

Mankind must evolve for all human conflict a method which rejects revenge, aggression, and retaliation. The foundation of such a method is love.” ~ **Martin Luther King**

Yesterday is gone and its tale told. Today new seeds are growing. ~ **Rumi**

“Ultimately, we have just one moral duty: to reclaim large areas of peace in ourselves, more and more peace, and to reflect it towards others. And the more peace there is in us, the more peace there will also be in our troubled world.” ~ **Ety Hillesum**

How wonderful it is that nobody need waste a single moment before starting to improve the world.
Anne Frank

we have found the will to develop missiles capable of flying over the polar cap and landing within a few hundred feet of their target. This is not innovation. It is a profound distortion of humanity’s purpose on earth.” ~ **Senator Mark Hatfield**

“The heart that breaks open can contain the whole universe.” ~ **Joanna Macy**

“Our lives begin to end the day we become silent about things that matter.” ~ **Martin Luther King Jr.**

“Peace does not mean an absence of conflicts; differences will always be there. Peace means solving these differences through peaceful means; through dialogue, education, knowledge; and through humane ways.” ~ **Dalai Lama XIV**

"An eye for an eye only ends up making the whole world blind." - **Mahatma Gandhi**

“There is a LIGHT in this world. A healing spirit more powerful than any darkness we may encounter. We sometime lose sight of this force when there is suffering, and too much pain. Then suddenly, the spirit will emerge through the lives of ordinary people who hear a call and answer in extraordinary ways.” ~ **Richard Attenborough**

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.” ~ **Margaret Mead**

“Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” ~ **Victor Frankl**



“Courage is the most important of all the virtues, because without courage you can’t practice any other virtue consistently. You can practice any virtue erratically, but nothing consistently without courage.” ~ **Maya Angelou**

Shaping Peace Together

- what threatens our health, security and our very way of life?
- what are the things that throw our world into turmoil and forcibly remind us that what happens in one part of the planet can impact people everywhere?

The Walk

- walk in with own intention for peace or reflect on a quote.
- in the centre add to the peace mandala
- return with renewed courage to “be peace” in our world

Peace wave

:

A Brave and Startling Truth (abridged) ~ Maya Angelou

We, this people, on a small and lonely planet

Traveling through casual space

Past aloof stars, across the way of indifferent suns

To a destination where all signs tell us

It is possible and imperative that we learn

A brave and startling truth

When we come to it

We, this people, on this wayward, floating body

Created on this earth, of this earth

Have the power to fashion for this earth

A climate where every man and every woman

Can live freely without sanctimonious piety

Without crippling fear

When we come to it

We must confess that we are the possible

We are the miraculous, the true wonder of this world

That is when, and only when

We come to it.

Source: <https://www.themarginalian.org/2018/05/09/a-brave-and-startling-truth-maya-angelou/>