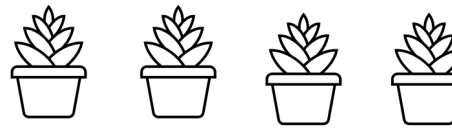


Peace



what words do you think of when you hear "PEACE"?



How much peace can you find?

Check in every direction to see how many times you can find the word 'PEACE'.

P	E	A	C	E	P	E	A	C
E	P	E	A	P	E	A	C	E
A	C	P	A	E	A	E	A	P
C	A	P	E	A	C	A	P	E
A	C	E	A	C	E	P	A	A
E	P	A	C	E	A	C	E	C
P	A	C	E	P	E	A	C	E
E	C	A	E	C	A	E	P	A

Sit Spots
 Sit spots are a place that you find that you come back to regularly and sit. Look around you and write, draw or think about what you see. As you come back at different times, on different days what do you notice is changing?



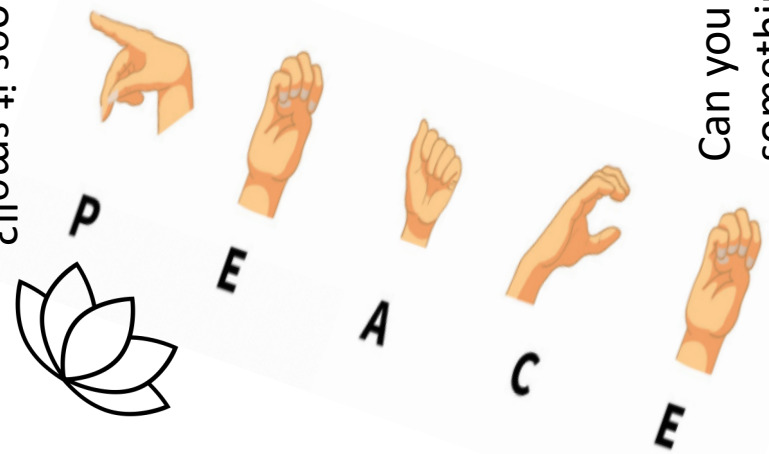
P	
E	
A	
C	
E	

Can you find something beginning with each letter?

Look at the different colours of green. Can you find



something that shade and how does it smell?





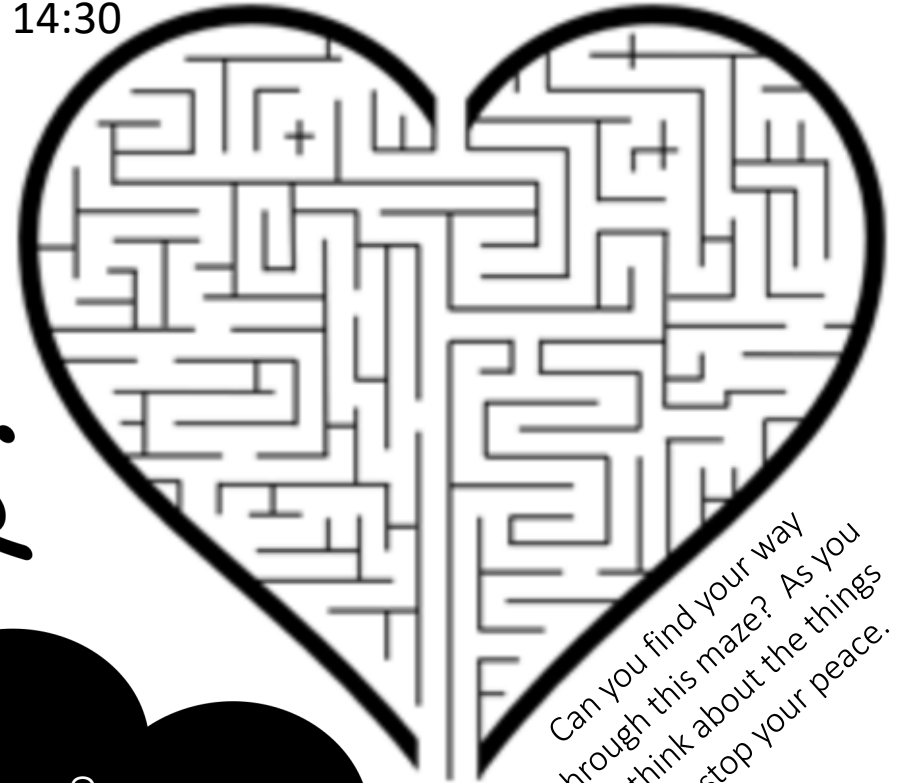
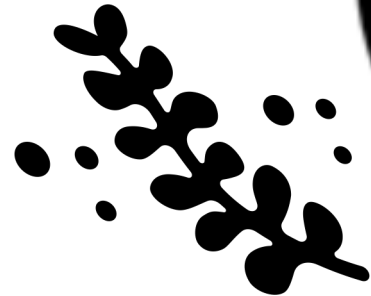
What sounds make you feel peaceful?

A heart at peace gives life to the body.
Proverbs 14:30

Prayer of Saint Francis

Lord, make me an instrument of your peace.
Where there is hatred, let me bring love.
Where there is offence, let me bring pardon.
Where there is discord, let me bring union.
Where there is error, let me bring truth.
Where there is doubt, let me bring faith.
Where there is despair, let me bring hope.
Where there is darkness, let me bring your light.
Where there is sadness, let me bring joy.
O Master, let me not seek as much
to be consoled as to console,
to be understood as to understand,
to be loved as to love,
for it is in giving that one receives,
it is in self-forgetting that one finds,
it is in pardoning that one is pardoned,
it is in dying that one is raised to eternal life.

Take in a deep breath and as you do
think about how God's peace might
fill you today. As you breathe out ask
God think about the things that are
concerning you and imagine them
floating towards God.



Can you find your way
through this maze? As you
do think about the things
that stop your peace.

