



# WINNERS!

## A PICTURE OF PEACE CHRISTMAS PHOTO COMPETITION



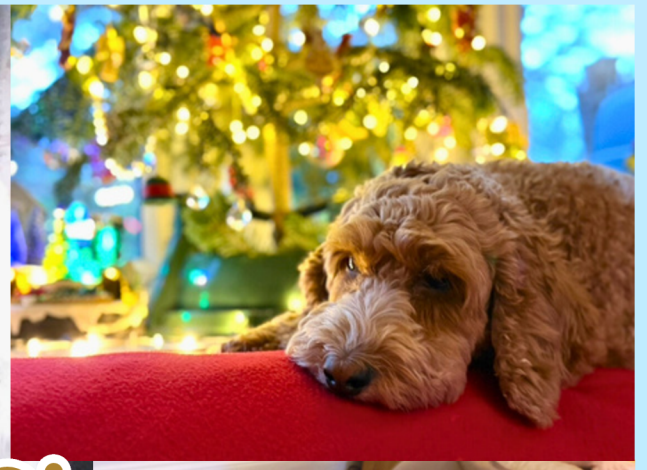
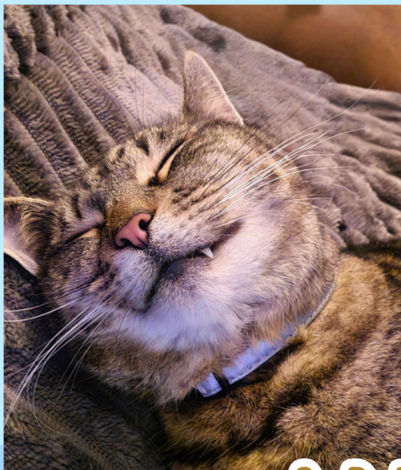
 **Deep Release**  
training • counselling



**Adrienne says:** “My Christmas photo shows an adorable recent addition to our family, a little cat we have called Narla. A rescue cat from difficult beginnings, our Narla has settled in beautifully and brings such unconditional love and gives us all a deep sense of peace after what has been a turbulent year for her and for our family. She trusts us implicitly and fills our hearts with love and gratitude. We are so blessed she has become part of our family.”

**Stephen says:** “Dusk at Penmon Point, Anglesey. The only sound is wind blowing and seabirds calling and the rhythmic crash of waves against the pebble beach. A beautiful place in all seasons and at all times of the day.”

**Claire says:** “My peace is held in song, in God's light, and in the company of those who I am safe with. I have never made Christingles before, and making them with my bible study group was amazing.”



# ANIMAL FRIENDS!

**A PICTURE OF PEACE**  
**CHRISTMAS PHOTO**  
**COMPETITION**



