

Where love is, what can be wanting? Where it is not, what can possibly be profitable. **St. Augustine**

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Do not be conformed to this world, but be transformed.... Live in harmony with one another.... Do not be overcome by evil, but overcome evil with good.... If your enemies are hungry, feed them. **Romans 12**

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Love is patient and kind, love is not jealous or boastful; it is not arrogant or rude, self-seeking or easily angered; it keeps no record of wrongs. It protects, trusts, hopes, perseveres. **I Cor. 13**

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Seek peace, and pursue it!

**Psalm 34:14 and
1 Peter 3:11**

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Leave your gift there before the altar and go; first be reconciled to your brother and sister, and then come and offer your gift.

Matthew 5:24

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Jesus said to them, "The kings of the Gentiles lord it over them. But not so with you. Rather, the greatest among you becomes like the youngest, the leader is one who serves." **Luke 22:24-27**

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I have called you and given you power to see that justice is done on earth. **Isaiah 42:6.**

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And what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

Micah 6:8

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Not everything that is faced can be changed, but nothing can be changed until it is faced.

James Baldwin

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You have heard that it was said, "love your neighbor and hate your enemy." But I tell you, "Love your enemies and pray for those who persecute you." **Matthew 5:43-48**

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I am in the world to change the world.

Murial Rukeyser.

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No one can make you feel inferior without your consent.

Eleanor Roosevelt

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I have decided
to stick with love. Hate
is too great a burden to bear.

Martin Luther King, Jr.

There should be no one
on earth in whom we are not
prepared to see, in mystery,
the presence of Christ.

Thomas Merton

It is not the religious act that
makes the Christian, but participating
in the suffering of God in the secular
life...living unreservedly in life's duties
and problems, successes and failures,
experiences and perplexities. In so doing
we throw ourselves completely into
the arms of God. **Dietrich Bonhoeffer**

You gain strength, courage,
and confidence by every
experience in which you really
stop to look fear in the face. Do
the thing which you think you
cannot do. **Eleanor Roosevelt**

Christianity stands or falls with its revolu-
tionary protest against violence, arbitrariness
and pride of power and with its plea for the
weak. Christians are doing too little to make
these points clear.... Christendom adjusts
itself far too easily to the worship of power.
Christians should give more offense, shock
the world far more, than they are doing now.

Dietrich Bonhoeffer, pastor, youth worker,
theologian, writer, anti-Nazi hero and martyr

You have no excuse, whoever
you are, when you judge others;
for in passing judgment on
another you condemn yourself.

Romans 2:1

A basic fact of nonviolence is that it
does not seek to defeat or humiliate ones
opponents, but to win their friendship and
understanding. It avoids not only external
physical violence, but also internal violence
of spirit. Nonviolent resisters not only
refuse to shoot their opponents,
they also refuse to hate them.

Martin Luther King, Jr.

When we become serious about resisting
violence and injustice, we find that
change doesn't just happen by itself.
It takes strategizing and planning and
discipline. That's how change happens.

James Lawson, leader of Nashville
student lunch counter sit-ins, 1960

If anyone is in Christ, there is a
new creation: everything old has
passed away; see, everything has
become new! All this is from God
who reconciled us to himself and
has **given us the ministry of
reconciliation. 2 Cor. 5:18-19**

As God's chosen ones, holy and beloved,
clothe yourselves with compassion, kind-
ness, humility, meekness, and patience.
Bear with one another and, if anyone has a
complaint against another, forgive each
other, just as the Lord has forgiven you.
Clothe yourselves with love. And let the
peace of Christ rule in your hearts.

Colossians 3:12-15

There remains an experience of incomparable
value...to see the great events of world history
from below; from the perspective of the outcast,
the suspects, the maltreated, the powerless, the
oppressed, the reviled – in short, from the per-
spective of those who suffer...to look with new
eyes on matters great and small. **Dietrich
Bonhoeffer**, *Letters and Papers from Prison*

Finally, brethren, whatever is true,
whatever is honorable, whatever is
right, whatever is pure, whatever is of
good repute, if there is any excellence
and worthy of praise, think on
these things. **Philippians 4:8**

L P F

Peace Deck

www.lutheranpeace.org

The ONE Campaign

With an additional 1% of the US budget we can:

- ◆ keep 10 million children from becoming AIDS orphans
- ◆ get 104 million children into grade school
- ◆ provide safe water to almost 900 million people
- ◆ save almost 6.5 million children under 5 who are dying from preventable diseases

Urge Congress and Pres. Obama today to add just 1% to the US budget to meet basic needs of the world's poorest!

To help: www.one.org bread.org elca.org/one lutheranpeace.org

Costs of Iraq War, March 2003 to Nov. 2011...

US soldiers killed: 4483

US soldiers injured: est. 102,000

Iraqi civilians killed: est. 1,455,600

Cost: \$802 billion + \$2.3 trillion indirect costs

Psychologically traumatized US and Iraqi soldiers and civilians, both adults and children: untold millions

sources: www.prospect.org www.antiwar.com/casualties Johns Hopkins/Lancet nationalpriorities.org www.justforeignpolicy.org
For more on U.S. wars, and alternatives: www.lutheranpeace.org

What Brings Security?

A month after 9-11, Pres. Bush, in a major address at the US Naval Academy, asserted there were 3 pillars to strong US security: defense, diplomacy, and development. Very true. Yet here are US budget figures for 2008 and 2010:

Defense \$625 billion . . . \$729 billion

Diplomacy \$12 billion . . . \$15 billion

Development \$14 billion . . . \$24 billion

Obama's budget for 2011 proposes significant increases to diplomacy and development aid programs. However, (over)

The Circle of Social Change

Social responsibility, e.g. recycle, carpool, fair trade	Volunteer with food banks, meals, shelters
Investigate, write, blog, web on issues and root causes	Legislative advocacy, lobbying, networking
Forums, workshops, public events, media interviews	Voter registration, help elect ethical politicians
Community-building; arts, cultural, and craft projects	Community organizing
Leadership development	Vigils, rallies, marches
Relationships, mutual support, spirituality	Picketing, direct action

Highlights of the Path of Hope

peace & justice movements and heroes

1350 B.C.E., **Hebrew midwives**. 600-520, **Jeremiah, Isaiah, Micah**... 1-60 CE, **Jesus, apostles, Paul**. 1200s, **St. Francis**. 1500s, **Martin Luther**. 1681, **Wm Penn**. 1840s, **Underground Railroad, Harriet Tubman**. 1919-47, **Gandhi**. 1920, **Women's suffrage** achieved. 1930s, **Dietrich Bonhoeffer; Dorothy Day, Catholic Worker**. 1940s, **White Rose; UN**. 1955, **Montgomery bus boycott, Rosa Parks**. 1960s, "sit ins." 1963, **March on DC, "I Have a Dream."** 1964- **Vietnam War protests**. 1965, **grape boycott, Cesar Chavez**. 1970s, **Liberation Theology**. (over)

Martin Luther King, Jr.'s Principles of Nonviolence

- Non violence: 1. is not passive, it requires courage;
 2. seeks reconciliation, not defeat of the adversary;
 3. strives to eliminate evil, not destroy the evil-doer;
 4. entails a willingness to accept suffering for the cause, if necessary, but never to inflict it;
 5. rejects hatred, animosity or violence of the spirit, in addition to refusing to commit physical violence;
 6. nurtures faith that justice will prevail.

(as outlined in King's book, *Stride Toward Freedom*)

Leadership is important, often essential, frequently rewarding. It can also be **challenging**, especially in a culture with as distorted views on the subject as ours.

1. Leadership isn't just getting others to follow *your* plans; it is helping the group come together and be **energized by its own highest vision and goals**.
2. Good leadership isn't just about wielding power; it's about **helping others** become more powerful. Thus it is often more useful to ask good **questions** or to restate what others say, than to assert 'my answers.'

To Be a Bridge in a World Full of Walls

Pause: Find your center in God's Grace. Pray to be open. (*Release any hurts and fears.*)

Listen first. (*Don't just assert your viewpoint.*)

Inquire, to discern the other person's feelings, needs, and humanity. (*Paraphrase to verify.*)

Speak: Share your feelings, needs, humanity.

Seek win-win. (*Make requests, not demands.*)

Nurture the relationship. (*Tone, body language of openness, non-judgment, respect, warmth.*)

Prayer can support our efforts to grow in Jesus' Way of *Shalom* in our daily life. Prayer can help us to try out new ways of living and to work through the places we're confused or stuck. Examples of prayers:

"Give me the eyes today to see You in each person I meet, to respond in new ways, to seek to grow in Your Way of *Shalom*."

"Help me to find new places today where I can practice the power of forgiveness."

Supporting one another

Lutheran Peace Fellowship is a growing network of of those who seek to be faithful to the Gospel call to work for peace and justice. Info on current priorities:

__ Advocacy Update, __ occasional LPF e-mails on __ advocacy, __ youth, __ leadership, __ peace ed.

Resources: __ conflict transformation, __ hunger & poverty, __ Iraq, __ leadership development, __ peace education

LPF, 1710 11th Ave., Seattle, WA 98122 ♦ 206.349.2501

Recommended reading:

Marc and Craig Kielburger, *Take Action!*

Julia Butterfly Hill, *One Makes the Difference*

Walter Wink, *The Powers That Be; Peace Is the Way, Engaging the Powers; Jesus and Nonviolence*
Richard Deats, *Martin Luther King, Jr.; Mahatma Gandhi*
Stephen Zunes, et al, eds, *Nonviolent Social Movements*
Marshall Rosenberg; *Speak Peace in a World of Conflict; Nonviolent Communication; Life-Enriching Education*

Lutheran Peace Fellowship: peacemaking, conflict transformation, and advocacy resources and workshops
www.LutheranPeace.org 206.349.2501

Peace activity in other faith traditions: www.forusa.org/rpf

Nonviolent communication: www.cnvc.org

Family, church resources: www.ipj-ppj.org

Parenting: www.handinhandparenting.org

The larger picture: www.forusa.org sojo.net fpif.org
bread.org commondreams.org truthout.org 2c

“Today, help me love those with whom I struggle; to listen, see their viewpoint, understand their needs...”

“Center my efforts in Jesus’ Way of Shalom.”

“Make me an instrument of Your peace...” (*pause, repeat several times... ponder what comes up*).

Grow from praying with others, and in prayer and conversation, support one another’s discipleship.

www.LutheranPeace.org ♦ 206.349.2501 2f

Staying connected, Supporting peace

___ \$35, regular member, ___ \$52, supporter (\$1/week for peace), ___ \$19, new contributor, ___ \$8, student, low income, ___ \$100, sustaining member, ___ other: \$.....

name:

address:

..... zip.....

phone:

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Jim Wallis, *God’s Politics; The Great Awakening*
Pace e Bene, *Engage; From Violence to Wholeness*
Peter Ackerman, Jack DuVall, *A Force More Powerful*
Pam McAllister, *This River of Courage; You Can’t Kill the Spirit; Reweaving the Web of Life* anthology
John Howard Yoder, *The Politics of Jesus; Just War*
Joan Bondurant, *Conquest of Violence*

see also: www.LutheranPeace.org 2i

There are many ways to be peacemakers: advocacy and service projects, organizing and research efforts. Each is valuable; combinations of methods can be especially effective. Each calls for strategizing, planning, and discipline. Questions to ask of any activity: Can it reach its goal? Is it empowering? Can it lead to fundamental change? Can we respect the opponent while we work for justice? Can we grow as disciples as we seek faithfully to walk in Jesus’ Way of *Shalom*?

For more on current social change issues, resources, and efforts: www.LutheranPeace.org ♦ 206.349.2501 2b

....1970, **Kent State; Earth Day.** 1973, **Bread for the World.** 1977, **Nestle boycott.** 1979, **Gay Rights** march. 1980, **Oscar Romero** killed. 1982, **Sr. Helen Prejean.** 1986, **People Power** ousts Marcos. 1989, **Tiananmen Square.** 1989, freedom for **Hungary, Poland, East Germany...**; South Africa **divestment.** 1990-91, **Gulf War** protests. 1994, **Nelson Mandela** elected Pres. of So. Africa. 2001-10, UN “**Decade for Peace.**” 2000s, Jubilee, **ONE, MDG** campaigns. 2002- **Iraq war** protest. 2006- **immigrant rights** protests. 2009, **election** protest in Iran.... 2010- **Arab Spring.** 2011 **Occupy Wall Street...** *For full Path text, activities, and resources:* www.lutheranpeace.org ♦ 206.349.2501 2e

King’s 6 Steps of Nonviolent Action: 1. Information gathering and research to get the facts straight; 2. Education of adversaries and the public; 3. Personal commitment to nonviolent attitudes and action; 4. Negotiation with the adversary in a spirit of goodwill to correct the injustice; 5. Nonviolent direct action – marches, boycotts, picketing, sit-ins, etc. – to help persuade or compel the adversary to work toward resolution; 6. Reconciliation of adversaries in a win-win outcome that fosters a sense of community.

For resources, web links, and workshops on nonviolence, see: www.LutheranPeace.org ♦ 206.349.2501 2h

3. A good leader helps build and sustain a **positive spirit** in a group, nurturing compassion and healing.
4. The leader isn’t just the one ‘up front.’ Build **shared leadership** by asking others to assist with outreach, chair an agenda item, strengthen participation, draft a fact sheet or article, co-lead a task group, i.e., tap others to help things go well for the group.
5. **A good leader** seeks to be observant, encouraging, flexible, a critical thinker, fair, patient, humble...

for leadership resources, workshops: www.LutheranPeace.org 2k

The biblical word “Shalom” means more than just “peace.” The word fully includes our concepts of justice, inclusive community, wholeness.

Imagine the difference if that is what we meant when we say the word ‘peace’! LPF’s Peace Deck of quotes, bible texts, action tips, and resources aims to help us act on this deeper vision of peacemaking... It can be useful for morning meditation, in the grocery line, on the bus, at bedtime – for growing in *Shalom*.

To suggest a quote or advocacy tip, email us at www.LutheranPeace.org 2a

The world’s 191 countries unite to make poverty history

The Millennium Development Goals

1. Eradicate extreme poverty and hunger
2. Achieve universal primary education
3. Promote gender equality and empower women
4. Reduce child mortality
5. Improve maternal health
6. Combat HIV/AIDS, malaria, and other diseases
7. Ensure environmental sustainability
8. Develop a global partnership for development

-- see websites (over) for current advocacy efforts -- 2d

“This madness must cease!...I speak as a child of God and brother to the suffering poor of Vietnam. I speak for those whose land is being laid waste, homes are being destroyed, culture is being subverted. I speak for the poor of America who are paying the double price of smashed hopes at home, and death and corruption in Vietnam. I speak as a citizen of the world, as it stands aghast at the path we have taken. The initiative in this war is ours; the initiative to stop it must be ours.” **Martin Luther King, Jr.**, “Beyond Vietnam,” 4-4-67 2g

in the years since 2001, the Defense “pillar” received 35 times more **additional funding** than either of the other 2 pillars. The number of State Dept. diplomats in DC and in all our embassies around the world **combined**, is about the equal to the number of sailors on **one** U.S. aircraft carrier. As a proportion of per capita income, the US allocates less funding for development aid than **any other** industrialized nation. Yet, we spend \$2 billion each day on defense. It’s time we put more focus on prevention of and diplomatic responses to conflict. www.lutheranpeace.org 2j

If you have integrity,
nothing else matters.
If you don't have integrity,
nothing else matters.

Alan Simpson 3a

All life is interrelated. We are all caught in an inescapable network of mutuality, tied into a single garment of destiny. What affects one directly, affects all indirectly. Martin Luther King, Jr

There are two ways to live your life: One is as though nothing is a miracle. The other is as though everything is a miracle. Albert Einstein 3b

God does not comfort us to make us comfortable, but to make us comforters. John Henry Jarrett

When we see God in each other, then we shall have peace. Mother Teresa

Wisdom is often nearer when we stoop than when we soar. William Wordsworth 3c

Compassion and nonviolence help us to see the opponent's point of view, to hear his questions, to know her assessment of ourselves. For from their view we may indeed see the basic weaknesses of our own condition, and if we are mature, we may learn and grow and profit from the wisdom of those who are called the opposition.

Martin Luther King, Jr. 3f

As you come to know the seriousness of our situation – war, racism, poverty – you come to realize it is not going to change just by words. It's a question of risking; of living your life in drastically different ways. Dorothy Day

Life shrinks or expands according to one's courage. Anais Nin 3e

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail from the safe harbor. Catch the wind in your sails. Explore. Dream. Discover. Mark Twain

Life loves to be taken by the lapel and be told: "I am with you, kid. Let's go!" Maya Angelou 3f

There is no greater illusion than fear, no greater misfortune than having an enemy.

Whoever can see through all fear will always be safe.... In leading, don't try to force issues or defeat enemies....

For every force there is a counterforce. Violence, even well-intentioned, always rebounds upon oneself. Lao Tsu (46, 30) 3g

Hope has two beautiful daughters. Their names are anger and courage; anger at the way things are, and courage to see that they do not remain the way they are. Augustine

There are two ways of spreading light, to be the candle, or the mirror that reflects it. Edith Wharton 3h

If we learn to open our hearts, anyone, including those who drive us crazy, can be our teacher. Pema Chodron

The one who angers you, conquers you. Sister Elizabeth Kenny

My life has been filled with terrible misfortunes, most of which never happened. Mark Twain 3i

A servant church has as its priority solidarity with the poor. Claudio Hummes

A nation's advance to civilization can be told by its treatment of the poor. Thomas Jefferson

If our goods are not available to the community they are stolen goods. Luther

I believe that as long as there is plenty, poverty is evil. Robert Kennedy
www.LutheranPeace.org 3j

Every day surmount one fear. MLK

All that irritates us about others can lead us to greater understanding about ourselves.

William James

Reject your sense of injury and the injury disappears. Aurelius

The best way out is always through.

Robert Frost

www.lutheranpeace.org 3k

Forgiveness simply means never putting another person out of our heart. Jack Kornfield

He who laughs, lasts. M.P.Poole

Alone we can do little, together we can do so much. Helen Keller

"I believe in solidarity, not charity. Galeano

Progress, not perfection. AA saying

www.lutheranpeace.org 3l

I became more courageous by doing the things I needed to be courageous for – first, a little, and badly. Then, bit by bit, more and better. **Audre Lorde**

Doing the best at this moment puts you in the best place for the next moment. **Oprah Winfrey**

You can spend your life any way you want, to but you can only spend it once. **Dwight Thompson**

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Sometimes, the only realists are the dreamers. **Paul Wellstone**

Every great dream begins with dreamers. Always remember, you have within you the strength, the patience, and the passion to reach for the stars. To change the world! **Harriet Tubman**

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The beginning of love for our brothers and sisters is learning to listen to them.

Dietrich Bonhoeffer

“Pardon me,” said the monkey as he placed the protesting fish on the branch of a tree.

“I am only saving you from drowning.”

as told by **Anthony de Mello**

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Nothing is too much trouble for love.

Desmond Tutu

Correct error and the path of error is the path of truth.

Reichenbach

Difficult times show how rich and beautiful life is, and that so many worries are of no importance whatever. **Isak Dinesen**

Fall seven times. Stand up eight. **Japanese proverb**

Nothing is more beautiful or powerful than a person acting from conscience, helping bring the collective conscience to life. **Norman Cousins**

To save one life, it is as if you had saved the world.
The Talmud

One's life has value so long as one attributes value to the life of others, by means of love, friendship, indignation, compassion. **Simone de Beauvoir**

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Security is mostly a superstition. Life is either a daring adventure, or it is nothing. **Helen Keller**

Life engenders life. It is by spending oneself that one becomes rich. **Sara Bernhardt**

What will you do with your one wild and precious life? **Mary Oliver**

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Fearful as reality is, it is less fearful than evasions of reality. **Caitlin Thomas**

Finding out the truth is not so hard. What is hard is not running away from the truth once one has found it. **Etienne Gilson**

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When I accept others as they are, they can change. When I accept myself as I am I can change. **Carl Rogers**

The most important trip you may take in life is meeting people half way. **Henry Boyle**

Others are not against you. They're merely for themselves.

Gene Fowler

Try to get even only with those who have shown kindness and generosity. **Anon.**

Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing. **Arundhati Roy**

Mankind can get out of violence only through nonviolence. Hatred can be overcome only by love. Counter-hatred only increases the surface as well as the depth of hatred. **Gandhi**

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If you ever think you're too small to be effective, you've never been in bed with a mosquito!

Wendy Lesko

The most common way people give up their power is by thinking they don't have any. **Alice Walker**

The beginning is always today **Mary Wollstonecraft**

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The best way to find yourself is to lose yourself in the service of others. **Gandhi**

Earthly possessions dazzle our eyes and delude us into thinking that they can provide security and freedom from anxiety. Yet all the time they are the very source of anxiety. **Dietrich Bonhoeffer**

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I had the blues because I had no shoes, until upon the street, I met a man who had no feet.

Dennis Waitely

The more we have the less we own.

Meister Eckhart

We are made loveless by our possessions.

Elizabeth of Thuringia

My dog and cat offer a great lesson: shed a lot. **Susan Scott**

Setting goals, making changes

This final set of cards is for choosing what areas might most benefit from our attention and effort to improve. It helps to choose small achievable next steps as well as bigger visions and goals. Most people find it works best to be encouraging and empathetic with ourselves, rather than demanding or blaming. The first cards offer familiar choices for growth. Use blank cards to pursue others.

goals,
next
steps.....

Listening, Empathizing...

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.....4b

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goals,
next
steps.....

Helping, Serving...

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goals,
next
steps.....

Advocating, Organizing...

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.....4d

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goals,
next
steps.....

Engaging Differences, Conflict...

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.....4e

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goals,
next
steps.....

Encouraging, Leading...

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goals,
next
steps.....

Nurturing, Recharging...

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goals,
next
steps.....

Simple living, Sustainability...

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.....4h

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goals,
next
steps.....

Patience, Persistence...

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goals,
next
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goals,
next
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goals,
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The truly happy are those who have found how to serve. **Albert Schweitzer**

You learn to speak by speaking, to run by running, to work by working, to love by loving. **St. Francis de Sales**

Service is rent, and the very purpose of life. **Marion Wright Edelman**

If there's a secret to working well with others, it is in nurturing our gifts of empathetic attention. We're not here to judge people; but to connect with, to encourage, to unlock, to empower. **Glen Gersmehl**

You cannot resist loving the person you have really come to understand. **Thich Nhat Hanh**

People need loving most when they deserve it least. **John Harrigan**

It is time for us to roll up our sleeves and put our true selves at the top of our commitment list. **Marion Wright Edelman** 4a

The most powerful agent of growth and transformation is something more basic than any technique: a change of heart. **John Wellwood**

Action: the antidote to fear or doubt **Joan Baez**

Trust others and they will be true to you. Treat them greatly and they will show themselves great. **Emerson**

Good leadership is less about doing great things than about **encouraging others** in their contributions and skills, gifts and confidence. It is more about **listening to** than directing others. A good leader nurtures a spirit of **cooperation**, of **working well together** to reach the group's highest aspirations. **Glen Gersmehl**

The best way out is always through. **Robert Frost**

The most important trip you may take in life is meeting people halfway. **Henry Boyle**

All that irritates us about others can lead us to greater understanding about ourselves. **William James**

Others are not against you. They are merely for themselves. **Gene Fowler**

To some degree it matters who's in office, but it matters more how much pressure they are under from the public. **Noam Chomsky**

Never doubt that a small group of committed people can change the world. Indeed it is the only thing that ever has. **Margaret Mead**

Educate, agitate, organize! **Susan B. Anthony**

Patience is the mark of true love. If you truly love someone, you will be more patient with them. **Thich Nhat Hanh**

Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work; you don't give up. **Anne Lamott**

Of all the liars, the worst are our fears. **Twain**

The best things in life aren't things. **Art Buchwald**

Teach us to delight in simple things. **Rudyard Kipling**

I have the greatest of all riches, that of not desiring them. **Eleanora Duse**

In a consumer society there are two kinds of slaves, the prisoners of addiction and the prisoners of envy. **Ivan Illich**

When you recover or discover something that nourishes your soul or brings joy, care about yourself enough to make room for it in your life. **Jean S. Bolen**

Keeping hearts happy is a lot like keeping bodies healthy. We need to feed our hearts well through reading, prayer, and meditation, and exercise them by loving. **Jan Nakken**

Your life may be the only Bible some people read. **Anon.**

Try to get even only with those who have shown kindness. **Anon.**

We need other human beings to be human....We can be human only together. **Desmond Tutu**

The first duty of love is to listen. **Paul Tillich**

No one is more cheated than the selfish person. **Henry Ward Beecher**

To the wise, every situation is an opportunity to break free. **Rumi**

Kindness accomplishes much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate. **Albert Schweitzer**

Compared to what we might be, we are half awake. **William James**

Be willing to be a beginner each morning. **Meister Eckhart.**

One of the great necessities in America is to discover creative solitude. **Carl Sandberg**

When you cease to make a contribution You begin to die. **Eleanor Roosevelt**