

# Practice

At your next weekly meal, go around the table and share the highs and lows of the week.

When we learn to share our joys and sorrows with one another, our time with our community can become communion with one another and with God.

## Highs

- Your highs could be what you're grateful for, excited about, or something that is currently bringing you joy.

## Lows

- Your lows could be what you're grieving, what you're fearful about, or a moment that was difficult for you during the week.

Regardless of what your high or low is, be honest and let your community into what you're celebrating and what you're finding challenging.