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english

# Trust yourself!

**Tell others about the hope  
that fills you!** (cf. 1 Pet 3:15)

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Dear friends of go4peace,

In this holy year, in which Pope Francis invites us to walk as pilgrims of hope, Halyna from Kyiv in Ukraine shares with you a "strong moment of hope" from her life in the July edition.

"As a child, I was very shy. When people made jokes about me, I went home and cried. Later, at university, I started playing volleyball. I was very successful. This helped me to become courageous and persevering. I made good friends in my team. I learned to face my fears, to look at them and to overcome them. I've become more self-confident.

My driving test was an absolute highlight. I was very excited. I forgot everything I was supposed to do. But I didn't want to let it get me down and said to myself: 'You can do it!' Everything I had learned came back to me. I passed the exam. My driving instructor was thrilled. I discovered that I can be *my own best friend* if I believe in myself and the abilities God has placed within me."

In this month of July, let's join forces with Halyna in the motto: *Trust yourself!*

for the go4peace team

Meinolf Wacker

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P.S.: Feel free to share your experiences in the go4peace app in the "Discover & Write" section.