

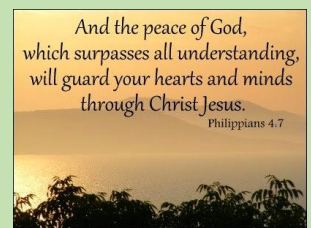
Hello OLHC Families and Fellow Peacemakers,

We learn in Peace Education that we are called to be at

- **Peace with Our God,**
- **with Our Earth,**
- **with Oneself**
- **and with One Another.**

This week I want to focus on being at Peace with our God.

How do we do that?



(You May Ask). Below, if it is not too forward, are a few suggestions to get you started.

1. **Family Prayer**--Select a time during the day when you can as a family pray the Our Father and the Hail Mary or any prayer that comes to your heart. Why not write your own prayer.
2. **Journal**--Take time to write down in a notebook how you are feeling during these days of sheltering in place. Let God know what is making you happy or peaceful these days. Let God know if you are bored or scared or missing your friends.

Next week we will share other ways to be at Peace with our God. We know that you have ideas too. Why not share them with your teacher and your teacher will pass them on to all of us.

Let us have a blessed day. We will walk, talk and live in the Peace of Christ!

We miss you and we love you.
Sister Patricia and Sister Eleanor