

Love the feel
of a REAL
book?

Own a Kindle...
Listen on
Audible...

Enjoy discussing
or debating
something

Do You Enjoy a Good Read?



Could you recommend a good book?

Do you read fiction, biography, books on faith and culture, health and well being, history or psychology, inspirational reads..

Reading is a hot topic! We encourage children to read to improve their vocabulary and reading skills. To learn and understand about themselves, to experience different points of view and gain deeper understanding of the world they live in. A book is the ultimate in portable entertainment, no batteries needed! But it's also a lifelong pleasure that we can all enjoy, either alone or with others. Reading is now proven to be therapeutic, alleviating depression and loneliness and helping maintain our cognitive skills all through life. Reading Christian books can teach and enlighten, be an immense solace in times of need, or inspire us to grow and deepen our faith. Talking about *whatever* we enjoy reading is sociable, friendly and FUN. A cuppa and a biscuit could be the icing on the cake!

This Project is supported by MindMatters Church of Ireland.



MindMatters COI

- Reducing Stigma
- Promoting Connections
- Clergy Training and Supports
- Mental Health and Faith

St Molua's has been granted funding to expand our church library and start a book group. If you would like to join us, please talk to Sylvia or Valerie asap for info and idea sharing. See sign up sheet at the back of church.