



## **Reflect on Metaphors for Peace**

Think about a time in your life when you experienced peace after a difficult time. Use the idea of transition from winter to spring, storm to sunshine, safe harbor after a dangerous voyage, holding a precious gift from the Lord after the rigor of childbirth, or peace after war as a metaphor for this situation in your life and write about it. Or write about a true experience you had with an actual journey, storm or one of the other transitions. Feel free to add illustrations or insert photos if desired.