



The Peace Book

People who found peace and shared it

A multi media presentation



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Year 11

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“Love is the purest form of a soul at peace.”- Mathew Donnelly

Kay Schrimshaw



Finding Her Peace

A few years ago one of my close friends, Kay Schrimshaw was diagnosed with oesophageal cancer. She had treatment and was believed to be cured. Two years later the cancer was detected in other parts of her body and she was told no treatment would be able to cure her. Kay's friends, family and church prayed for a cure but it didn't come. Kay didn't hold any false hope. She came to peace with death because she knew God would take her to a better place.

Sharing Her Peace

Kay spread peace to all throughout her whole life. She continued to spread peace even after she went to heaven. Kay thought it was important that her friends and family were also at peace with her terminal illness. Kay debated with her pastor if her favourite scripture should be read at her funeral. "For he will rescue you from every trap, and protect you from deadly disease." Psalm 91:3. Kay was worried that people would think that God had failed her because she did die of a deadly disease. But Kay wanted everyone to know that God had not failed her because he was taking her to a better place.

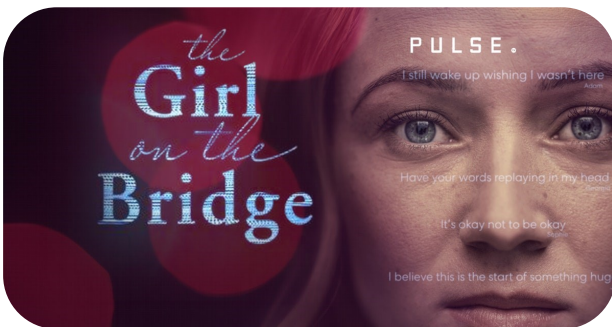
"In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety."-Psalm 4:8

Jazz Thornton



Finding Her Peace

Jazz Thornton is New Zealand born and raised. She was three years old when she was first sexually abused. She was twelve when she first attempted suicide. The rest of her teen years were spent in and out of psyche wards. On her road to recovery she found peace in the people who lifted her up. She created a support system for herself and worked hard to turn her life around. She embraced the idea that she was not the bad things that had happened to her.



Sharing Her Peace

Jazz created her own documentary, 'Girl on the bridge,' which sky rocketed her career as a mental health activist. She has published three books, all with the intention of supporting people with mental health struggles. Jazz is also the co-founder of the charity Voices of Hope. She tours round New Zealand schools to speak and embraces every opportunity to share peace with others. She works with the goal to show people that darkness doesn't last forever. In 2021 she won Young New Zealander of the Year. Jazz saves lives by speaking about her personal peace.

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." - John 16:33

Esther Palmer



Finding Her Peace

Esther Palmer (my Aunty) was unexpectedly diagnosed with breast cancer two years ago. Like most people with the illness her family and she struggled everyday with what that meant financially, mentally and physically. Her diagnoses came when Covid19 was still prevalent in the UK. This meant she could not continue to work as a teacher or visit her family and friends. She underwent intense chemotherapy and radiotherapy treatments followed by a mastectomy. She found the peace and strength to keep fighting through her faith in Jesus. "My faith in Jesus, knowing that I will go to heaven and the prayers of others. The holy spirit has really helped me a lot." Esther used her faith to keep her mind at peace even when her body was not. She found peace in the life she was given and has been in remission since the start of this year.

Sharing Her Peace

Esther shares her peace with everyone around her. She constantly re-assured her family and friends that she would be ok because she had faith in Jesus. She wants everyone to have the peace and quietude she found through faith. Whenever anyone is stressed or going through something, she will be there to guide them through with a steady mind. She walks with a friend who also battled cancer and they support each other in finding peace after having a deadly disease. She shares her story to members of her church and encourages them to find peace in their own lives through religion. She preaches to choose happiness, even when you don't have many reasons to be happy. She's a support for so many, and an inspiration to her students. She is example of how ordinary people inspire others other's through adversity.

"The good news of Jesus is actually about hope." - Victoria Spencer

Farid Ahmed



Finding his peace

Farid Ahmed was a victim in the 2019 Mosque shooting. After hearing gunshots he left the Linwood Mosque to hide behind his car. His wife went looking for him and on her way out of the mosque she was shot. When talking to Stuff, Ahmed said he forgave the gun man for multiple reasons including a faith based belief that forgiving others ensured forgiveness for himself. In his documentary 'I am a seeker of peace,' he talked about finding peace in his faith. "I could not cry, so I started to pray: 'O God, pour the peace and tranquillity into my heart.'"

Sharing his peace

Farid Ahmed got the opportunity to speak at The National Remembrance Service. While on broadcast to the nation he said, "I have chosen peace, I have chosen love and I have forgiven." He has since published a book called 'Husna's Story: Why I forgave my wife's killer,' and also been involved in TVNZ's series 'I Am.' He was nominated for New Zealander of the year and The Queen ordered him a member of The New Zealand Order of Merit. Farid preaches peace and forgiveness and leads by example.

"I know I have to be in peace to spread the peace." - Farid Ahmed

How can we learn from them as Catholics?

We can take inspiration from their stories to follow in Jesus' footsteps and be peace makers. We can look to God for the strength to go forward and spread harmony to the world. We can forgive, we can speak, we can preach and we will make the world a better place. Just by having and embracing personal peace, these people have become peace makers to the world.

"Those who make peace sow the seeds of justice by their peaceful acts."- James 3:18