This Meaningful Moments Mat can be printed on cardstock, cut out, and placed under the Meaningful Moments Bowl. The bowl includes 10 stones representing meaningful moments: Care, Remembering, Gratitude, Valley Lows, Mountain Highs, Sacred, Quests, Beginnings and Completions, Loss, and a Blank one to name your own faith milestone.



You could also place a single Blessings Bowl, Candle, or cross on the mat. One of the meaningful moments could be chosen for engaging in caring conversations.