

# PEACE

## OPENING WORDS & CHALICE LIGHTING:

We are here to grow in wisdom and learn how to love better.  
As we do this in our own ways, we slowly become a blessing to those around us and a light to the world.  
*-Rachel Naomi Remen*

**PURPOSE:** We come together to build connections and to talk about what deeply matters.

**CHECK IN:** What you share may be about your physical or spiritual health, cares or concerns for loved ones, issues you are facing. What are you leaving behind to be here today?

## READING OF GROUP COVENANT

**FOCUS:** Peace Each person in the group speaks uninterrupted; if time remains, general response and conversation are welcome.

“There is no way to peace, peace is the way.” *A. J. Muste*

“Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal.” *Martin Luther King, Jr.*

“Peace is not something you wish for; it’s something you make, something you do, something you are, and something you give away.” *Robert Fulghum*

“Although attempting to bring about world peace through the internal transformation of individuals is difficult, it is the only way. Wherever I go, I express this, and I am encouraged that people from many different walks of life receive it well. Peace must first be developed within an individual. And I believe that love, compassion, and altruism are the fundamental bases for peace. Once these qualities are developed within an individual, he or she is then able to create an atmosphere of peace and harmony. This atmosphere can be expanded and extended from the individual to his family, from the family to the community, and eventually to the whole world.” *The Dalai Lama, from the forward to the book, Peace is Every Step, by Thich Nhat Hanh.*

Questions for reflection:

- How do you work for peace in your heart? In your home? In your community? In the world?
- Each week during our worship service, we “pass the peace.” What is your experience with this part of our Sunday service? What are your intentions during this time?
- Last spring about 40 Souls gathered with another 240 or so people for a “peace walk” in downtown New London. Have you ever participated in a public action for peace? What was it like for you?
- When are you most “at peace”?

**CONFIDENTIALITY CHECK:** Is there anything that you shared here today that you would like held confidential? Otherwise, this is a reminder that we treat each other’s sharing with kindness and respect.

## CLOSING WORDS:

“Live in such a way that you embody true peace, that you can be peace in every moment of your daily life. It is possible for everyone to generate the energy of peace in every step.” ~ *Thich Nhat Hanh*

Go in Peace. Peace is every step.