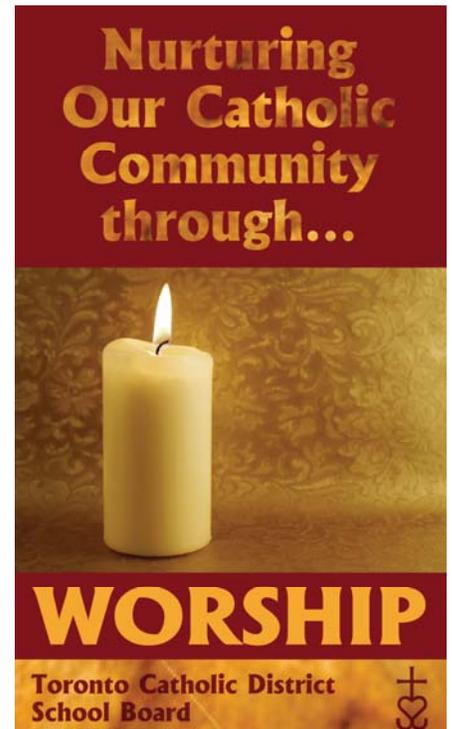


Overview of the Virtue of Peace

Peace is a goal of all spiritual people. Peace begins within ourselves and is an inner state of well-being and calm. People of peace promote non-violence, practice conflict resolution, and believe in cooperating to solve problems. The root of the Hebrew word for peace, "shalom," means "whole" and points to this twofold meaning: peace within oneself and peace between people.

Practice peace by refusing to participate in violence either directly or indirectly. Try to stay composed no matter how agitated the people around you become. Meet conflict with equanimity. Disarm yourself — lower your guard — as a first step in disarming the world.



Exploring Your Inner Self: Why the virtue of peace might be for you

If you are feeling...

- Worried, or confused
- Angry or violent
- Drained, exhausted
- Defensive and guarded

Then you may wish to explore the virtue of peace ...

- Peace enhances your energy to face day to day challenges
- Peace increases inner calm
- Peace minimizes conflict, discord and aggression
- Peace enables us to stay grounded and calm under pressure

Modelling the Virtue of Peace: The Catholic Community Award

Modelling Peace: The Catholic Community Award

The Catholic Community Award:

The Catholic Community Award is a monthly award given to **students** who may be the “unsung heroes” of our community. They are the students whose daily efforts contribute to nurturing our Catholic school communities. The Catholic Community Award is based on the monthly virtues. As a suggestion, you may want to recognize these students in homeroom, at assemblies, during school liturgies, or in school newsletters, school websites. This can be a whole school project, a monthly initiative, or a nomination process by teachers and peers.

The Catholic Community Award: Criteria for the Virtue of Peace

- ✓ students who demonstrate calm and instil peace in others
- ✓ students who stay level-headed under pressure
- ✓ students who generously forgive others
- ✓ students who promote and practice conflict resolution
- ✓ students who engage in inner peace practices like meditation
- ✓ students who are actively involved in school activities related to promoting peace like Development and Peace, ESP, Walk Against Male Violence etc.