

THE JOURNAL

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August 2021 Edition

Welcome to the August 2021 Edition of The Journey Journal! Here is a quick list of what you can find in this month's newsletter: Pray With Us, Self-care, Riddles & Games, and Journey Photos.

Pray With Us

In the midst of this busy world, with our busy schedules and overstimulated activities, we turn to You Oh Lord and seek your peace. Help us Lord to hear your words of comfort and calm for our souls that we may be at rest. It is so easy for us to be dissatisfied in a world like ours. Teach us contentment even when we strive for advancement. Help us enjoy moments of quietness that we may feel your presence.

Remind us to let your light shine through us as we remember that you are all knowing and all powerful. We give thanks to you God, in all times, for all things, in all ways. AMEN

Keeping you in my prayers,
Pastor Carol



Self-Care

There are many ways to practice self-care. One way to practice self-care is to use the five senses in self-soothing techniques. Remember the five senses are **Vision, Hearing, Smell, Taste and Touch.**

- **Vision:** Imagine a safe, relaxing, beautiful place you would like to be. Images such as the beach, garden or a beautiful sunset come to mind.
- **Hearing:** Imagine the sound of the waves or birds chirping. Listen to relaxing music or give singing a try.
- **Smell:** The sense of smell can be very powerful. Aromatherapy is a natural stress reliever use scented candles, oils, diffuser, fresh air and flower to relax.
- **Taste:** Eat a healthy snack or have a cup of herbal tea (cinnamon, jasmine or peppermint). Add herbs such as basil, dill, garlic or parsley to cooking.
- **Touch:** Skin being the largest organ of the body makes it a powerful tool for comfort. Try petting an animal, gently rubbing lotion on your skin or gentle stretches (consult a physician before beginning exercise).



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Riddles & Games

" o s T w a r H a s Y e " N o e r s
u m m



Unscramble the tiles to reveal a message. Each tile is used only once.

Use spacing, punctuation and common words to find adjacent tiles.

Some words may be split into two lines.



				13
				3
5			3	17
				14
				13
15	13	14	5	12

Fill in the missing numbers

The missing numbers are integers between 0 and 5.

The numbers in each row add up to totals to the right.

The numbers in each column add up to the totals along the bottom.

The diagonal lines also add up the totals to the right.

Fill in the missing numbers

The missing values are the whole numbers between 1 and 9.

Each number is only used once.

Each row is a math equation.

Each column is a math equation.

Remember that multiplication and division are performed before addition and subtraction.

	-	9	-		-7
-		×		×	
	+		-		7
+		+		÷	
7	+		÷		11
4		53		2	

