## **Stained Glass**



- Imagine sunlight streaming through a stained glass window, enjoy the variety of colours and the diversity of the reflections and admire the technical craftmanship that made the changing lights and patterns possible.
- Life was never meant to be drab and monotone. How can you bring more life and colour and variety into your existence? Are there ways to connect with a wider range of people and experiences? Can you see something beautiful in each person and situation?
- What do you reflect to the people around you? Do you let your true colours shine out?
- Broken fragments of glass can come together to make something beautiful. The same can be true of our lives, if we let it.

'The easiest thing to do is throw a rock. It's a lot harder to create a stained-glass window."

Jon Foreman



