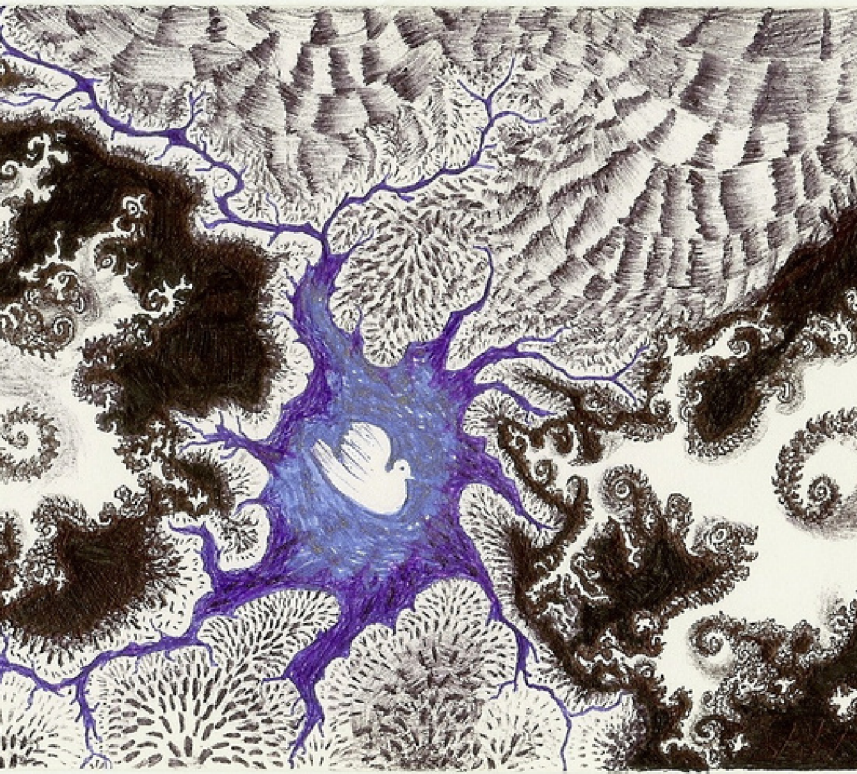


“Our deep dark past will become our
greatest asset.”

John, 2014

Art by Stephen S.



Reflection

“Someone I loved once gave me a box full of darkness. It took me years to understand that this too, was a gift,” writes poet Mary Oliver. Pain doesn’t simply turn into wisdom. It takes time and effort to burn off the poison of pain. Give your pain the time, care, love and attention it needs. Wounds heal. Scars remain. They trace the lines of our strength.

Questions

What is the story behind a scar or a tattoo that is important to you?

When did a plan not go as you expected? What did you learn?

What was a hard time you thought you couldn’t recover from? How did it shape who you are today?