

Discussion Starters/ Reflection Ideas/ Activities
Related to
The Virtue of Peace

- ✚ Collect pictures that have a calming, peaceful effect on you. Paste a few of them at the back of your journal to contemplate during those times when you feel ill at ease with yourself and the world.
- ✚ Be an instrument of God's peace in your school community, home, and work place. Refrain from the use of sarcasm, ridicule, or teasing as weapons against each other.
- ✚ The next time you are tempted to rip someone apart or give them a piece of your mind, write a letter in your journal that you never send.
- ✚ What does the idea and the ideal of the peaceable kingdom where the lion lies down with the lamb mean to you? What steps have you taken this week to make the world a more peaceful place?
- ✚ Who is the most forceful and impressive peacemaker you have ever encountered? What did you learn from that person?
- ✚ Go on violence fast. Give up entertainments which contain any kind of violence.

Meditation Activity

Fran Peavey's experience, which is related on p. 353 of *Spiritual Literacy*, is the inspiration for this exercise, "Hugging the World."

Breathe out three times. See and sense the round globe of the Earth in your arms. With your fingers, trace the shape of the continents, dip into the waters of the oceans, walk up the sides of the mountains. Reach out to any beings you encounter as you travel around the globe. Feel what they are feeling. Hear what they are saying.

Breathe out one time. Sense and know that you are comforting the beings and comforting the earth. Then open your eyes.

