















# Forever Grateful

My name is Brett Jackson. I have had a love for timber all my life – it is what grounds me today.

It gives me: warmth; texture; colour; and the ability to create in my own way – bringing to life pieces of furniture needing restoration to their former beauty – giving life back into something that was discarded.

Even in the midst of depression it puts me in a better place, and out of the darkness comes light. I am forever grateful for this gift.

I was diagnosed with Bipolar 1 eight years ago. I had run on empty for most of my life – feeling lost.

I have found comfort in prayer and meditation, and I am very grateful to doctors and my family. I could not have managed without their support.

## **A Nouwen Network**

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