

**U.N. INTERNATIONAL DAY OF PEACE
SEPTEMBER 21**

**WHAT CAN YOU DO:
SPIRITUALITY AND FAITH**



- ✚ Observe a minute of silence at noon to pray for or meditate about peace in the world. This is a global activity on September 21 in all time zones. You may join the *Peace Day Philly* event, organize a gathering, or observe the minute privately wherever you are.
- ✚ Devote the service / meditation / spiritual practice closest to September 21 to the theme of peace – personal, local and/or global.
- ✚ List information about Peace Day the weekend of Sept. 17th in your congregation’s program and communications. You can help promote peace by spreading the word about this global day and encouraging involvement!
- ✚ Organize an “Global Feast for Peace” with your group or as an interfaith activity. This is a global initiative (check out their FB page for more info).
- ✚ Organize a peace vigil or peace walk (and learn more about the Interfaith Walk for Peace and Reconciliation that happens annually in April/May).
- ✚ Plant a peace pole and use the universal statement “*May Peace Prevail On Earth*” in your services/programs Sept. 17 - Sept. 25.
http://www.worldpeace.org/activities_peacepoleproject.html.
- ✚ Organize a book and prayer group with books about peace and non-violence.
- ✚ Devote an hour, or a day, to community service, either individually or with other members of your faith/spiritual group.
- ✚ If you pass a collection plate at your services, consider donating half or all you collect to a peace building non-profit or to the Peace Fellowship of your congregation.
- ✚ Take 10 minutes each day during the week in which Peace Day falls to sit in quiet prayer, meditation or practicing deep breathing.

- ✚ Learn about and/or practice mindful breathing in the tradition of Thich Nhat Hanh.
- ✚ Organize a meditation or prayer “Flash Mob” Sept. 19 - Sept. 21.
- ✚ Join Peace One Day’s FAITH coalition and, if your community has a choir, consider dedicating a song or group of songs on 9/21 to peace (“One Day One Choir”)
- ✚ Learn about projects of the World Peace Prayer Society: <http://www.worldpeace.org/>
- ✚ Take a look at what the United Religions Initiative (URI) is doing across the world to promote peace and to end religiously motivated violence: <http://www.uri.org>

Share your plans @peacedayphilly, on the PDP Facebook page or via email at: contact@peacedayphilly.org

WHAT WILL YOU DO FOR PEACE?