



## How to implement them?

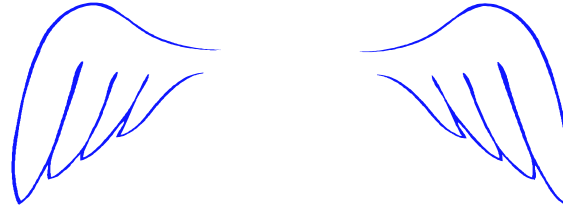
This is a community-based program that does not report to anyone or it is not affiliated to any particular organization or religious group.

The **Chapter For Peace** will have their own by-laws if the members consider this necessary. Otherwise, the **Chapter For Peace** will function according to the decision, ideas, needs, priorities and voice of its members.

The **Chapter For Peace** hopes to combine, creative minds and free spirits with people that want to make a difference in their small world, in our world, where simplicity, love and kindness are a way of life.


The **Chapter For Peace** hopes to develop the generosity of hearts and a sense of responsibility for our communities.

Every member of the community is invited to participate.



### THE PRAYER OF ST. FRANCIS

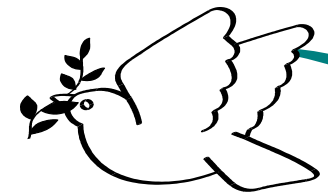
Lord, make me a channel of thy peace,  
that where there is hatred, I may bring love;  
that where there is wrong, I may bring the  
spirit of forgiveness;  
that where there is discord,  
I may bring harmony;  
that where there is error, I may bring truth;  
that where there is doubt, I may bring faith;  
that where there is despair, I may bring hope;  
that where there are shadows,  
I may bring light;  
that where there is sadness,  
I may bring joy.  
Lord, grant that I may seek rather to comfort  
than to be comforted;  
to understand, than to be understood;  
to love, than to be loved.  
For it is by self-forgetting that one finds.  
It is by forgiving that one is forgiven.  
It is by dying that one awakens



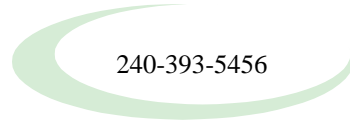
## Chapters For Peace



*Peace begins with you...*



*A community-based program.*



240-393-5456

## How it works?

All the good we do in the world to **GIVE PEACE A CHANCE**, must come from our own initiative as a group.

All our actions and thoughts, will define the concept and dimension of **PEACE** in our community.

If we want **PEACE** in our neighborhoods and communities; what is it that we really want?

What needs to be present for **PEACE** to exist?

What changes in our neighborhood or community are necessary to invite **PEACE** to join our daily lives?

**PEACE**... an open dialog. A simply way of life in our community to create a culture of peace; non-violence, reconciliation, acts of kindness, etc.

You as a peacemaker, can help to spread the message that each and every one of us can contribute, in a very special way, to enjoy a more peaceful world.

**PEACE** is a process that does not end, and that begins with **YOU**.



## Nonverbal Communication

Smile more often to ease anxiety. Play and have FUN together.

Show that you care. Focus one-on-one attention; increasing opportunities for social interaction. See work as a way to serve.

Honor diversity. Enjoy teamwork.

Apologize and Forgive with kind actions. Listen

Embellish the environment with natural elements such as; water fountains, plants, herbs, a fish tank, aviary, flowers, etc. Let nature nourish you.

Create a corner, perhaps called "Peace Corner" to provide a special place for people to cultivate inner peace. A bulletin board with poems, uplifting thoughts, quotes, cartoon characters, affirmations, photos, etc. All members of the community are invited to submit information to express their own concepts of **PEACE**.

Recognize the interdependency of all beings; humans, animals, plants, earth. Build bridges and not walls.

Listen to music. Sing. Form a choir with friends, relatives, members of the community. Bring joy to others with your music.

If we do not cultivate **PEACE** in ourselves, we cannot communicate true **PEACE** around us.

## The "Bench of Dreams"

The first "*Bench of Dreams*" was conceived by **Robert Muller**, former Assistant Secretary-General of the United Nations, Chancellor Emeritus of the University for Peace. The original "*Bench of Dreams*" is located at the base of Mt. Rasur, near the University For Peace in Costa Rica. Visitors are asked to place a pebble or stone in each hand, press the two hands together, and, with eyes closed, to dream. When opening the eyes, one stone is tossed onto the Earth, so that the sacred Earth and the natural forces of the universe will start working to materialize the dream, and the other stone is taken home as a reminder of the dream and the commitment we made to do all possible to live our dream and see it coming true. There are now hundreds of "*Benches of Dreams*" throughout the world.

*This is how it works:*

Select two small stones. Hold them close together and dream your dream. When you see your dream clearly, put one stone into your pocket to take with you. Toss the other stone into the garden. Hold your dream in your heart, even as the Earth holds it.

Contact Information:  
kathyward20@hotmail.com  
Phone: 240-393-5456