

# SMRUC 613 NEWS

Nov 11 2018

Philippians 4:6-7

Peace

peace.

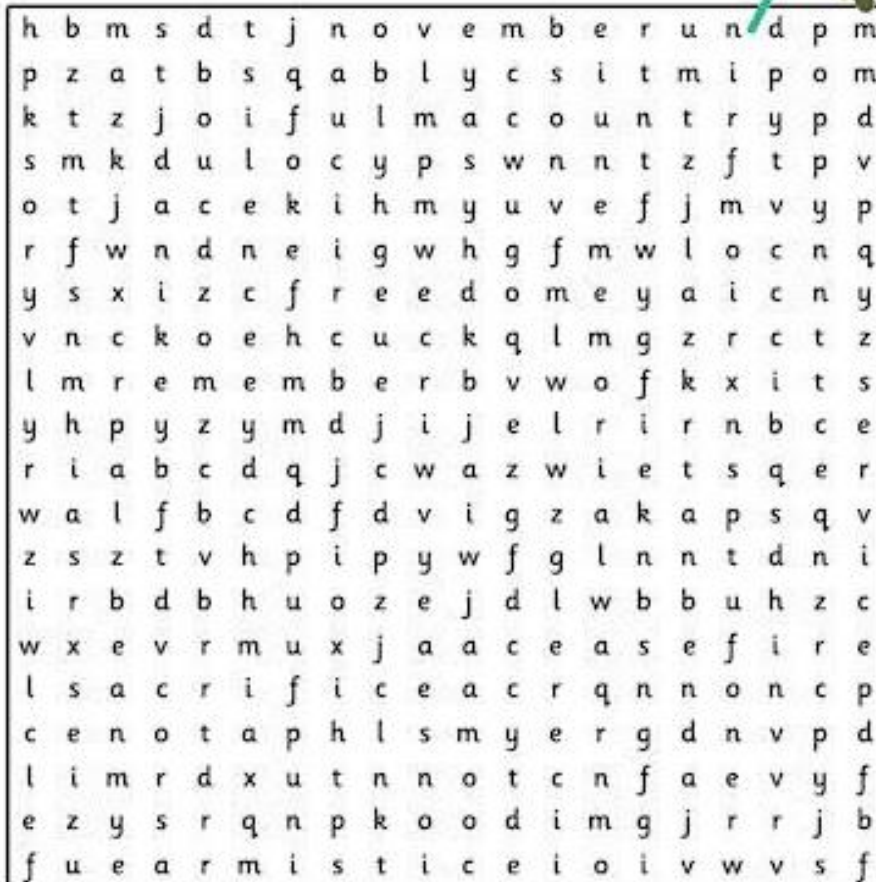
it does not mean to be in a place where there is no noise, trouble or hard work. it means to be in the midst of those things and still be calm in your heart.

(unknown)

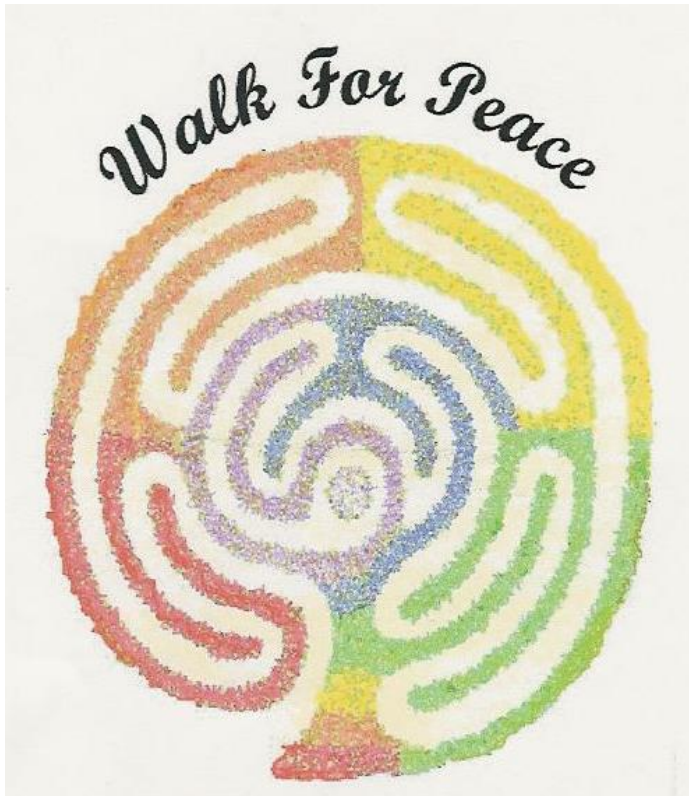
## Bible Verse

Don't worry about anything. No matter what happens, tell God about everything. Ask and pray and give thanks to Him. Then God's peace will watch over your hearts and minds  
**Philippians 4:6-7**

## Remembrance Day Word Search

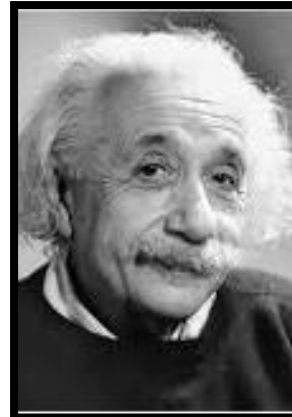


Ceasefire  
Conflict  
Poppy  
Flanders  
Wreath  
Remember  
November  
Armistice  
War  
Memorial  
Peace  
Sacrifice  
freedom  
Service  
Country  
Silence  
Cenotaph



## Finger Labyrinth

Walking the labyrinth is a great way to experience peace and relaxation. It can be a meditative process for letting go of tension and opening your mind to new ways of thinking.



"Peace cannot be kept by force. It can only be achieved by understanding."  
- Albert Einstein

## Symbols of Peace



There are many different peace symbols. Here we have the hand symbol, the peace sign, the dove, olive branch, a broken rifle, and a paper crane. Each has its own story.

What represents peace to you? Use this space to create your own peace sign: