

How do you find peace within yourself?

Kitsap Unitarian Universalist Fellowship, Bremerton, WA, Rev. Liz Stevens, 2006-2007

Opening Reading:

“Wildpeace” by Yehuda Amichai

Not the peace of a cease-fire
not even the vision of the wolf and the lamb,
but rather
as in the heart when excitement is over
and you can talk only about a great weariness.
I know that I know how to kill, that makes me an adult.
And my son plays with a toy gun that knows
how to open and close its eyes and say Mama.
A peace
without the big noise of beating swords into ploughshares,
without words, without
the thud of the heavy rubber stamp: let it be
light, floating, like lazy white foam.
A little rest for the wounds – who speaks of healing?
(And the howl of the orphans is passed from one generation
to the next, as in a relay race:
the baton never falls.)

Let it come
like wildflowers,
suddenly, because the field
must have it: wildpeace.

Discussion Questions:

Describe a time when you have felt fully at peace with yourself and the world.

What are the internal barriers you put in place that keep you from finding peace within your heart? What are the barriers to peace in our world? What can we do to bring the barriers down?

Closing Reading:

When despair for the world grows in me and I wake in the night at the least sound in fear of what my life and my children’s lives may be, I go and lie down where the wood drake rests in his beauty on the water, and the great heron feeds.

I come into the peace of the wild things who do not tax their lives with forethought of grief. I come into the presence of the still water. And I feel above me the day-blind stars waiting with their light. For a time I rest in the grace of the world, and am free.

-Wendell Berry