

### **Jill - Lived religion and belief**

I think I had a very busy life. I had a full-time job. I had two kids at school and all their activities and support they needed, got a dog that needed walking, and life was full on. I just found going to church so peaceful. I just thought it is one hour where I do not have somebody saying, 'Where is my this?' 'I need to be at this place for a certain time.' It was like an hour for me, where I could just come, and just be quiet, and I found prayer more helpful than I thought it would be. I just really enjoyed that time away from all the hustle and bustle.