Hi Fusion,

Hope you are all staying safe and happy despite the lock down we are all in now.

I don’t know if any of you have been doing “PE with Joe” over these last few weeks? Joe is a guy who is committed to keeping the children of Britain fit and healthy while they are unable to have PE lessons at school. So every morning he does a workout for everyone to join in with.

Joe is totally committed to staying fit because he knows it helps him to stay strong and healthy, even though doing the exercise is hard work (and I know!!).

Our fusion session this week is about “commitment”, not commitment to staying physically fit but commitment to staying “Spiritually Fit” – staying strong and healthy in our faith and love for Jesus and God.

I have prepared some activities and things to think through on this theme of “Commitment”, which you can do with your parents/family for this Sunday’s Fusion session.

Hope you have fun

Clare