

Day of Peace 2018

Greater Gainesville International Festival - UN International Day of Peace

"What is Peace: Poem and Moment of Silence" by Sabine Grunwald.

Silence and peace go together

We cannot be peaceful when we are loud, angry, aggressive, or blaming others,

Peace is within when we connect to our humanity

This is how we can bring peace to the world.

For all those in the world who are not at peace right now because of war, being hungry, thirsty, or poor, being oppressed or marginalized, emotionally tormented, or shut down by those in power.

Please join me to speak these words wholeheartedly

[I speak first; I invite you to repeat with me 3 x; followed by short moment of meditative silence]

May all be peaceful

May all be happy

May all be joyful

May all be strong.