

Bulletin for Peace

Business

Chalice Lighting

If there is to be peace in the world,
There must be peace in the nations.
If there is peace in the nations,
There must be peace in the cities.
If there is 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 Tzu*

Sharing of Joys and Concerns

Silence

Shared Readings

Round-the-Circle

Wage Peace with your breath.

Breathe in firemen and rubble.

Breathe out whole buildings and flocks of red-wing blackbirds.

Breathe in terrorists

Breathe out sleeping children and fresh mown fields.

Breathe in confusion and breathe out maple trees.

Breathe in the fallen and breathe out life long relationships intact.

Wage peace with our listening: hearing sirens, pray loud.

Remember your tools: flower seeds, clothing pins, clean rivers.

Make soup.

Play music; learn the word "thank you" in 3 languages.

Learn to knit: make a hat.

Think of chaos as dancing raspberries.

Wage peace.
Never has the word seemed so fresh and precious.

Have a cup of tea and rejoice.
Act as if armistice has already arrived.

Don't wait another minute.
Celebrate today!
—*Judy Hill*

Deep Sharing/Deep Listening

Round I Words of peace.

Round II Share deeply from readings and questions in the preparation material.

Round III As time allows share additional thoughts or reflect on what others have shared.

Closing Ritual

Closing Words

All works of love are works of peace.—*Mother Teresa*

Song

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group.
- to let the leader know if I will be absent or need to quit.
- to share with the leader the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others.
- to do the reading and thinking about the topic ahead of time.
- to not gossip about what is shared in the group, and tell only my own story to others.
- to honor the safety of the group by listening to what others share with an open heart.
- to refrain from cross-talk, judging, or giving advice.
- to share as deeply as I can when it is my turn.

Leader's Notes for Peace

Before the Session

For the final ritual bring some 3x5 cards, pens, and a basket to hold the pledges. Read over the ritual ahead of time.

Business

Chalice Lighting

Go around the group, letting each person read two lines of the chalice lighting found in the bulletin.

Sharing of Joys and Concerns (each person about 2 min.)

Silence (3 min.)

Shared Readings

Go around the group, letting each person in turn read one stanza.

Deep Sharing/Deep Listening During your rounds of deep sharing/deep listening, pay close attention to the time allotted each person to ensure all get to share at least once.

Round I (each person about 2 min.)

Share, in a phrase or one sentence, a time you have experienced inner peace.

Round II (each person about 5 min.)

Deep sharing from readings and questions from the preparation material and thoughts on peace.

Round III (each person about 2 min.)

As time allows, share additional thoughts or reflect on what others have shared.

Closing Ritual

The preparation asks members to consider what they can do to promote peace within and around them. Members who choose to pledge should bring pledges written on 3x5 cards or pieces of paper. They can also write a pledge or two during the group session on cards you have provided. The pledges will be anonymous; they'll be read by others. Allow a minute or two for members to write pledges if they wish. Ask members to put the pledges in a basket in the center of the table. Pass the bowl around the circle with each person drawing a pledge to read to the group. End with the Closing Words.

Closing Words

All works of love are works of peace.—*Mother Teresa*

Song

Preparation for Peace

What is peace? How does peace manifest itself in your life? How is that peace shared? In this session we explore ways to find and practice peace inside ourselves, in our families, communities, our nation and world. Many find peace by going within.

When a man finds no peace within himself it is useless to seek it elsewhere.
—*François de La Rochefoucauld*

A Native American grandfather was talking to his grandson about how he felt. He said, "I one. The other wolf is the loving, compassionate one." The grandson asked him, "Which wolf will win the fight in your heart, Grandfather?" The grandfather answered, "The one I feed."—*Unknown author*

Nothing can bring peace but yourself.—*Ralph Waldo Emerson*

The first peace is that which comes within the souls of people when they realize their relationship with the universe and all its powers, and when they realize that at the center of the universe dwells Great Spirit, and that this center is really everywhere, it is within each of us.—*Black Elk*

How can we find and achieve peace?

What is the garden in your life? What do you want to watch grow and flower? It may be a standard garden with dirt and flowers, or it might be something else. Some people tiptoe into their children's bedrooms at night to watch them sleep. Their children clearly are the flowers they love best. We find our natural meditations in those places and ways of being that we love best. There is great peace in cultivating and gardening all the things that we hope to nurture in our lives, from our work to our families.—*Lama Surya Das*

One day we must come to see that peace is not merely a distant goal we seek but that it is means by which we arrive at that goal. We must pursue peaceful ends through peaceful means.
—*Martin Luther King, Jr.*

Come and find the quiet center in the crowded life we lead, find the room for hope to enter, find the frame where we are freed; clear the chaos and the clutter, clear the eyes, so we can see all the things that really matter, be at peace, and simply be.—*Shirley Erena Murray*

For peace of mind, resign as general manager of the universe.—*Larry Eisenberg*

In the midst of war and turbulent times, we never give up hoping and working for peace.

We can no longer ignore the world because it is now knocking loudly on our door. As part of the Universal community it is our responsibility to first take care of ourselves, practice and embody peace, offering it to the world. The steps can be simple: treat our neighbors and ourselves with loving kindness.—*Sandra Lee Shubert*

These are turbulent times and unsettling for us all. Our world seems a more dangerous place than it did before and it's not remotely surprising that many of us are feeling increased anxiety and stress... The one thing we can affect is our own attitude: we can all work on establishing a level of inner peace. I think it's important work, vital work. If we are calm we, in turn, spread a feeling of calm around us.—*Jane Alexander*

Questions to Ponder

1. Think of times when you have experienced inner peace. Be prepared to share one of these with the group.
2. Think of a time when you've witnessed others create inner peace.
3. Think of a time when you've witnessed others create outer peace.
4. Peace grows through acts big and small. What can you do right now to promote peace in several places? Use these suggestions or write your own ideas. Then, if you are ready, make a pledge to yourself to do one or more of these peaceful acts. Write each pledge on a separate 3x5 card or piece of paper and bring to the meeting. These will be shared anonymously with the group if you are willing.

Examples	Write your ideas here:
<p><i>In your heart:</i> <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></p>	
<p><i>In your home and family:</i> <i>Have a family meeting to discuss ways to settle conflicts peacefully</i> <i>Agree to turn off the TV or computer for a week</i></p>	
<p><i>In your workplace or volunteer setting:</i> <i>Offer to help someone who is overwhelmed</i> <i>Offer to mediate a problem between co-workers</i></p>	
<p><i>In our church:</i> <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>Volunteer some time to help with the ESL program, tutoring program or RE</i></p>	
<p><i>In your community:</i> <i>Volunteer some time to help at a food program, a program helping the homeless</i> <i>Send a letter to the editor about peace</i></p>	
<p><i>In your country:</i> <i>Each week make a phone call or send a letter or email to your representatives about peace</i> <i>Attend a peace meeting or demonstration</i></p>	
<p><i>In your world:</i> <i>Send money to an international aid organization</i> <i>Attend a lecture about problems in the Middle East</i></p>	

The peace pledge exercise was inspired by the covenant group program in San Jose, CA. We acknowledge their program with thanks.