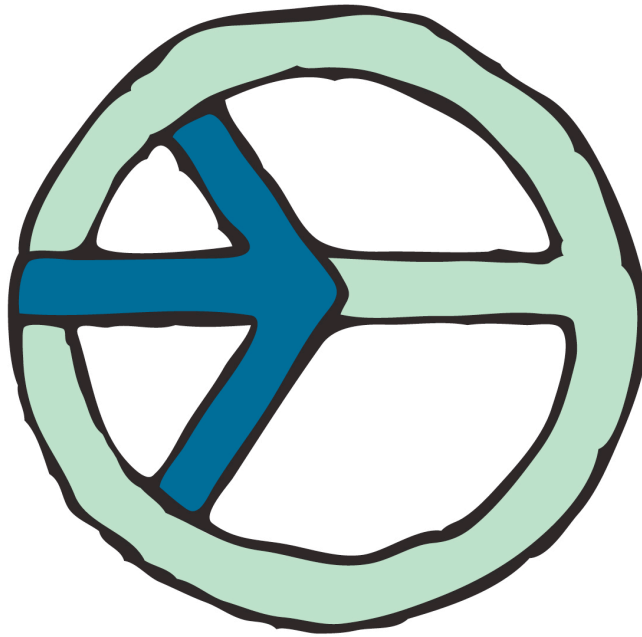


Peaceworks

Twelve Virtues of Peace
a curriculum for study in a circle of trust



Peter Goetz and Rev. Jennifer Brooks

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Peaceworks

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Forward

Peaceworks: Virtues of Peace

These materials are based on our experience that inner peace emerges from intentionality in the practice of virtues of peace. We find that intentional reflection on a particular virtue strengthens the ability to practice not only that virtue but others as well. These materials are the result.

This curriculum is intended for study in a “circle of trust” (a term we like that is used by the Quaker author and teacher Parker Palmer). Other terms for the format are “covenant group” and “small group ministry.” Each session plan includes ground rules of the “circle” format, but we suggest that first-time facilitators consult the useful guides available through the UU Small Group Ministry Network, <http://www.smallgroupministry.net>.

There is no magic formula in the 12 “virtues of peace” we include here. We’ve put our minds and hearts into identification and definition of virtues that, when practiced, bring us to a more peaceful place. We don’t offer a “cookbook” approach, or a “twelve-fold path” that must be pursued in a particular order. We’ve structured the sessions in a way that makes sense to us, but mostly with the idea that the human spirit needs a supportive setting to learn and grow. We think the small group format is ideally suited to allowing the emergence of each participant’s “inner teacher” (Parker Palmer again). The virtues themselves have been offered up by many great spiritual leaders and writers: Buddha, Jesus, Gandhi, the 14th Dalai Lama, Martin Luther King, David Hawkins, Parker Palmer, Thich Nhat Han, and others.

The descriptions we’ve chosen for this curriculum are an amalgam of the teachings of these spiritual leaders, presented in a way that speaks to both of us. In the course of preparing this curriculum, we’ve discovered the many ways in which we are alike and different. We’ve come to rely on our differences as a guide to the accessibility of the definitions and quotations used in this curriculum. If a statement was unclear to one of us, we revised it until it was clear to us both; if a quotation made sense to one of us but not the other, we worked to discern whether to use it in a different context, construct questions around it, or replace it entirely. We hope that our differences and our process have led to sessions that speak to a wide range of personalities and temperaments. So that we can continue to refine and improve this curriculum, please let us know questions or comments that arise in groups using it.

We come to this material with the conviction that people find inner peace as the result of spiritual development, which is nourished by a quiet, reflective setting where the inner teacher can speak. We believe in the power of small groups of people who listen attentively and with love. We imagine, with Teilhard de Chardin, that we are not human beings having a spiritual experience, but spiritual beings having a human experience. And if we’re wrong, it doesn’t matter, because the practice of peace is its own reward.

We invite each participant to seek peace and, every day, lead the way along the path.

Peter Goetz and Rev. Jennifer Brooks
Nantucket Island, Massachusetts

Oct. 28, 2010

Introductory Session – Twelve Virtues of Peace

Inner peace emerges from intentionality in the practice of virtues of peace.

Welcome

Opening Words—Parker Palmer:

"We share responsibility for creating the external world by projecting either a spirit of light or a spirit of shadow on that which is 'other' than us. Either a spirit of hope or a spirit of despair. Either an inner confidence in wholeness and integration, or an inner terror about life being diseased and ultimately terminal. We have a choice about what we are going to project, and in that choice we help create the world that is."

This session introduces the twelve virtues of peace included in this curriculum. We invite peacefulness to become what we project into the world. Each session that follows this introduction considers one of these twelve virtues.

Check-In. Each participant is given the opportunity to introduce him or herself and to tell the group briefly how they are doing. Each person is encouraged to speak, but has the option to pass. At this point we listen without comment upon what others say (there is opportunity for interchange during the follow-up discussion).

Moment of silence to clear our minds. Breathe...

Discussion. Twelve Virtues of Peace. Each of the sessions that follow this introductory session will center on only one of the 12 virtues of peace listed below. In this session, take some time to read the list. Recall an **experience** that taught you something about one of these virtues. Share your story when you are comfortable doing so.

Format: Each person tells a brief story without interruption or comment; it's OK to pass. There is a brief pause for silence between stories.

1. **Honesty:** Truthfulness, sincerity and self-knowledge. Communicating and acting authentically with oneself and others.
2. **Humility:** Freedom from false pride or arrogance. Having an awareness of one's own shortcomings and others' strengths.
3. **Gratitude:** Thankful appreciation for what one has received. Showing gratefulness and recognition to others.
4. **Understanding:** Knowledge, awareness, and intuition. The ability to comprehend one's own and other's feelings, attitudes, and point of view.
5. **Acceptance:** Acknowledgement of the truth regarding a situation or condition; appreciation and validation of one's own and others' human personalities (even traits we may wish to change); letting go of resistance and denial; absolute cooperation with the inevitable.
6. **Forgiveness:** A letting go or releasing of resentments. The willingness to move beyond past events, perhaps to reconcile and restore.
7. **Tolerance:** Open-mindedness to ideas, opinions and practices that differ from one's own; the absence of prejudice; a live-and-let-live attitude.
8. **Patience:** Calm endurance of hardship, pain or delay. Demonstrating perseverance, restraint and determination.
9. **Graciousness:** The attribute of being kind to all. Politeness, cordiality and good-natured disposition.
10. **Benevolence:** Friendliness, kindness, selflessness and the inclination to be generous. Having a love of humankind accompanied by a desire to encourage the happiness of others.
11. **Compassion:** A deep empathy that gives rise to an active desire to alleviate another's suffering.
12. **Integrity:** Moral consistency of actions, values and principles. Honesty in regard to the motivations of one's actions.

Follow-Up Discussion. What insights about your own life arise from the stories that others have told? Exchange thoughts and ideas, allowing each person to speak without interruption. Ground rules (from Parker J. Palmer, *A Hidden Wholeness*): "no fixing, no saving, no advising, no setting each other straight."

Check-Out. How do you feel? Use just a few words or phrases; don't explain.

Closing Words: Viola Jaynes—"Some might be tempted to call this journey of true self-discovery narcissistic. I cannot disagree more. It is the key to great thinkers and great human beings. It is a journey not filled with self

adulation but rather a deeper look into oneself; a look of honesty and true introspection. It is a journey of true humility."

Be nice, feel good...and go in peace.

Peaceworks Session 1 – Honesty

Truthfulness, sincerity and self-knowledge; communicating and acting authentically with oneself and others.

Welcome

Opening Words: St. Augustine—

“People travel to wonder at the heights of mountains, at the huge waves of the sea, at the vast compass of the ocean, at the circular motion of the stars; and then pass by themselves without wondering.”

*In this session we take time to wonder; to be open; to invite **honesty**.*

Check-In. Each participant is given the opportunity to introduce him or herself and to tell the group briefly how they are doing. Each person is encouraged to speak, but has the option to pass. At this point we listen without comment upon what others say (there is opportunity for interchange during the follow-up discussion).

Moment of silence to clear our minds. Breathe...

Discussion. In this session, the topic is **honesty**, one of the 12 virtues of peace covered in this curriculum. Take a few minutes to **read the quotations** below; they are about honesty in understanding ourselves. Identify one of your strengths (Palmer, quoted below, uses the term “gift”). Think of an **experience** when that strength (or gift) made a good moment possible. Then think about whether there is a negative aspect or “flip side” to your gift (for example, “I am a quick thinker, but sometimes I am so quick that I prevent others from sharing their perspectives”). When it’s time to speak, share your gift and “good moment” story (mentioning the “flip side” if you feel comfortable).

Format: Each person tells a brief story without interruption or comment; it’s OK to pass. There is a brief pause for silence between stories.

- “I ask people to help each other identify the gifts that they possess. I ask them to help each other see how limitations and liabilities are the flip side of our gifts, how a particular weakness is the inevitable trade-off for a particular strength.” —Parker Palmer
- “Honesty is the first chapter in the book of wisdom.” —Thomas Jefferson
- “Truth fears no questions.” —Unknown Author
- “Face your deficiencies and acknowledge them; but do not let them master you. Let them teach you.” —Helen Keller
- “Three things cannot long be hidden: the sun, the moon, and the truth.” —Confucius
- “Study the heart and the mind of [humankind], and begin with your own. Meditation and reflection must lay the foundation of that knowledge, but experience and practice must, and alone can, complete it.” —Lord Chesterfield
- “Knowing your own strength comes with the discovery of who you are. Truly knowing yourself gives you the perspective you need to learn from your mistakes as well as your successes. Being yourself allows you to grow and explore; through understanding yourself comes a greater understanding of the potential that lies within. I believe this kind of life lends itself to truer happiness and much greater satisfaction.” —Viola Jaynes

Follow-Up Discussion. What insights about your own life arise from the stories that others have told? Exchange thoughts and ideas, allowing each person to speak without interruption. Remember: *“no fixing, no saving, no advising, no setting each other straight.”*

Check-Out. How do you feel? Use just a few words or phrases; don’t explain.

Closing Words: Stephen Mitchell (adaptation of Psalm 1)—Blessed are the man and the woman who have grown beyond their greed and have put an end to their hatred and who no longer nourish illusions. They delight in the way things are and keep their hearts open, day and night. They are like trees planted near flowing rivers, which bear fruit when they are ready.

Be nice, feel good...and go in peace.

Peaceworks Session 2 – Humility

Freedom from false pride or arrogance. Having an awareness of one's own shortcomings and others' strengths.

Welcome

Opening Words: Ram Dass—

"In India when we meet and part we often say 'Namaste':
I honor the place in you where the entire universe resides,
I honor the place in you of love, of light, of truth, of peace."

*In this session we consider the importance of **honoring the wisdom of others**.*

Check-In. Each participant is given the opportunity to introduce him or herself and to tell the group briefly how they are doing. Each person is encouraged to speak, but has the option to pass. At this point we listen without comment upon what others say (there is opportunity for interchange during the follow-up discussion).

Moment of silence to clear our minds. Breathe...

Discussion. In this session, the topic is **humility**, one of the 12 virtues of peace covered in this curriculum. Take a few minutes to **read the quotations** below about humility, especially the form of humility that is the awareness of others' gifts. Marianne Williamson's quote suggests that "humility" is neither self-disparagement nor low self-esteem; our own strengths can complement those of other people. Do we give others "permission to shine"? Think about an **experience** that taught you something about humility, and share it when you are comfortable doing so.

Format: Each person tells a brief story without interruption or comment; it's OK to pass. There is a brief pause for silence between stories.

- "My deepest fear is not that I am inadequate. My deepest fear is that I am powerful beyond measure. It is my light, not my darkness that most frightens me. I ask myself, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who am I not to be? ... And as I let my own light shine, I unconsciously give other people permission to do the same." —Marianne Williamson
- "Without humility there can be no humanity." —John Buchan
- "A man wrapped up in himself makes a very small bundle." —Benjamin Franklin
- "Our best thoughts come from others." —Ralph Waldo Emerson
- "A man should never be ashamed to own that he has been in the wrong, which is but saying that he is wiser today than he was yesterday." —Alexander Pope
- "I think that there is a very close connection between humility and patience. [Humility has] a component or element of self-discipline and restraint. [B]eing forced to adopt a passive response out of a feeling of helplessness or incapacitation—that I wouldn't call genuine humility." —The Dalai Lama
- "Humility does not mean thinking less of yourself than of other people, nor does it mean having a low opinion of your own gifts. It means freedom from thinking about yourself at all." —William Temple
- "I long to accomplish a great and noble task; but my chief duty is to accomplish small tasks as if they were great and noble." —Helen Keller

Follow-Up Discussion. What insights about your own life arise from the stories that others have told? Exchange thoughts and ideas, allowing each person to speak without interruption. Remember: *"no fixing, no saving, no advising, no setting each other straight."*

Check-Out. How do you feel? Use just a few words or phrases; don't explain.

Closing Words: Thich Nhat Hanh—"Evoking the presence of the Great Compassion, let us fill our hearts with our own compassion—towards ourselves and towards all living beings. Let us pray that we ourselves cease to be the cause of suffering to each other. With humility, with awareness of the existence of life, and of the sufferings that are going on around us, let us practice the establishment of peace in our hearts and on earth."

Be nice, feel good...and go in peace.

Peaceworks: Session 3 – Gratitude

Thankful appreciation for what one has received. Showing gratefulness and recognition to others.

Welcome

Opening Words: The Dalai Lama—

“Today I am fortunate to be alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others; to achieve enlightenment for the benefit of all beings.”

*In this session we consider the ways in which **gratitude** contributes to a sense of peace and well-being.*

Check-In. Each participant is given the opportunity to introduce him or herself and to tell the group briefly how they are doing. Each person is encouraged to speak, but has the option to pass. At this point we listen without comment upon what others say (there is opportunity for interchange during the follow-up discussion).

Moment of silence to clear our minds. Breathe...

Discussion. In this session, the topic is **gratitude**, one of the 12 virtues of peace covered in this curriculum. Take a few minutes to **read the quotations**; they offer a range of perspectives on gratitude. Consider whether gratitude may be an aspect of “mindfulness,” the ability to be aware and in the present moment. Think of an **experience** when a feeling of gratitude helped create a sense of well-being. Share your story when you are comfortable doing so.

Format: Each person tells a brief story without interruption or comment; it’s OK to pass. There is a brief pause for silence between stories.

- “Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” — Melody Beattie
- “Can you see the holiness in those things you take for granted—a paved road or a washing machine? If you concentrate on finding what is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.” — Rabbi Harold Kushner
- “Gratitude is the memory of the heart.” —Jean Massieu
- “You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing, dancing and grace before I dip the pen in the ink.” —G.K. Chesterton
- “[Some people] have a wonderful capacity to appreciate again and again, freshly and naively, the basic goods of life, with awe, pleasure, wonder, and even ecstasy.” — A.H. Maslow
- “Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend... when we choose not to focus on what is missing from our lives but are grateful for the abundance that’s present — love, health, family, friends, work, the joys of nature and personal pursuits that bring us pleasure — the wasteland of illusion falls away and we experience Heaven on earth.” —Sarah Ban Breathnach
- “When eating bamboo sprouts, remember the man who planted them.” —Chinese Proverb

Follow-Up Discussion. What insights about your own life arise from the stories that others have told? Exchange thoughts and ideas, allowing each person to speak without interruption. Remember: *“no fixing, no saving, no advising, no setting each other straight.”*

Check-Out. How do you feel? Use just a few words or phrases; don’t explain.

Closing Words: Thich Nhat Hanh—“The Zen master Ling Chi said that the miracle is not to walk on burning charcoal or in the thin air or on the water; the miracle is just to walk on earth. You breathe in. You become aware of the fact you are alive. You are still alive and you are walking on this beautiful planet. . . The greatest of all miracles is to be alive.”

Be nice, feel good...and go in peace.

Peaceworks: Session 4 – Understanding

Knowledge, awareness, and intuition.

The ability to comprehend one's own and others' feelings, attitudes, and point of view.

Welcome

Opening Words: Sophia Lyon Fahs—

"We gather in reverence before the wonder of life, the wonder of this moment; the wonder of being together, so close yet so apart. Each hidden in our own secret chamber, each listening, each trying to speak, yet none fully understanding, none fully understood. We gather in reverence before all intangible things that eyes see not, nor ears can detect; that hands can never touch, that space cannot hold, and time cannot measure."

*In this session we consider the value of opening ourselves to **understanding**.*

Check-In. Each participant is given the opportunity to introduce him or herself and to tell the group briefly how they are doing. Each person is encouraged to speak, but has the option to pass. At this point we listen without comment upon what others say (there is opportunity for interchange during the follow-up discussion).

Moment of silence to clear our minds. Breathe...

Discussion. In this session, the topic is **understanding**, one of the 12 virtues of peace covered in this curriculum. How does understanding our own thoughts, feelings, and attitudes help us understand what others may be feeling? How does understanding what others are feeling contribute to our own inner peace? **Read the quotations**, and think of an **experience** that taught you something about understanding. Share your story when you are ready.

Format: Each person tells a brief story without interruption or comment; it's OK to pass. There is a brief pause for silence between stories.

- "The reality of the other person is not in what he reveals to you, but in what he cannot reveal to you. Therefore, if you would understand him, listen not to what he says but rather what he does not say." —Kahlil Gibran
- "Life is a series of lessons that must be lived to be understood." —Ralph Waldo Emerson
- "Anger and intolerance are the enemies of correct understanding." —Mohandas Gandhi
- "Everything that irritates us about others can lead us to an understanding of ourselves." —Carl Jung
- "Any fool can criticize, condemn, and complain, but it takes character and self-control to be understanding and forgiving." —Dale Carnegie
- "The heart has reasons that reason cannot understand." —Blaise Pascal
- "Only the development of compassion and understanding for others can bring us the tranquility and happiness we all seek." —Dalai Lama
- "Beginning today, treat everyone you meet as if they were going to be dead by midnight. Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again." —Og Mandino

Follow-Up Discussion. What insights about your own life arise from the stories that others have told? Exchange thoughts and ideas, allowing each person to speak without interruption. Remember: *"no fixing, no saving, no advising, no setting each other straight."*

Check-Out. How do you feel? Use just a few words or phrases; don't explain.

Closing Words: Leonard Mason— "We affirm the unfailing renewal of life. Rising from the earth, and reaching for the sun, all living creatures shall fulfill themselves. We affirm the steady growth of human companionship. Rising from ancient cradles and reaching for the stars, people the world over shall seek the ways of understanding."

Be nice, feel good...and go in peace.

Peaceworks: Session 5 – Acceptance

Acknowledgement of the truth regarding a situation or condition; appreciation and validation of one's own and others' human personalities (even traits we may wish to change); letting go of resistance and denial; absolute cooperation with the inevitable.

Welcome

Opening Words: Gunilla Norris and William James— “Being human and ordinary, we will often fail to love the whole, the dark, and the difficult parts. We will always try to avoid something.” (Norris) “Acceptance of what has happened is the first step to overcoming the consequences of any misfortune.” (James)

*In this session we consider the ways in which **acceptance** can liberate us from the trap of assuming we can control every situation we encounter. This liberation opens the heart to peace.*

Check-In. Each participant is given the opportunity to introduce him or herself and to tell the group briefly how they are doing. Each person is encouraged to speak, but has the option to pass. At this point we listen without comment upon what others say (there is opportunity for interchange during the follow-up discussion).

Moment of silence to clear our minds. Breathe...

Discussion. In this session, the topic is **acceptance**, one of 12 virtues of peace covered in this curriculum. Take a few minutes to **read the quotations** below. How does acknowledging the facts of a situation free up energy otherwise wasted on denial and control? Think of an **experience** when your attitude changed from denial to acceptance, and recall how it felt. Share your story when you are comfortable doing so.

Format: Each person tells a brief story without interruption or comment; it's OK to pass. There is a brief pause for silence between stories.

- “We must have strong minds, ready to accept facts as they are.” —Harry S. Truman
- “[I have supplied the best men with the best equipment that we have, and given them what seems to be the wisest mission. That is all I can do. If a ship has been sunk, I can't bring it up. If it is going to be sunk, I can't stop it. I can use my time much better working on tomorrow's problem than by fretting about yesterday's. Besides, if I let those things get me, I wouldn't last long.” —Admiral Ernest J. King]
- “We [must accept that] we are the source of our own experience of life. The person who has reached this level of awareness has taken back the power over their own life and realizes that no matter where they are put, they are going to somehow make do. If they were put on a desert island, a year later, they would have built a tree house and would be carving coconuts.” —David Hawkins
- “Acceptance is not submission; it is acknowledgement of the facts of a situation. Then decide what you're going to do about it.” —Kathleen Casey Theisen
- “Accept whatever comes; the only important thing is that you meet it with courage and with the best that you have to give. —Eleanor Roosevelt
- “Enlightenment is nothing more than the complete absence of resistance to what is, an absolute cooperation with the inevitable.” —Adyashanti
- “The self is not set apart or special or superior but a common mix of good and evil, darkness and light; a place where we can finally embrace the humanity we share with others. When I ignored my own truth on behalf of a distorted ego and ethic, I caused others pain.” —Parker Palmer
- “Love yourself as you are, and change, if it is at all possible, will take place by itself when and if it wants. Leave yourselves alone. The only growth-promoting change is that which comes from self-acceptance.” —Anthony deMello
- “Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” —Reinhold Niebuhr (adapted)

Follow-Up Discussion. What insights about your own life arise from the stories that others have told? Exchange thoughts and ideas, allowing each person to speak without interruption. Remember: “no fixing, no saving, no advising, no setting each other straight.”

Check-Out. How do you feel? Use just a few words or phrases; don't explain.

Closing Words: Jocelyn Soriano—“To accept what has been, what is, and what will be; to be able to stand immovable and unshakable as a mighty rock that does not complain nor wince out loud; to be able to accept everything and still stand, is to truly possess great power.”

Be nice, feel good...and go in peace.

Peaceworks: Session 6 – Forgiveness

A letting go or releasing of resentments. The willingness to move beyond past events, perhaps to reconcile and restore.

Welcome

Opening Words: Leonard Cohen—

“Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in.”

*In this session we consider how a **willingness to forgive** is a gift to the forgiver, and a step toward inner peace.*

Check-In. Each participant is given the opportunity to introduce him or herself and to tell the group briefly how they are doing. Each person is encouraged to speak, but has the option to pass. At this point we listen without comment upon what others say (there is opportunity for interchange during the follow-up discussion).

Moment of silence to clear our minds. Breathe...

Discussion. In this session, the topic is **forgiveness**, one of 12 virtues of peace covered in this curriculum. Take a minute to **read the quotations** and think about your own experience of forgiving or being forgiven. Perhaps forgiveness has relatively little to do with the transgressor who is forgiven but much to do with release of the one who forgives. What does it feel like to let go of resentment, bitterness, anger? Share a personal story when you are comfortable doing so. Format: Each person tells a brief story without interruption or comment; it's OK to pass. There is a brief pause for silence between stories.

- “When you hold resentment toward another, you are bound to that person or condition by an emotional link that is stronger than steel. Forgiveness is the only way to dissolve that link and get free.” —Catherine Ponder
- “Sincere forgiveness isn't colored with expectations that the other person apologize or change. Don't worry whether or not they finally understand you. Love them and release them. Life feeds back truth to people in its own way and time.” —Sara Paddison
- “Forgiveness does not change the past, but it does enlarge the future.” —Paul Boese
- “You will know that forgiveness has begun when you recall those who hurt you and feel the power to wish them well.” —Lewis B. Smedes
- “When we forgive evil we do not excuse it, we do not tolerate it, we do not smother it. We look the evil full in the face, call it what it is, let its horror shock and stun and enrage us, and only then do we forgive it. ...Forgiving is love's toughest work, and love's biggest risk. If you twist it into something it was never meant to be, it can make you a doormat or an insufferable manipulator. Forgiving seems almost unnatural. Our sense of fairness tells us people should pay for the wrong they do. But forgiving is love's power to break nature's rule.” —Lewis B. Smedes
- “The weak can never forgive. Forgiveness is the attribute of the strong.” —Mohandas Gandhi
- “To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.” —Robert Muller
- “True forgiveness is not an action after the fact; it is an attitude with which you enter each moment.” —David Ridge
- “Forgiveness is not an occasional act: it is an attitude.” —Martin Luther King, Jr.
- “Always forgive your enemies; nothing annoys them so much.” —Oscar Wilde

Follow-Up Discussion. What insights about your own life arise from the stories that others have told? Exchange thoughts and ideas, allowing each person to speak without interruption. Remember: *“no fixing, no saving, no advising, no setting each other straight.”*

Check-Out. How do you feel? Use just a few words or phrases; don't explain.

Closing Words: Ken Keyes and Marianne Williamson—“A loving person lives in a loving world; a hostile person lives in a hostile world. Everyone you meet is your mirror.” (Keyes) “The practice of forgiveness is our most important contribution to the healing of the world.” (Williamson)

Be nice, feel good...and go in peace.

Peaceworks: Session 7 – Tolerance

*Open-mindedness to ideas, opinions and practices that differ from one's own;
the absence of prejudice; a live-and-let-live attitude.*

Welcome

Opening Words: Jalal ad-Din Rumi (13th century Sufi poet)—“Out beyond ideas of wrongdoing and rightdoing, there is a field. I will meet you there. When the soul lies down in that grass, the world is too full to talk about. Language, ideas, even the phrase *each other* doesn't make any sense.”

*In this session we consider the importance of **tolerance** in the development of inner peace.*

Check-In. Each participant is given the opportunity to introduce him or herself and to tell the group briefly how they are doing. Each person is encouraged to speak, but has the option to pass. At this point we listen without comment upon what others say (there is opportunity for interchange during the follow-up discussion).

Moment of silence to clear our minds. Breathe...

Discussion. In this session, the topic is **tolerance**, one of 12 virtues of peace covered in this curriculum. What does tolerance ask of us? What does tolerance do for us? Take a few minutes to **read the quotations** below, and think of an **experience** you've had with tolerance (being tolerant or having another person be tolerant of you). Share your story when you are comfortable doing so.

Format: Each person tells a brief story without interruption or comment; it's OK to pass. There is a brief pause for silence between stories.

- “Think for yourself and let others enjoy the privilege to do so too.” —Voltaire
- “How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong. Because someday in life, you will have been all of these.” —George Washington Carver
- “We need to promote greater tolerance and understanding among the peoples of the world. Nothing can be more dangerous to our efforts to build peace and development than a world divided along religious, ethnic or cultural lines. In each nation, and among all nations, we must work to promote unity based on our shared humanity. We may have different religions, different languages, different colored skin, but we all belong to one human race.” —Kofi Annan
- “The nobler sort of man emphasizes the good qualities in others, and does not accentuate the bad. The inferior does the reverse.” —Confucius
- “The test of courage comes when we are in the minority. The test of tolerance comes when we are in the majority.” —Ralph W. Sockman
- “In the practice of tolerance, one's enemy is the best teacher.” —Dalai Lama
- “Engagement is the model, I think: taking each other seriously ...we need to respond to each other in a way that goes far beyond the infamous "I'm OK, you're OK." —Parker Palmer
- “Human beings seldom step outside of themselves to really grasp the needs and fears of others. We often project our own thoughts and beliefs upon strangers, and make judgments based upon how we think they 'should' be living their lives. If only we could experience a few moments inside the feelings of another person, the world would be a much more compassionate and benevolent place.” —Chelle Thompson

Follow-Up Discussion. What insights about your own life arise from the stories that others have told? Exchange thoughts and ideas, allowing each person to speak without interruption. Remember: *“no fixing, no saving, no advising, no setting each other straight.”*

Check-Out. How do you feel? Use just a few words or phrases; don't explain.

Closing Words: Helen Keller—“Toleration is the greatest gift of the mind; it requires the same effort of the brain that it takes to balance oneself on a bicycle.”

Be nice, feel good...and go in peace.

Peaceworks: Session 8 – Patience

Calm endurance of hardship, pain or delay. Demonstrating perseverance, restraint, and determination.

Welcome

Opening Words: Kahlil Gibran (20th century Lebanese-American poet)—“The chemist who can extract from his heart's elements compassion, respect, longing, patience, regret, surprise, and forgiveness, and compound them into one, can create that atom which is called love.”

*In this session we consider the importance of **patience** in the development of inner peace.*

Check-In. Each participant is given the opportunity to introduce him or herself and to tell the group briefly how they are doing. Each person is encouraged to speak, but has the option to pass. At this point we listen without comment upon what others say (there is opportunity for interchange during the follow-up discussion).

Moment of silence to clear our minds. Breathe...

Discussion. In this session, the topic is **patience**, one of 12 virtues of peace covered in this curriculum. Take a few minutes to **read the quotations** below. Think of your own **experience** with patience. When is patience called for? Why would cultivating patience help us live happier, more peaceful lives? How could patience possibly be, as artiste Auguste Rodin suggests, “a form of action”? Share a personal story when you are comfortable doing so.

Format: Each person tells a brief story without interruption or comment; it's OK to pass. There is a brief pause for silence between stories.

- “Consider the hour-glass; there is nothing to be accomplished by rattling or shaking; you have to wait patiently until the sand, grain by grain, has run from one funnel into the other.” —John Christian Morgenstern
- “Adopt the pace of nature: her secret is patience.” —Ralph Waldo Emerson
- “If you are patient in one moment of anger, you will escape a hundred days of sorrow.” —Chinese Proverb
- “The more patient we are, the more understanding we become.” —William Arthur Ward
- “For the friendship of two, the patience of one is required.” —Indian Proverb
- “Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.” —John Quincy Adams
- “You are educated when you have the ability to listen to almost anything without losing your temper or self-confidence.” —Robert Frost
- “Patience serves as a protection against wrongs as clothes do against cold. For if you put on more clothes as the cold increases, it will have no power to hurt you. So in like manner you must grow in patience when you meet with great wrongs, and they will then be powerless to vex your mind.”—Leonardo da Vinci
- “We cannot learn real patience and tolerance from a guru or a friend. They can be practiced only when we come in contact with someone who creates unpleasant experiences.” —Dalai Lama
- “Patience is also a form of action.” —Auguste Rodin

Follow-Up Discussion. What insights about your own life arise from the stories that others have told? Exchange thoughts and ideas, allowing each person to speak without interruption. Remember: *“no fixing, no saving, no advising, no setting each other straight.”*

Check-Out. How do you feel? Use just a few words or phrases; don't explain.

Closing Words: St. Francis de Sales—“Have patience with all things, but chiefly have patience with yourself. Do not lose courage in considering your own imperfections, but instantly set about remedying them; every day begin the task anew.”

Be nice, feel good...and go in peace.

Peaceworks: Session 9 – Graciousness

The attribute of being kind to all. Politeness, cordiality, and a good-natured disposition.

Welcome

Opening Words: Sara York—

“We receive fragments of holiness, glimpses of eternity, brief moments of insight. Let us gather them up for the precious gifts that they are and, renewed by their grace, move boldly into the unknown.”

*In this session we consider the importance of **graciousness** in the development of inner peace.*

Check-In. Each participant is given the opportunity to introduce him or herself and to tell the group briefly how they are doing. Each person is encouraged to speak, but has the option to pass. At this point we listen without comment upon what others say (there is opportunity for interchange during the follow-up discussion).

Moment of silence to clear our minds. Breathe...

Discussion. In this session, the topic is **graciousness**, one of 12 virtues of peace covered in this curriculum. Take a few minutes to **read the quotations** below. In your own **experience**, what does it mean to be “gracious”? How does graciousness connect to serenity and peacefulness? What is the greatest obstacle to being gracious? Share a personal story when you are comfortable doing so.

Format: Each person tells a brief story without interruption or comment; it’s OK to pass. There is a brief pause for silence between stories.

- “To be gracious and courteous to strangers is to be a citizen of the world, with a heart that is no island cut off from other lands, but a continent that joins to them.” —Francis Bacon (slightly adapted)
- “Politeness is to human nature what warmth is to wax.” Arthur Schopenhauer
- “Never look down on anybody unless you're helping him up.” Jesse Jackson
- “The best way to knock the chip off your neighbor's shoulder is to pat him on the back.” Unknown Author
- “Life is short but there is always time for courtesy.” Ralph Waldo Emerson
- “The only people with whom you should try to get even are those who have helped you.” John E. Southard
- “To those who see with loving eyes, life is beautiful. To those who speak with tender voices, life is peaceful. To those who help with gentle hands, life is full. And to those who care with compassionate hearts, life is good beyond all measure.” —Unknown Author

Follow-Up Discussion. What insights about your own life arise from the stories that others have told? Exchange thoughts and ideas, allowing each person to speak without interruption. Remember: *“no fixing, no saving, no advising, no setting each other straight.”*

Check-Out. How do you feel? Use just a few words or phrases; don’t explain.

Closing Words: Thich Nhat Hanh—

“Each moment is a chance for us to make peace with the world, to make peace possible for the world, to make happiness possible for the world. ... Every thought you produce, anything you say, any action you do, it bears your signature.”

Be nice, feel good...and go in peace.

Peaceworks: Session 10 – Benevolence

Friendliness, kindness, selflessness and the inclination to be generous. Having a love of humankind accompanied by a desire to encourage the happiness of others.

Welcome

Opening Words: Jocelyn Soriano—

“Benevolence is silent good will. It is like the sun shining on hard ground, softening the earth, melting the ice, but with no design or intention to heal. It is the state of naturalness which is why it works, because the ground feels no debt to the sun.”

*In this session we consider the importance of **benevolence** in the development of inner peace.*

Check-In. Each participant is given the opportunity to introduce him or herself and to tell the group briefly how they are doing. Each person is encouraged to speak, but has the option to pass. At this point we listen without comment upon what others say (there is opportunity for interchange during the follow-up discussion).

Moment of silence to clear our minds. Breathe...

Discussion. In this session, the topic is **benevolence**, one of 12 virtues of peace covered in this curriculum. Benevolence is often thought of as generosity, but the word has a broader meaning that also includes kindness, selflessness, and a desire to further the happiness of others (live Scrooge at the end of *A Christmas Carol*). What is the merit of benevolence in its broadest sense? How might this sort of benevolence nurture inner peace? Take a few minutes to **read the quotations** below, and think of an **experience** of being benevolent or having someone be benevolent toward you. When you are ready, share your story.

Format: Each person tells a brief story without interruption or comment; it's OK to pass. There is a brief pause for silence between stories.

- “When I was young, I admired clever people. Now that I am old, I admire kind people.” —Abraham Joshua Heschel
- “Kindness is more than deeds. It is an attitude, an expression, a look, a touch. It is anything that lifts another person.” —C. Neil Strait
- “Remember that if the opportunities for great deeds should never come, the opportunities for good deeds are renewed day by day. The thing for us to long for is the goodness, not the glory.” F.W. Faber
- “A gift is pure when it is given from the heart to the right person at the right time and at the right place, and when we expect nothing in return.” —Bhagavad-Gita
- “We are formed and molded by our thoughts. Those whose minds are shaped by selfless thoughts give joy when they speak or act. Joy follows them like a shadow that never leaves them.” —Buddha
- “A candle loses nothing of its light by lighting another candle.” —Father James Kelly
- “Only those who have learned the power of sincere and selfless contribution experience life's deepest joy: true fulfillment.” —Anthony Robbins
- The true meaning of life is to plant trees, under whose shade you do not expect to sit.” —Nelson Henderson
- “In about the same degree as you are helpful, you will be happy.” —Karl Reiland

Follow-Up Discussion. What insights about your own life arise from the stories that others have told? Exchange thoughts and ideas, allowing each person to speak without interruption. Remember: *“no fixing, no saving, no advising, no setting each other straight.”*

Check-Out. How do you feel? Use just a few words or phrases; don't explain.

Closing Words: Ralph Waldo Emerson—

“We have a great deal more kindness than is ever spoken. The whole human family is bathed with an element of love like a fine ether. How many persons we meet in houses, whom we scarcely speak to, whom yet we honor and who honor us! How many we see in the street, or sit with in church, whom though silently, we warmly rejoice to be with! Read the language of these wandering eye-beams. The heart knoweth.”

Be nice, feel good...and go in peace.

Peaceworks: Session 11 – Compassion

A deep empathy that gives rise to an active desire to alleviate another's suffering.

Welcome

Opening Words: Thich Nhat Hanh—

“Understanding and Love are not two separate things, but just one. To develop understanding, you have to practice looking at all living beings with the eyes of compassion. When you understand, you cannot help but love. And when you love, you naturally act in a way that can relieve the suffering of people.”

*In this session we consider the importance of **compassion** in the development of inner peace.*

Check-In. Each participant is given the opportunity to introduce him or herself and to tell the group briefly how they are doing. Each person is encouraged to speak, but has the option to pass. At this point we listen without comment upon what others say (there is opportunity for interchange during the follow-up discussion).

Moment of silence to clear our minds. Breathe...

Discussion. In this session, the topic is **compassion**, one of 12 virtues of peace covered in this curriculum. Take a few minutes to **read the quotations** below. Compassion isn't easy to define, but it seems to involve a gut-level empathy. It's more than pity, which can imply condescension or a patronizing attitude. Compassion involves a sense of equality and connectedness: this person's pain is my pain. How might compassion be an important step on the path to inner peace? Think of a personal **experience** with compassion, and share your story when you are ready.

Format: Each person tells a brief story without interruption or comment; it's OK to pass. There is a brief pause for silence between stories.

- “Compassion is the ultimate and most meaningful embodiment of emotional maturity. It is through compassion that a person achieves the highest peak and deepest reach in his or her search for self-fulfillment.” —Arthur Jersild
- “Not one of God's children can be evil. At worst, he or she is hurt. At worst, he or she attacks others, and blames them for their pain. But, they are not evil. Yes, your compassion must go this deep. There is no human being who does not deserve your forgiveness. There is no human being who does not deserve your love.” —Paul Ferrini
- “To care for anyone else enough to make their problems one's own is the beginning of real ethical development.” —Felix Adler
- “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” —Dalai Lama
- The whole idea of compassion is based on a keen awareness of the interdependence of all living beings, which are all part of one another, and all involved in one another.” —Thomas Merton
- “Rest assured that, generally speaking, others are acting in exactly the same manner that you would under exactly the same circumstances. Hence, be kind, understanding, empathetic, compassionate, and loving.” —Gary W. Fenchuk
- “I would like my life to be a statement of love and compassion—and where it isn't, that's where my work lies.” —Ram Dass
- “If your compassion does not include yourself, it is incomplete.” —Jack Kornfield

Follow-Up Discussion. What insights about your own life arise from the stories that others have told? Exchange thoughts and ideas, allowing each person to speak without interruption. Remember: *“no fixing, no saving, no advising, no setting each other straight.”*

Check-Out. How do you feel? Use just a few words or phrases; don't explain.

Closing Words: Mark Belletini—

Live simply, gently, at home in yourselves. Act justly. Speak justly. Remember the depth of your own compassion. Forget not your power in the days of your powerlessness. Crave peace for all people in the world, beginning with yourselves, and go with the dream of that peace alive in your heart.

Be nice, feel good...and go in peace.

Peaceworks: Session 12 – Integrity

Moral consistency of actions, values and principles. Honesty in regard to the motivations of one's actions.

Welcome

Opening Words: Walter Royal Jones, Jr.—

“Mindful of truth ever exceeding our knowledge and community ever exceeding our practice, reverently we covenant together, beginning with ourselves as we are, to share the strength of integrity and the heritage of the spirit in the unending quest for wisdom and love.”

*In this session we consider the importance of **integrity** in the development of inner peace.*

Check-In. Each participant is given the opportunity to introduce him or herself and to tell the group briefly how they are doing. Each person is encouraged to speak, but has the option to pass. At this point we listen without comment upon what others say (there is opportunity for interchange during the follow-up discussion).

Moment of silence to clear our minds. Breathe...

Discussion. In this session, the topic is **integrity**, one of 12 virtues of peace covered in this curriculum. Integrity may be the culmination of the other virtues, because someone with integrity (in the spiritual sense) is practicing all the virtues of peace. Take a few minutes to **read the quotations** below. Integrity is a “walk the walk, don’t just talk the talk” sort of a virtue. Someone with integrity acts in a way that’s consistent with his or her asserted values. So...what is the relationship between integrity and the experience of inner peace? Think about your experience with integrity, and share your story when you are comfortable doing so.

Format: Each person tells a brief story without interruption or comment; it’s OK to pass. There is a brief pause for silence between stories.

- “You can easily judge the character of others by how they treat those who can do nothing for them or to them.” —Malcolm Forbes
- “The first virtue of all really great men is that they are sincere. They eradicate hypocrisy from their hearts.” —Anatole France
- “Integrity is doing the right thing, even if nobody is watching.” —Unknown Author
- “Principle—particularly moral principle—can never be a weathervane, spinning around this way and that with the shifting winds of expediency. Moral principle is a compass forever fixed and forever true.” —Edward R. Lyman
- “The time is always right to do what is right.” —Martin Luther King, Jr.
- “If you have integrity, nothing else matters. If you don't have integrity, nothing else matters.” —Alan Simpson
- “Live so that your friends can defend you but never have to.” —Arnold H. Glasow
- “In battle, in the forest, at the precipice in the mountains, on the dark great sea, in the midst of javelins and arrows; in sleep, in confusion, in the depths of shame; the good deeds a man has done before defend him.” —Bhagavad-Gita
- “My goal in life is to be as good a person as my dog already thinks I am.” —Unknown Author

Follow-Up Discussion. What insights about your own life arise from the stories that others have told? Exchange thoughts and ideas, allowing each person to speak without interruption. Remember: *“no fixing, no saving, no advising, no setting each other straight.”*

Check-Out. How do you feel? Use just a few words or phrases; don’t explain.

Closing Words: Chief Noah Seattle—

“We did not weave the web of life; We are merely a strand in it. Whatever we do to the web, we do to ourselves.”

Be nice, feel good...and go in peace.

Glossary of Quotation Sources

We offer this glossary to provide some background on the people we have quoted in preparing this curriculum. If possible, we have used information taken from websites of the individuals, or from their books or biographies. In other cases, we are grateful to Wikipedia for the information provided. In some cases we have not been able to locate information about the person quoted, and would like to know more.

John Quincy Adams (1767 – 1848) was the sixth President of the United States (1825-1829). He served in both the Senate and House of Representatives. As Secretary of State, he helped develop the Monroe Doctrine. The son of Abigail Adams and President John Adams, the "Quincy" in his name honored Abigail's maternal grandfather, Colonel John Quincy of Quincy, Massachusetts.

Felix Adler (1851–1933) was a Jewish intellectual leader and social reformer who founded the Ethical Culture movement. He is thought to have influenced modern humanistic Judaism.

Adyashanti (from the Sanskrit for "primordial peace") is a spiritual teacher from the San Francisco Bay area who teaches in the United States and abroad. He is the author of several books, CDs and DVDs and is the founder of *Open Gate Sangha, Inc.* a nonprofit organization that makes his teachings available.

Kofi Annan- Kofi Atta Annan (1938–) was the seventh UN Secretary-General (1997–2006). A citizen of Ghana, Annan and the United Nations were the co-recipients of the 2001 Nobel Peace Prize for establishing the Global AIDS and Health Fund to provide support for medical care in developing countries.

Saint Augustine (Augustine of Hippo) (354– 430) was the Bishop of Hippo (today called Annaba, Algeria). A philosopher and theologian who was later canonized as a saint, he was influential in the development of western Christianity.

Francis Bacon (1561–1626), the first Viscount Saint Alban, was a true "Renaissance man." A philosopher, scientist, statesman, judge, and author, he served both as Attorney General and Lord Chancellor of England. He is perhaps best remembered as an advocate and practitioner of the scientific method.

Melody Beattie (1948–), is the author of the 1987 book *Codependent No More*, published by the Hazelden Foundation. It became a phenomenal best-seller in the self-help movement and introduced the word "codependent" into popular parlance. Beattie had a difficult childhood, marred by abuse; she was able to surmount the pain and discover a vibrant inner peace.

Mark Belletini is a Unitarian Universalist minister ordained in 1979. He serves the First UU Church in Columbus Ohio.

Paul Boese was a Dutch botanist and researcher.

John Buchan, 1st Baron Tweedsmuir (1875 – 1940) was a Scottish novelist and politician. He was the 15 Governor-General of Canada.

The **Bhagavad-Gita** is an ancient Hindu scripture in the Vedic tradition, originally written in Sanskrit. An important text in world history and philosophy, the Gita is made up of 700 verses divided into 18 chapters that explore the idea of "ultimate truth." Dating the Gita is difficult; estimates are that it was written between 500-200 BCE.

Sarah Ban Breathnach developed a philosophy she calls "Simple Abundance" while healing from a debilitating head injury. She is the author of *Mrs. Sharp's Traditions: Nostalgic Suggestions for Re-creating the Family Celebrations* and *Seasonal Pastimes of the Victorian Home* (published in paperback as *Victorian Family Celebrations*) and *The Victorian Nursery Companion*. She has written a nationally syndicated column as a member of *The Washington Post Writers Group*, and her feature articles have been syndicated by *The Los Angeles Times Syndicate*. She also lectures and leads Simple Abundance workshops across the country.

Buddha means “awakened one.” It is the name given to Siddharta Gotama, who during the sixth century BC was heir-apparent to the Sakyan royal family in Southern Nepal. He became disillusioned with wealth and became an ascetic wanderer. After following this path of self-denial for some time, he turned to meditation on his own experience, and while meditating reached a state of enlightenment that enabled him to comprehend the true nature of life. For more, go to <http://www.londonbuddhistvihara.org/pubwol.htm>.

Dale Carnegie (1888–1955) was an American author and lecturer who developed courses in self-improvement, salesmanship, public speaking, and interpersonal skills. Born in poverty on a farm in Missouri, he is perhaps best-known for his 1936 book *How to Win Friends and Influence People*. A best-seller that remains popular today, the book was a leader in the self-help movement. He also wrote *How to Stop Worrying and Start Living*; a biography of Lincoln; and several other books.

George Washington Carver (1864–1943), was an American scientist and inventor. Much of Carver's fame is based on his research into peanuts and sweet potatoes. He wanted poor farmers to grow alternative crops both as a source of their own food and as a source of other products to improve their quality of life.

Teilhard de Chardin (1881-1955) was a French philosopher and Jesuit priest. He was also an active paleontologist who took part in the discovery of the Piltdown Man and Peking Man. His quote, “We are not human beings having a spiritual experience, but spiritual beings having a human experience,” is from his primary work in philosophy, *The Phenomenon of Man* (1955). He wrote the book during the 1930s but it was not published until after his death. He posited the existence of a collective human consciousness, and thought that human spiritual development follows universal laws like those governing the physical universe.

Lord Chesterfield (1694 – 1793), the fourth Earl of Chesterfield, Philip Dormer Stanhope, wrote a series of letters to his son Philip. Although the advice he offers in these missives is dated and a product of his times, the letters are a well-regarded part of the moralist tradition of authorship.

Gilbert Keith Chesterton (1874 – 1936) was an English writer who is best known today for his detective fiction (the “Father Brown” stories) and his Christian moralism. He also wrote philosophy, poetry, plays, journalism, literary and art criticism, and biography. He was a noted lecturer and debater.

Leonard Cohen, (1934 –) is a Canadian singer-songwriter, musician, poet and novelist.

Confucius (551 – 479 BCE) was a Chinese philosopher who advocated individual and governmental morality, justice, sincerity, and correctness in personal relationships, including respect for parents. An early version of the “golden rule” is attributed to Confucius, expressed as "Do not do to others what you do not want done to yourself." There are no surviving texts that are certain to have been written by Confucius; the source for most of his sayings is a manuscript, *The Analects of Confucius*, most likely compiled by his students 30-50 years after his death.

The 14th **Dalai Lama**, Tenzen Gyatzo (1935–), is leader of the Gelug or "Yellow Hat" branch of Tibetan Buddhism. When he was two years old, and known as Lhamo Dhondup, he was recognized as the reincarnation of the 13th Dalai Lama. He began his monastic education at the age of six. In 1959, following the brutal suppression of Tibetan resistance to Chinese occupation of Tibet, the 23-year-old leader fled to exile in Dharamsala in northern India. Over the years he has worked tirelessly and peacefully for the liberation of Tibet, and in 1989 was awarded the Nobel Peace Prize for his non-violent efforts. His Holiness is the author of 72 books, and is widely honored as a teacher of compassion, interfaith cooperation, and peace.

Ram Dass (1931–) also known as "**Baba Ram Dass**" (born **Richard Alpert**), is an American contemporary spiritual teacher and author of the 1971 book *Be Here Now*. He is known for his personal and professional associations with Timothy Leary at Harvard University and the Hindu guru Neem Karoli Baba. He is founder of the charitable organizations Seva Foundation and Hanuman Foundation.

Ralph Waldo Emerson (1803 – 1882) was an American lecturer, essayist, and poet. A leader in the American Transcendentalist movement of the mid-19th century, he was a Unitarian minister who left the

ministry to pursue a successful career as a lecturer and author. One of his most well-known essays is "Self-Reliance," which is an iconic expression of American individualism.

Frederick William Faber (1814–1863), was a British hymn-writer and theologian. He was born in Calverley, Yorkshire, where his grandfather, Thomas Faber, was vicar.

Sophia Lyon Fahs (1876 – 1978) was a Unitarian religious educator and author. The child of Presbyterian missionaries, she was educated at Columbia Teacher's College. Though raised as a traditional Christian, she began exploring other sources of insight into life's meaning and purpose. Applying her research to the religious education of young children, she advocated delaying introduction of received concepts of God until children had the opportunity to begin developing their own. In 1937 she became Editor of Children's Materials for the American Unitarian Association, where she developed fully the idea of an experiential, child-centered religious education curriculum that embraced scientific knowledge along with a range of religious theologies. Much of her work is summed up in her 1965 book, *Worshipping Together with Questioning Minds*.

Gary W. Fenchuk (–) is the author of *Timeless Wisdom: Thoughts on Life...the Way It Should Be*.

Paul Ferrini (–) Author of the worldwide bestseller *Love Without Conditions*, Paul Ferrini has written over 40 books providing inspiration for the human spiritual journey.

Malcolm Forbes (1919–1990) was publisher of *Forbes Magazine*, which was founded by his father B.C. Forbes and today is managed by his son Steve Forbes.

Anatole France (1844–1924), born François-Anatole Thibault, was a Paris-born French poet, journalist, and novelist. He was a member of the *Académie Française* and won the Nobel Prize for Literature in 1921.

Benjamin Franklin (1706 – 1790) was a signer of the American Declaration of Independence and a framer of the Constitution. An author, publisher, and scientist, he was well-known for his lively sense of humor. His inventions include the lightning rod, bifocals, the Franklin stove, and an odometer for carriages. He organized the first public lending library in America and the first fire department in Pennsylvania.

Robert Frost (1874 – 1963) was an American poet well-known for his images of rural American life. A popular and often-quoted poet, Frost received four Pulitzer Prizes for his poetry.

Mohandas Karamchand Gandhi (1869 – 1948) advocated non-violence and became the first person to promote non-violent resistance to injustice and oppression. He called this movement "satyagraha," or "holding of truth," an effort to create change without harming those who oppose it. Gandhi led India's independence movement beginning in 1915 until the British Parliament passed the Indian Independence Act of 1947. The Act granted independence to India but partitioned it into India and Pakistan, a step Gandhi thought unwise. Gandhi was assassinated in 1948 by a Hindu nationalist who opposed Gandhi's efforts to calm the unrest that followed partition. He is often referred to as "Mahatma" Gandhi; the term is an honorific meaning "Great Soul."

Khalil Gibran (1883 – 1931) was a Lebanese-American artist, poet, and writer. Born in the town of Bsharri in the area now known as Lebanon, he came with his family to the US when he was a boy. His 1923 book of inspirational fiction *The Prophet* offers his philosophy of life in poetic prose. Gibran is the third best-selling poet of all time (after Shakespeare and Lao Tzu).

Arnold H. Glasow (1905 – 1998) born in Fond-du-lac, Wisconsin, published a humor magazine marketed nationally to firms for use as the basis for customized publications for their clients. He was cited frequently in the Wall Street Journal, Forbes, the Chicago Tribune and was a regular contributor to the humor sections of Reader's Digest.

Thích Nhất Hạnh (1926 –) is a Vietnamese Buddhist monk, teacher, author, poet and peace activist who now resides in France.

David R. Hawkins (1927 –) is an internationally renowned psychiatrist, physician, researcher, and pioneer in the fields of consciousness research and spirituality. He writes and teaches from the unique perspective of an experienced clinician, scientist, and mystic devoted to the spiritual evolution of humankind.

Nelson Henderson (1865–1943) was a rugby player who represented Scotland in 1892.

Abraham Joshua Heschel (1907–1972) was a Warsaw-born American rabbi and one of the leading Jewish theologians and philosophers of the 20th century. In 1937 Heschel followed Martin Buber at the *Judisches Lehrhaus* in Frankfurt, but the following year, he and other Polish Jews were deported by the Nazis. In his 1951 book *Man is Not Alone: A Philosophy of Religion*, Heschel described faith as “an act of spiritual audacity.” In 1965 in Alabama, he marched arm-in-arm with Martin Luther King, Jr., saying afterwards that he felt his “legs were praying.”

Jesse Louis Jackson, Sr. (1941–) is an American civil rights activist and Baptist minister. Founder of the Rainbow PUSH Coalition, he began working full-time in the civil rights movement in 1965 with Martin Luther King, Jr. Much of his life has been devoted to economic and educational empowerment for the disadvantaged and people of color. He was a candidate for the Democratic presidential nomination in 1984 and 1988; his campaigns are estimated to have registered two million voters. He was elected Senator for Washington, D.C. from 1991 to 1997. Representative Jesse Jackson, Jr. is his eldest son. In January 2008, Rev. Jackson delivered the international keynote address on the life and philosophy of Mahatma Gandhi at an event in New Delhi, India marking the 50th anniversary of Gandhi’s death.

William James (1842 – 1910) was an American psychologist and philosopher who trained as a medical doctor. He wrote influential books on the science of psychology, educational psychology, the psychology of religious experience, and the philosophy of pragmatism. He was the brother of novelist Henry James and of diarist Alice James.

Viola Jaynes is an American poet and massage therapist who was born in Germany and raised in an orphanage until she was 14 years old. She says that “hunger for meaning has brought me to a constant place of searching.”

Thomas Jefferson (1743–1826) was the primary author of the Declaration of Independence and the third President of the United States.

Arthur Jersild (1902 – 1994) was a professor of psychology and education at the Columbia University Teachers College from 1930 to 1967. A developmental psychologist, Jersild studied ways in which schools can foster self-awareness in children. His 1952 book *In Search of Self* offered insights into the then-unexpectedly high level of self-awareness of young children.

Walter Royal Jones, Jr. (1920 – 2010) was a Unitarian and Universalist minister, serving congregations in Barnstable and Yarmouth Port, Massachusetts; Brooklyn, New York; Floral Park, New York; Gloucester and Essex, Massachusetts; Charlottesville, Virginia; and Fort Collins, Colorado. He was an historian of the development of the seven principles of the Unitarian Universalist Association.

Carl Gustav Jung (1875 – 1961) is considered the founder of analytical psychology. A Swiss psychiatrist, he thought that the human psyche is religious in nature. He included dream analysis in his clinical practice. He is well-known for his theory of the “collective unconscious,” which he thought was a structure or system for organizing experiences that was common to all humanity.

Helen Keller (1880 – 1968) became deaf and blind after an illness at the age of 19 months. When she was six years old, the family engaged Annie Sullivan to teach her. Through a combination of Sullivan’s teaching and Helen’s own intelligence, Helen learned sign language and eventually began to speak. She graduated from Radcliffe in 1904, and went on to become an author, lecturer, and political activist. She did learn to ride a bike.

Father James Kelly. No information available.

Admiral Ernest J. King (1878 – 1956), a five-star admiral, was Commander in Chief of the US fleet during WWII. Although he was a military figure who led ships in battle, he is included here because his

quotation included in "Acceptance" (about accepting reality and doing one's best in the face of it) spoke to us both. We offer this thought from Baruch Spinoza: "For peace is not mere absence of war, but is a virtue that springs from a state of mind, a disposition for benevolence, confidence, justice."

Rev. Dr. Martin Luther King, Jr. (1929 – 1968) was best known as the leader of the American civil rights movement in the 1950s and 1960s. A Baptist minister who studied the nonviolent resistance philosophy of Gandhi, he translated Gandhi's ideas for use in the effort to secure civil rights for African Americans. In 1955 he led the Montgomery bus boycott with Rosa Parks; in 1957 he helped found the Southern Christian Leadership Conference. During the 1963 March on Washington, King delivered the historic "I Have a Dream" speech, expanding the American dream to include people of all races and ethnic backgrounds.

Jack Kornfield (1945 –) is a teacher in the vipassana movement of American Theravada Buddhism. He trained as a Buddhist monk in Thailand, Burma, and India. He is an internationally known teacher of mediation.

Alfred Korzybski (1879 – 1950) was a Polish-American philosopher and scientist. He developed the theory of general semantics.

Harold S. Kushner (1935 –) is an American rabbi and author. He is perhaps best known for his 1981 book *When Bad Things Happen to Good People*.

Edward R. Lyman. No information available.

Augustine "Og" Mandino II (1923 – 1996), an author and lecturer, wrote the bestselling book *The Greatest Salesman in the World*. He was the president of *Success Unlimited* magazine until 1976 and was inducted into the National Speakers Association's Hall of Fame.

Abraham Harold Maslow (1908 – 1970) was an American author and a professor of psychology at Brandeis University. He founded the humanistic psychology movement and is perhaps best known for what is often called Maslow's "hierarchy of needs."

Leonard Mason (1912 – 1995) was a British Unitarian minister and humanist who served congregations in England and Montreal, Quebec. A religious naturalist, Mason wrote in his farewell sermon to the Montreal congregation in 1977, "What is the Lord our Maker but the vast and complex universe which squeezes the energy of an ancient explosion into a roaring sun, splashes debris to be swirled up into a planet, provides marginal seas in a backwater from a terrestrial tumult for the germination of life, molecules locked together by earth chemistry and solar radiation?"

Jean Massieu (1772 – 1846), born deaf, was an educator and founder of a school for deaf children. The quote we use here, "Gratitude is the memory of the heart," has become a proverb in the French language, "La reconnaissance est la mémoire du coeur." This was Massieu's written response to a question about his feelings towards those who had helped him. See www.visuf.org/lectHistMassieu.php

Anthony de Mello (1931 – 1987) was a Jesuit priest and psychologist widely known for his books on spirituality.

Thomas Merton (1915 – 1968) was an American Trappist monk. A prolific writer, he was a poet, theologian, and social activist. He was interested in comparative religion, and strongly influenced by Buddhism.

Stephen A. Mitchell (1946 – 2000) was a clinical psychologist and psychoanalyst whose writings helped to clarify many disparate psychoanalytic theories and theoreticians. His book with Jay Greenberg, *Object Relations in Psychoanalytic Theory* (1983), became a classic textbook in graduate schools and post-graduate institutions.

John Christian Morgenstern. No information available.

Robert Muller (1923 – 2010), a Belgian, was an international civil servant with the United Nations, serving as Under-Secretary-General for 40 years. His ideas about world government, world peace, and spirituality led to the increased representation of religions in the UN.

Reinhold Niebuhr (1892 – 1971) was an American theologian interested in religious values and public life. An intellectual, highly rational theologian, Niebuhr's *Moral Man and Immoral Society* considered the paradox of human morality at the individual level co-existing with immoral and unjust social structures. Writing in the 1960s, he said that the civil rights movement (which he supported) and the Vietnam war (which he opposed) to be the two most significant moral issues of the times.

Gunilla Norris is an American psychotherapist who teaches meditation and contemplation. She is the author of 11 children's books, a book of poetry and six books on spirituality. Her 1991 book, *Being Home*, was the first of a series on household spirituality, or the practice of spiritual awareness in the most mundane and simple of circumstances.

Sara Paddison is author of *The Hidden Power of the Heart: Discovering an Unlimited Source of Intelligence*.

Parker Palmer (1939–) is a teacher and author in the Quaker tradition who lived for ten years in the intentional Quaker community of Pendle Hill, Pennsylvania. This curriculum was strongly influenced by his book *Let Your Life Speak* (1999), as well as his books *A Hidden Wholeness* (2004) and *The Courage to Teach* (1998). (Palmer is founder and senior partner of the Center for Courage and Renewal, www.couragerenewal.org.)

Blaise Pascal (1623 – 1662) was a French mathematician who by the age of 13 had proved an error in the geometry of René Descartes. He became interested in science, religion, and philosophy. He designed a wooden calculating machine that was the forerunner of the slide rule and mechanical adding machines. He is perhaps best known for his collection of spiritual essays, *Les Pensées*.

Catherine Ponder (1927 –) has been an American minister of the Unity Church since 1956. She is one of America's foremost inspirational authors. She has written more than a dozen books, including her best-selling *Millionaires of the Bible* series.

Alexander Pope (1688 – 1744) was an eighteenth-century English poet known for his satirical verse and for his translation of Homer. Pope was skilled in the use of the heroic couplet, which he famously deployed to satirize high society in his poem "The Rape of the Lock." His poignant, compelling philosophical poem, "Essay on Man" (1773) uses the couplet form to explore the relationship between reason and emotion.

Karl Reiland (1871–1964) was an American Episcopal priest who served as Rector of St. George's Church, New York City. He wrote a collection of essays published in 1929, *The World's Miracle and Other Observations*. He was a member of the non-sectarian Christian Unity League.

David Ridge. No information available.

Anthony "Tony" Robbins (1960 –) is an American self-help author and success coach. Robbins' books include *Unlimited Power: The New Science of Personal Achievement* and *Awaken The Giant Within*.

Auguste Rodin (1840 – 1917) was a French sculptor famous for his life-size bronze figures "The Burghers of Calais" and his iconic "The Thinker." His early renditions of the human form were so lifelike that he was unfairly accused of casting his pieces rather than sculpting them. In response, he made his sculpture of St. John the Baptist larger than life-size, but shocked conventional society by portraying the saint in the nude. Despite these setbacks, the artistry of his work and clarity of his vision ultimately brought him international renown.

Eleanor Roosevelt (1884 – 1962), First Lady of the United States from 1933 to 1945, was married to President Franklin Delano Roosevelt. She was an advocate for civil rights and better conditions for working women.

Jalāl ad-Dīn Muḥammad Rūmī (1207 – 1273), was a Persian Sufi Muslim poet, theologian, and jurist. His soulful poetry celebrates the divine in the Sufi manner of praises by a lover to a beloved.

Saint Francis De Sales (1567 – 1622) was the Roman Catholic Bishop of Geneva and is considered a saint in that tradition. He is known also for his writings on the topic of spiritual direction and spiritual formation, particularly *Introduction to the Devout Life*.

Arthur Schopenhauer (1788 – 1860) was a German philosopher known for his pessimism and philosophical clarity. At age 25, he published his doctoral dissertation, *On the Fourfold Root of the Principle of Sufficient Reason*, which examined the question of whether reason alone can unlock answers about the world. He was one of the first to suggest that the universe is not a rational place. Although his philosophy is often considered pessimistic, his approach to life was positive in that he urged humanity to minimize instinctive desires to achieve greater tranquility and peace. He recommended the use of artistic, moral, and ascetic awareness to overcome the difficulty of living in a strife-filled world. The Stanford Encyclopedia of Philosophy says Schopenhauer's philosophy "has had a special attraction for those who wonder about life's meaning, along with those engaged in music, literature, and the visual arts."

Chief Noah Seattle (c. 1780 – 1866). Seattle is an Anglicization of Si'ahl (pronounced as [siʔaɬ] or, roughly, "See-ahlsh"). He was a Native American, leader of the Dkhw'Duw'Absh or Duwamish people in the Northwest U.S. The city of Seattle, Washington is named after him. His name is sometimes written as "Sealth," a rendering that is considered inaccurate. The quotation here is said to be part of a longer speech he made in 1854. The accuracy of the translation by Henry A. Smith has been challenged, as has the authenticity of the quotation regarding the human connection to the Earth. For more information, go to http://www.historylink.org/index.cfm?DisplayPage=output.cfm&file_id=5071.

Alan Simpson (1931–) is an American politician who served from 1979 to 1997 as a US Senator from Wyoming. A member of the Republican party, in 1997 he published his memoir, *Right in the Old Gazoo: A Lifetime of Scrapping with the Press*.

Lewis B. Smedes (1921–2002) was an author, ethicist, and theologian in the Christian Reformed tradition. He served as professor of theology and ethics for twenty-five years at Fuller Theological Seminary in Pasadena, California. He wrote extensively on the theme of sexuality and forgiveness.

Ralph W. Sockman (1889 – 1970) was the senior pastor of Christ Church United Methodist in New York City. He was a featured speaker on the NBC radio program, *National Radio Pulpit*, and author of books on the Christian life.

Jocelyn Soriano. No information available.

John E. Southard. No information available.

C. Neil Strait. No information available.

William Temple (1881–1944) was an Anglican priest who served as Archbishop of Canterbury from 1942–1944. His 1942 book *Christianity and Social Order* set out a theological vision for a just post-war society. He was a founder of the Council of Christians and Jews.

Kathleen Casey Theisen. No information available.

Chelle Thompson has an extensive background in recovery programs, motivational counseling, psychology, theology and human relations. In Santa Fe, Chelle established a nonprofit personal growth center dedicated to advancing human potential through self-empowerment and now publishes the e-zine *Inspiration Line*, www.inspirationline.com.

Harry S. Truman (1884 – 1972) was the 33rd President of the United States (1945–1953). He was vice-president to Franklin Delano Roosevelt and succeeded to the presidency on April 12, 1945, when President Roosevelt died less than three months after beginning his historic fourth term.

Leonardo da Vinci (1452 – 1519) was an Italian artist, scientist, and mathematician. He painted the Mona Lisa; in his scientific journal, he sketched a functional flying machine very like a helicopter. He studied

botany, civil engineering, and fossils. He understood that the earth was not the center of the universe. Despite his accomplishments, at the end of his life he mourned that "I have offended God and mankind because my work didn't reach the quality it should have."

Voltaire (François-Marie Arouet) (1694 – 1778), was a French writer, philosopher, and social reformist. He advocated freedom of religion and free trade. He produced works in almost every literary form including plays, poetry, novels, and essays. Voltaire (his pen name) wrote more than 20,000 letters and 2,000 books and pamphlets. Many of his writings use satire to criticize intolerance, religious dogma, the French establishment.

William Arthur Ward (1921–1994), author of *Fountains of Faith*, is one of America's most quoted writers of inspirational maxims. He wrote more than a hundred articles, poems and meditations published in *Reader's Digest*, *This Week*, *The Upper Room*, *Together*, *The Christian Advocate*, *The Adult Student*, *The Adult Teacher*, *The Christian Home*, *The Phi Delta Kappan*, *Science of Mind*, *The Methodist Layman*, *Sunshine*, and *Ideals*.

Oscar Wilde (1854 – 1900) was a brilliant Irish writer and world-renowned lecturer who became one of London's most popular playwrights in the early 1890s. He is remembered for his novel, *The Picture of Dorian Gray*, his plays (especially *The Importance of Being Ernest*), his children's stories, and his trenchant wit. The tragedy of his imprisonment and early death arose from a criminal prosecution for "gross indecency" based on a homosexual relationship.

Marianne Williamson (1952 –) is a spiritual activist, author, lecturer and founder of the Peace Alliance, a grass roots campaign supporting legislation currently before Congress to establish a United States Department of Peace. She is the founder of Project Angel Food, a meals-on-wheels program that serves homebound people with AIDS in the Los Angeles area. She has published ten books, including four *New York Times* #1 bestsellers. President Nelson Mandela of South Africa used the quotation included here in his May 9, 1994 inauguration speech, and the quote is sometimes incorrectly attributed to him.

Sarah York, also known as Sarah Moores Campbell, is a Unitarian Universalist minister and author. A minister for over twenty-five years, she has served congregations in London, England, California, Massachusetts, Florida, New York, North Carolina, Virginia, and Maryland.