

A Wish for Peace

I just received a Christmas card with the inscription 'Peace on Earth', and I stopped to think about that and what it means to me.

It made me think of what Thich Nhat Hanh said: "Peace in Oneself, Peace in the World." and I feel that's where it truly begins, inside each of us. When I wish for *peace on earth*, I wish first and foremost that you have peace in your home and in your own heart. If we lead by example I know our wishes for *peace on earth* can be realized.

I was all ready to take Mary and Joseph out on their rounds of Lynn Valley and then I thought, maybe because of COVID they would just stay in and connect with friends? So that's what they are doing this week, starting at home.

- Jenn Ashton

