



**Unitarian Universalist Small Group Ministry Network Website
Wednesday Small Group (via ZOOM!)
Peace Within & Without
Starr King Unitarian Universalist Church, Hayward, CA
28 April 2021, 1:30 PM**

CHALICE LIGHTING / PRELUDE

4 min

A human being is part of the whole, called by us the 'universe,' a part limited in time and space. [All of us] experience [ourselves], [our] thoughts and feelings, as something separate from the rest--a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

Albert Einstein

SONG: No Wars Will Stop Us Singing—World Peace Day, (Lyrics by Don Black, Music by Debbie Wiseman

<<https://www.youtube.com/watch?v=XyMuDNtcqqk&list=RDQMvvNCd2Y8Wv4&index=41>>

OPENING WORDS (Reading in the Round)

1 min

Wars begin in the mind of humans. • There can be no peace in the minds of humans • So long as their hearts are burdened with fears; • Fear of physical destruction; • Fear of starvation; fear of ravaging disease; • Or the greater fear of that unknown creature Who is the stranger? • Love of one's neighbor, • The charity of true understanding, • And the responsibility of human for human. • These things stop at no national boundary. • Cooperation is now an imperative • Between nations as well as people. • This is the fact for survival. • This is the imperative for religion. • There will be wars, said U Thant, • So long as there is no peace In the minds of men. • There will be no peace in the hearts of humans. • Until they give living affirmation to the dignity and worth of the human person, • The equal rights of all humans and nations.

Charle White McGhee

MEDITATION / CENTERING

2 min

The first sound of the gong brings us to silence. Please take time to center yourself, and temporarily push aside whatever might be preventing you from participating fully in tonight's session. The second sound of the gong returns us to each other's presence.

CHECK-IN (2 ROUNDS)

40 min

Please share some thing(s) about your life since last we met.

INTRODUCTORY CONSIDERATIONS

5 min

Following are definitions that some have developed for violence and peacemaking:

Violence: That which causes harm--physically, psychologically, or through economic and social systems (such as through institutionalized racism and classism).

Peacemaking: The process of building trust, harmony, collaboration, mutual security, mutual understanding of differences, where there might otherwise be divergence and conflict.

Until the philosophy which holds one race superior and another inferior is finally and permanently discredited and abandoned, everywhere is war. And until there are no longer first-class and second-class citizens of any nation, until the colour of a man's skin is of no more significance than the colour of his eyes. And until the basic human rights are equally guaranteed to all without regard to race, there is war. And until that day, the dream of lasting peace, world citizenship, rule of international morality, will remain but a fleeting illusion to be pursued, but never attained ... now everywhere is war.

Haile Selassie I

SONG: War, composed by Bob Marley from a speech by Haile Selassie

<<https://www.youtube.com/watch?v=AvQ64g5evb4>>

QUOTES ABOUT PEACE

10 min

The most valuable possession you can own is an open heart. The most powerful weapon you can be is an instrument of peace.

Carlos Santana

Peace is the beauty of life. It is sunshine. It is the smile of a child, the love of a mother, the joy of a father, the togetherness of a family. It is the advancement of man, the victory of a just cause, the triumph of truth.

Menachem Begin

First keep peace with yourself, then you can also bring peace to others.

Thomas a Kempis

Man must evolve for all human conflict a method which rejects revenge, aggression and retaliation. the foundation of such a method is love

Martin Luther King, Jr.

Peace and justice are two sides of the same coin.

Dwight D. Eisenhower

Peace is more than the absence of war. Peace is accord. Harmony.

Laini Taylor

Peace cannot be achieved through violence, it can only be attained through understanding.

Ralph Waldo Emerson

Peace is not an absence of war, it is a virtue, a state of mind, a disposition for benevolence, confidence, justice.

Baruch Spinoza

If you want peace, you don't talk to your friends. You talk to your enemies.

Desmond Tutu

Mankind must remember that peace is not God's gift to his creatures; peace is our gift to each other.

Elie Wiesel

A bad peace is even worse than war.

Tacitus

We look forward to the time when the Power of Love will replace the Love of Power. Then will our world know the blessings of peace.

William E. Gladstone

I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality ... I believe that unarmed truth and unconditional love will have the final word.

Martin Luther King, Jr.

Peace cannot be kept by force; it can only be achieved by understanding.

Albert Einstein

If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner.

Nelson Mandela

Where ignorance is our master, there is no possibility of real peace. *Dalai Lama*

Peace demands the most heroic labor and the most difficult sacrifice. It demands greater heroism than war. It demands greater fidelity to the truth and a much more perfect purity of conscience.

Thomas Merton

To attain inner peace you must actually give your life, not just your possessions. When you at last give your life--bringing into alignment your beliefs and the way you live then, and only then, can you begin to find inner peace.

Peace Pilgrim

If civilization is to survive, we must cultivate the science of human relationships--the ability of all peoples, of all kinds, to live together, in the same world at peace.

Franklin D. Roosevelt

The opposite of war is not peace, it's creation.

Jonathan Larson

Having a mind that is open to everything and attached to nothing seems to me to be one of the most basic principles that you can adopt to contribute to individual and world peace.

Wayne Dyer

As long as Man continues to be the ruthless destroyer of lower living beings, he will never know health or peace. For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love.

Pythagoras

Until he extends the circle of his compassion to all living things, man will not himself find peace.

Albert Schweitzer

Our bodies have five senses: touch, smell, taste, sight, hearing. But not to be overlooked are the senses of our souls: intuition, peace, foresight, trust, empathy. The differences between people lie in their use of these senses; most people don't know anything about the inner senses while a few people rely on them just as they rely on their physical senses, and in fact probably even more.

C. JoyBell C.

There cannot be enduring peace, prosperity, equality and brotherhood in this world if our aims are so separate and divergent, if we do not accept that in the end we are people, all alike, sharing the Earth among ourselves and also with other sentient beings, all of whom have an equal role and stake in the state of this planet and its players.

Jigme Khesar Namgyel Wangchuck

Social justice is the surest guarantor of peace in the world.

Guy Ryder

In our quest for peace, we should constantly ask ourselves what we should do to create conditions in which peace can prosper.

F. W. de Klerk

In a few decades, the relationship between the environment, resources and conflict may seem almost as obvious as the connection we see today between human rights, democracy and peace.

Wangari Maathai

It is absolutely necessary, for the peace and safety of mankind, that some of earth's dark, dead corners and unplumbed depths be let alone; lest sleeping abnormalities wake to resurgent life, and blasphemously surviving nightmares squirm and splash out of their black lairs to newer and wider conquests.

H. P. Lovecraft

Peace is more important than all justice; and peace was not made for the sake of justice, but justice for the sake of peace.

Martin Luther

Another essential to a universal and durable peace is social justice.

Arthur Henderson

Justice is one of the core elements towards reconciliation and sustainable peace.

Federica Mogherini

Without justice, the most heinous crimes go unpunished; victims are unable to obtain redress, and peace remains an elusive goal, since impunity generates more hatred, leading to acts of revenge and more suffering.

Federica Mogherini

Israelis want peace and security, and Palestinians want peace and justice--these are two very different things, and this is the real gap we have to close.

Yair Lapid

The supreme need of the world is peace and good will among men. It must be peace founded upon justice and fairness, the righting of past wrong, and the securing of the future as far as possible against the evils of the past.

Charles M. Schwab

The preservation of peace and the guaranteeing of man's basic freedoms and rights require courage and eternal vigilance: courage to speak and act--and if necessary, to suffer and die--for truth and justice; eternal vigilance, that the least transgression of international morality shall not go undetected and unremedied.

Haile Selassie

We need to be able to guarantee the safety of all artists and activists for human rights so that it no longer takes extraordinary courage to call for a better world--so that every person with the ability to imagine peace, equality, progress, and justice can express their dreams and hopes without fear.

Deeyah Khan

The Universal Zulu Nation stands to acknowledge wisdom, understanding, freedom, justice, and equality, peace, unity, love, and having fun, work, overcoming the negative through the positive, science,

mathematics, faith, facts, and the wonders of God, whether we call him Allah, Jehovah, Yahweh, or Jah.

Afrika Bambaataa

True security is based on people's welfare--on a thriving economy, on strong public health and education programmes, and on fundamental respect for our common humanity. Development, peace, disarmament, reconciliation and justice are not separate from security; they help to underpin it.

Ban Ki-moon

My long struggles as a soldier of the Chinese Revolution have forced me to realize the necessity of facing hard facts. There will be neither peace, nor hope, nor future for any of us unless we honestly aim at political, social and economic justice for all peoples of the world, great and small.

Chiang Kai-shek

If being an advocate of peace, justice, and humanity toward all human beings is radical, then I'm glad to be called radical. And if it is radical to oppose the use of 70 percent of federal monies for destruction and war, then I am a radical.

Ron Dellums

I'm against genocide. I'm against fascism. I'm willing to fight against them so that, in that sense, I think one can still be committed to justice and committed to peace but recognize the circumstances under which one does have to fight.

Cornel West

PREPARATION FOR GROUP REFLECTION

1 min

Read the questions for reflection, one by one

BREAK

5 min

Concurrent with Song: No Justice, No Peace (J. Cruze)

<<https://www.youtube.com/watch?v=NR1LQs0kzSc>>

GROUP REFLECTION

50 min

Two rounds, or the equivalent, with deep listening followed by sharing. Spend this reflection time speaking about peace and the role it has played in your life—personally, politically, or both. You may, if you like, respond to one or more of the following:

- ◆ What are examples of everyday violence and peacemaking that you have experienced?
- ◆ To what extent do you believe conflict and violence are caused by human nature and human physiology and to what extent are they socially created?
- ◆ When do you believe violence or war are justified? Do you believe a world without war is possible?
- ◆ Is a solution to war to assure that all people's basic human rights are met?
- ◆ What are the most pressing needs in our search for a more peaceful world?
- ◆ What are the most powerful obstacles toward progress?
- ◆ What can you as a single individual do to help work toward peace and justice?

SESSION FEEDBACK AND FUTURE PLANS

5 min

- ◆ How did today's session go for you?
- ◆ What, if any, session format changes would improve the session for you?
- ◆ Clarify who will lead the next session, and provide tech (Zoom) support.

CLOSING SONG: We Want Peace (Emmanuel Jal)

4 min

<<https://www.youtube.com/watch?v=g1ZEJWVSiEI&list=PLFRPePkSwa8rSfyNDNdXGMuG8ViEB0tfy&index=22>>

EXTINGUISH CHALICE / CLOSING WORDS

0.5 min

Our strategy should be not only to confront empire, but to lay siege to it. To deprive it of oxygen. To shame it. To mock it. With our art, our music, our literature, our stubbornness, our joy, our brilliance, our sheer relentlessness--and our ability to tell our own stories. Stories that are different from the ones we're being brainwashed to believe.

The corporate revolution will collapse if we refuse to buy what they are selling--their ideas, their version of history, their wars, their weapons, their notion of inevitability.

Remember this: We be many and they be few. They need us more than we need them.

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

Arundhati Roy

