



November 2025

english

Get up and go!

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 has invited us to journey as *pilgrims of hope*, Milena shares with you in November a “powerful moment of hope” from her own life: “Today I can say that life is wonderful. I have learned to appreciate every moment — even during difficult times, with all their ups and downs. But it wasn’t easy to find peace within myself.

I went through particularly difficult times as a teenager: fears about the future, problems at school, a serious illness, self-doubt, and, deep down, the question of who I really am and why I even exist.

There was little light in my life then. But during that time, I came to understand that I never walk my path alone. I sought out people who accompanied and supported me. By now, I know that showing weakness and asking for help is actually a great strength. My experiences have made me truly strong and have helped me find genuine trust in God. God walks with me on all my paths. I am never alone! That gives me courage to stand up again and set out once more.”

Let us join Milena this November under the motto: **“Get up and go!”**

for the go4peace team

Meinolf Wacker

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