

BRENDA

THEME OF THE FORTNIGHT: **PAST**

The past is so intrinsically weaved within us all. Everyone has a past: memories, stories, events that we wish we could replay or forget. The past can conjure up millions of emotions in us: happiness, sadness, fear, loss, love, heartbreak, anger, regret, the list goes on. Some of us want to run from our past, to not let it define who we are now. Yet we learn from it, and with each year we grow wiser, stronger, more able to understand ourselves and our emotions. We can let go of our past, whilst remembering what we loved, lost, and learnt.