speak to them? |  |
| SHARING MEALS |  |  |  |
|  |  | Who has forgiven you, and whom do you need to forgive? |  |