

**UNITED NATIONS  
INTERNATIONAL DAY OF PEACE  
SEPTEMBER 21**



**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.
-  Plant a peace pole and create a simple gathering around it:  
<http://bit.ly/QIVoOj>.
-  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.
-  Plant a peace pole and create a simple gathering around it:  
<http://bit.ly/QIVoOj>
-  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>.



Teach children a simple breathing exercise: <http://bit.ly/1fdBjMu>.



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>.