## LIFE COLOURS

embrace	joy and strength	the spectacular and the ordinary	treasury		feast with friends
	bread	rejoice & suffering	work of grace	dance	health
mother	enjoy the gifts	present	child	embrace sorrow	strong and courageous
be still	feel the wind	anchored		breath	good questions
fear God		rest well	relevant 'talk'	be creative	vulnerable
ask	thanks	inside out church	learn well		be humble
	the vulnerable	see	generous	celebrate disciplines	Valley Achor