WHAT CAN YOU DO: SPIRITUALITY AND FAITH

Observe a minute of silence at noon on 9/21 to pray for, meditate about or visualize peace in the world. This is a global activity on Peace Day in all time zones. Observe the minute privately or in a group wherever you are.

Encourage your house of faith/spiritual practice to dedicate a service / meditation closest to September 21 to the theme of peace.

List information about Peace Day in your congregation’s program and in communications/newsletters, social media, etc. You can promote peace by spreading the word about the day!

Consider using the universal statement “May Peace Prevail On Earth” at any gathering you may have on or around Peace Day.


Organize an “Global Feast for Peace” with your group or as an interfaith activity. This is a global initiative (go to their FB page for more info).

Collaborate with other houses of faith/spiritual practice to create an interfaith dialogue program on or around 9/21.

Organize a peace vigil or peace walk.


Devote an hour or a day to community service, either individually or with other members of your faith/spiritual group.

Organize a book and prayer group with books about peace and non-violence.

Organize a meditation or prayer “Flash Mob” sometime around 9/21.
If you pass a collection plate at your services, consider donating half or all you collect to a peace building non-profit locally or globally.

Take 10 minutes each day during the month of September to sit in quiet prayer, meditation or practicing deep breathing.

If your community has a choir, consider dedicating a song or group of songs on 9/21 to peace.

Learn about and/or practice mindful breathing in the tradition of Buddhist monk Thich Nhat Hanh: http://bit.ly/1194fxZ.


Take a look at what the United Religions Initiative (URI) is doing across the world to promote peace and end religiously motivated violence through “cooperation circles” and other strategies: http://www.uri.org.