

Preparation for G90 – Wage Peace

If there is to be peace in the world,
There must be peace in the nations.
 If there is to be peace in the nations,
There must be peace in the cities.
 If there is to be peace in the cities,
There must be peace between neighbors.
 If there is to be peace between neighbors,
There must be peace in the home.
 If there is to be peace in the home,
There must be peace in the heart.
 -- Lao Tse, hymnal #602

Peace grows through acts big and small. What can you do right now to promote peace in these places? Use these suggestions or write your own ideas. Then, if you are ready, make a pledge to do one or more of these peaceful acts. Write each pledge on a separate card or piece of paper and bring it with you to the small group meeting.

| Examples | Write your ideas here: |
|---|------------------------|
| In your heart <i>Meditate or say a silent prayer for peace daily.</i> <i>Forgive someone who has hurt you or resolve to apologize to someone you've hurt.</i> | |
| In your home and family <i>Have a family meeting discuss ways to settle conflicts peacefully.</i> <i>Agree to turn off the TV and/or computer for a week.</i> | |
| In your workplace <i>Offer to mediate a problem between co-workers.</i> <i>Offer help to someone who is overwhelmed.</i> | |
| In our church <i>At coffee hour, introduce two people who don't know each other yet.</i> <i>Light a candle with a prayer or wish for peace.</i> <i>Send a letter of support to an immigrant organization.</i> <i>Attend a night of Dances of Universal Peace.</i> | |
| In your community <i>Volunteer some time to help at-risk youth.</i> <i>Cook a meal or donate to a shelter for the homeless.</i> <i>Send a letter to the editor about peace.</i> | |
| In our country <i>Each week, make one phone call or send one letter or email to your representatives about peace.</i> <i>Attend a peace meeting or demonstration.</i> | |
| In our world <i>Attend a lecture about the situation in the Middle East—invite others to come, too.</i> <i>Send money to an international aid organization.</i> <i>Write a friend overseas about the growing peace movement in the U.S.—tell them to spread the word.</i> | |

Resources

- The Nonviolence Works Project, Patrick O'Connell, Publisher/Director, <http://www.NonviolenceWorks.net>
- The United for Peace and Justice coalition: <http://www.unitedforpeace.org>
- Peninsula Peace and Justice Center: <http://www.peaceandjustice.org>