



# Practice Peace Resource Guide

January 2019

This guide lists a variety of resources, each with practices for peace. Use the Peace Plan, found on the last page of this guide to focus your reading, research, and practice.

## How to Use

1. Review the resources in the guide.
2. Select a resource.
3. Use the *Peace Plan*, found on the last page, to focus your practice.
4. Attend the monthly Peace Dialogue to share, explore and review your practices.

*Peace: freedom from violence and strife; inner content, serenity, harmony; right relationship; to be complete, whole, and live well.*

*"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others." Nelson Mandela, 1995*

*"Our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children's future. And we are all mortal." John F. Kennedy, 1963*



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*“Returning violence for violence multiplies violence, adding deeper darkness to a night already devoid of stars... Hate cannot drive out hate: only love can do that.” Martin Luther King Jr. 1965*

*“We must always take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentor, never the tormented.” Elie Wiesel*

## Books

### **The Anatomy of Peace: Resolving the Heart of Conflict**

People whose hearts are at peace do not wage war. This story is set in a two-day parent workshop at a wilderness camp for out-of-control teenagers. The facilitators, a Palestinian Arab and an Israeli Jew, use examples from their lives and the history of their region to illustrate situations where the normal and necessary routines of daily life can become fodder for conflict. These men come together, help warring parents and children come together, and show us how we can come together and find our way out of the struggles that weigh us down.

### **Anger: Wisdom for Cooling the Flames**

In one instant of anger, lives can be ruined, health and spiritual development can be destroyed. Buddhist monk and Vietnam refugee Thich Nhat Hanh gives tools and advice for transforming relationships, focusing energy, and rejuvenating those parts of ourselves that have been laid waste by anger. His extraordinary wisdom can transform your life and the lives of the people you love, and can give each reader the power to "change everything."

### **An Other Kingdom: Departing the Consumer Culture**

Our seduction into beliefs in competition, scarcity, and acquisition are producing too many casualties. We need to depart a kingdom that creates isolation, polarized debate, an exhausted planet, and violence. We think the free market ideology that surrounds us is true and inevitable and represents progress. We are called to better adapt, be more agile, more lean, more schooled, more, more, more. Give it up. There is no such thing as customer satisfaction.

### **The Answer to How is Yes**

In "The Answer to How is Yes," Peter Block presents a guide to the difficult and life-granting journey of bringing what we know is of personal value into an indifferent or even hostile corporate and cultural landscape. He raises our awareness of the tradeoffs we've made in the name of practicality and expediency and offers hope for a way of life in which we're motivated not by what "works," but by the things that truly matter in life -- idealism, relationship, intimacy, and engagement.

### **Appreciative Living: The Principles of Appreciative Inquiry in Personal Life**

Jacqueline Kelm explains the theory and practice of asking questions that empower and direct us towards the life we want, and of creating mental pictures of the future we desire. The theoretical foundation and practical applications present a simple 3-step model and exercises for applying the principles in any situation.

## **The Art of Waging Peace: A Strategic Approach to Improving Our Lives and the World.**

Over two thousand years ago, Sun Tzu wrote *The Art of War*. In today's struggle to stop war, terrorism, and other global problems, West Point graduate Paul K. Chappell offers new and practical solutions in his pioneering book, *The Art of Waging Peace*. By sharing his struggles with childhood trauma, racism, and berserker rage, Chappell explores the anatomy of war and peace, giving strategies, tactics, and leadership principles to resolve inner and outer conflict.

## **Being Peace**

In his simple and readable style, Thich Nhat Hanh shows how our state of mind and body can make the world a peaceful place. We learn to transform the very situations that pressure and antagonize us into opportunities for practicing mindfulness.

## **Touching Peace**

In this sequel to *Being Peace*, Thich Nhat Hanh shows us how mindful awareness can help us see the roots of war, violence, substance abuse, and social alienation. *Touching Peace* offers a compelling vision for rebuilding society.

## **The Book of Forgiving: The Four-Fold Path for Healing Ourselves and Our World**

This book presents a fourfold path that we can use to free ourselves of the endless and unyielding cycle of pain and retribution. Desmond Tutu's role as the Chair of the Truth and Reconciliation Commission taught him much about forgiveness. If you asked anyone what they thought was going to happen to South Africa after apartheid, it was almost universally predicted that the country would be devastated by a comprehensive bloodbath. Instead of revenge and retribution, this new nation chose to tread the difficult path of confession, forgiveness, and reconciliation.

## **The Conflict and Communication Activity Book**

This timely activity book offers 30 ready-to-use exercises trainers can use to help people communicate more effectively and create positive outcomes from conflict situations.

## **Difficult Conversations**

This book walks you through a proven approach to having your toughest conversations with less stress and more success. How to start the conversation without defensiveness; why what is not said is as important as what is; ways of keeping and regaining your balance in the face of attacks and accusations; how to decipher the underlying structure of every difficult conversation. It is a book you will turn to again and again for advice, practical skills, and reassurance.



## **The end of war: how waging peace can save humanity, our planet, and our future**

Paul K. Chappell discusses the causes of war and the power of waging peace by exploring our shared humanity, societal illusions, human aggression, the cure for greed, the laws of conflict, moral fury, why we must go beyond preaching to the choir, what peace activists and soldiers have in common, the hidden dangers of war, the future of the military, and how ideas can change the world.

## **Fostering Dialogue Across Divides: A Nuts and Bolts Guide**

A definitive guide to dialogue in a format designed for beginner and intermediate-level facilitators. The text offers general advice with nuts-and-bolts tips for those working to convene, plan, and facilitate constructive conversations on deeply divisive issues.

## **The Four Agreements: A Practical Guide to Personal Freedom**

In this powerful book that has remained on The New York Times Bestseller List for over eight years, don Miguel reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. When we are ready to change these agreements, there are four deceptively simple, yet powerful agreements that we can adopt as guiding principles. The Four Agreements® offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love.

## **The Gentle Art of Verbal Self-Defense**

This practical, thorough, and well-written book teaches what to do about verbal violence and confrontation. It offers principles and assumptions to learn how to practice self-defense when dealing with verbal violence. It also shows how to resist initiating verbal violence against others—nonviolence and peace-keeping. One premise that runs throughout the book: when what is taught in the book is learned, then there will be fewer attacks and less need to defend against attack.

## **The Grief Recovery Handbook**

Incomplete recovery from grief can have a lifelong negative effect on the capacity for happiness. Drawing from their histories as well as from others', the authors illustrate how it is possible to recover from grief and regain energy and spontaneity. Based on a proven program, The Grief Recovery Handbook offers grievers the specific actions needed to move beyond loss.

## **The Little Book of Circle Processes: A New/Old Approach to Peacemaking**

Our ancestors gathered around a fire in a circle, families gather around their kitchen tables in circles, and now we are gathering in circles as communities to solve problems. Peacemaking Circles are used in neighborhoods, schools, the workplace, and social services.

## **The Magic of Conflict**

This set of simple techniques, including meditation, breathing exercises, openness, and play--Aiki-- leads gently to a reordered state of mind. From overcoming apathy to understanding how conflict doesn't have to mean contest, Aiki turns mind-body integration principles into powerful tools.

## **The Mediator's Handbook**

*The Mediator's Handbook* provides a flexible model for effective mediation in diverse environments and situations with a clear overview of mediation and conflict. It contains sections that walk through each step in the mediation process; a large "Toolbox" that details the skills and approaches used by professional mediators; and look at informal mediation.

## **Nonviolence: Twenty-Five Lessons from the History of a Dangerous Idea**

Mark Kurlansky discusses nonviolence as a distinct entity, a course of action, rather than a mere state of mind. Nonviolence can and should be a technique for overcoming social injustice and ending wars, he asserts, which is why it is the preferred method of those who speak truth to power. A sweeping yet concise history that moves from ancient Hindu times to present-day conflicts raging in the Middle East and elsewhere. He draws from history twenty-five provocative lessons on the subject that we can use to effect change today.

## **The Nonviolent Life**

How can we become people of nonviolence and help the world become nonviolent? What does it mean to be a person of active nonviolence? How can we help build a global grassroots movement of nonviolence to disarm the world, relieve unjust human suffering, make a more just society and protect creation and all creatures? What is a nonviolent life?" These are the questions John Dear, Nobel Peace Prize nominee and Pace e Bene staff member poses. He focuses on three important aspects on the path toward becoming people of nonviolence - being nonviolent toward ourselves; being nonviolent to all others (including creation and creatures); and joining the global grassroots movement of nonviolence.

## **Non-Violent Communication**

Do you hunger for skills to improve the quality of your relationships, to deepen your sense of personal empowerment or to communicate more simply and effectively? Nonviolent Communication partners practical skills with a powerful consciousness and vocabulary to help you get what you want peacefully.

## **Peace is Every Step**

Thich Nhat Hanh shows us how to make positive use of situations that tend to pressure and antagonize us: a ringing telephone, dirty dishes, and traffic jams are spiritual friends on the path to "mindfulness." This book contains commentaries and meditations, personal anecdotes and stories from Thich Nhat Hanh's experiences as a peace activist, teacher, and community leader. He teaches deceptively simple practices that encourage the reader to work for peace in the world as he or she continues to work on sustaining inner peace by turning the "mindless" into the mindFUL.

## **The Peace Book**

108 Simple Ways to Make a More Peaceful World: If you want more peace in your life; If you want more peace in the world; If you want a society based on a culture of peace instead of the prevailing culture of violence; this book is dedicated to you as a call to action."

## **Radical Collaboration**

Collaboration doesn't happen by itself. It requires both a skill-set and a mindset, both of which can be learned. Radical Collaboration teaches five skills that are essential for building collaborative environments. It is a fast-paced, hands-on learning experience that will increase trust and problem solving within the organization and reduce costly defensive behaviors. It offers practical skills that are immediately useful.

## **The Rainbow People of God: The Making of a Peaceful Revolution**

This book traces South Africa's glorious victory over apartheid in the writings and speeches of one of its central figures, Archbishop Desmond Tutu. From the graveside of Steven Biko to the triumphant inauguration of Nelson Mandela as President of South Africa, Tutu's words and presence helped shape events and led South Africa toward justice and freedom.

## **Slow Kingdom Coming: Practices for Doing Justice, Loving Mercy and Walking Humbly in the World**

No one said pursuing justice would be easy. The road can be so challenging and the destination so distant that you may be discouraged by a lack of progress, compassion or commitment in your quest for justice. How do you stay committed to the journey when God's kingdom can seem so slow in coming? In this book, the author shares practices he has learned that will encourage and help you to keep making a difference in the face of the world's challenging issues. All Christians are called to do justice, love mercy and walk humbly in the world. Slow Kingdom Coming will guide and strengthen you on this journey to persevere until God's kingdom comes on earth as it is in heaven.

## **Thinking Body, Dancing Mind: Taosports for Extraordinary Performance in Athletics, Business, and Life**

Written by a sports psychologist and a renowned T'ai Chi master, here is a guide to enriching all of life's pursuits through the practice of its simple mental tools and wisdom. Using stories of success from athletes and businesspeople, the authors present techniques and exercises to promote relaxation and enhance performance.

## **The Third Side: Why We Fight and How We Can Stop**

It takes two sides to fight, but a third side to stop. Distilling the lessons of two decades of experience in family struggles, labor strikes, and wars, the author presents a bold new strategy for stopping fights. He also describes ten practical roles--as managers, teachers, parents, and citizens--that each of us can play every day to prevent destructive conflict. Fighting isn't an inevitable part of human nature, we have a powerful alternative--The Third Side--which can transform our daily battles into creative conflict and cooperation at home, at work, and in the world.

## **Waking Up White**

This book offers a fresh perspective on bias, stereotypes, manners, and tolerance. As the author unpacks her bag of long-held beliefs about colorblindness, being a good person, and wanting to help people of color, she reveals how each of these well-intentioned mindsets perpetuated her ill-conceived ideas about race. She also explains why and how she's changed the way she talks about racism, works in racially mixed groups, and understands the racial justice movement as a whole. Exercises at the end of each chapter prompt readers to explore their own racialized ideas. *Waking Up White's* personal narrative is designed to work well as a rapid read, a book group book, or support reading for courses exploring racial and cultural issues. <http://www.debbyirving.com/the-book/>

## **Why We Can't Wait**

In 1967, Dr. Martin Luther King, Jr., isolated himself from the demands of the civil rights movement, rented a house in Jamaica with no telephone and labored over his final manuscript. In this significantly prophetic work, which has been unavailable for more than ten years, we find King's acute analysis of American race relations and the state of the movement after a decade of civil rights efforts. Here he lays out his thoughts, plans, and dreams for America's future, including the need for better jobs, higher wages, decent housing, and quality education. With a universal message of hope that continues to resonate, King demanded an end to global suffering, powerfully asserting that humankind—for the first time—has the resources and technology to eradicate poverty.





## **The Very Good Gospel: How Everything Wrong Can Be Made Right**

What can we do to build shalom between nations, in our communities, and in our own lives? Through a careful exploration of biblical text, particularly the first three chapters of Genesis, in *The Very Good Gospel* Lisa Sharon Harper shows us what “very good” can look like today—in real time. Because despite our anxious minds, despite division and threats of violence, God’s vision remains: Wholeness for a fragmented world. Peace for a hurting soul. *Shalom*.

## Articles

- Across the Board Peace: <https://sojo.net/magazine/march-2013/across-board-peace>
- Afraid and Reaching for a Gun: <https://sojo.net/magazine/march-2016/afraid-and-reaching-gun>
- An Experiment in Neighborly Love: <https://sojo.net/magazine/december-2017/experiment-neighborly-love>
- Angry White Men: <https://www.getabstract.com/en/summary/concepts-and-trends/angry-white-men/20882>
- The Beloved Community: <https://www.wordandway.org/item/851-lecturer-says-bible-shaped-mlk-s-beloved-community>
- The Birth of a 'Peace Army': <https://sojo.net/magazine/march-2017/birth-peace-army>
- The Color Line in America:  
[https://universalium.academic.ru/295653/Frederick\\_Douglass:\\_The\\_Color\\_Line\\_in\\_America\\_\(1883](https://universalium.academic.ru/295653/Frederick_Douglass:_The_Color_Line_in_America_(1883)
- An Education in Implicit Bias: <https://sojo.net/magazine/january-2015/education-implicit-bias>
- Educators Respond to the Idea of Arming Them in the Classroom:  
<https://www.daytonpeacemuseum.org/#armmewith>; <https://www.daytonpeacemuseum.org/#dipmmission>
- Democracy is Not a Supermarket: <https://medium.com/@AnandWrites/why-real-change-escapes-many-change-makers-and-why-it-doesnt-have-to-8e48332042a8>
- Entering My 'Power Decade': <https://sojo.net/magazine/january-2017/entering-my-power-decade>
- Gun Talk: Fostering Dialogue with Those Who Disagree with You on Firearms:  
<https://sojo.net/magazine/may-2016/gun-talk>
- A Heart for Peace: <https://sojo.net/magazine/february-2013/heart-peace>
- Hillbilly Elegy: <https://www.getabstract.com/en/summary/economics-and-politics/hillbilly-elegy/28035>
- In the Service of Life: <http://www.theinterpretersfriend.org/Terpsnet/11.html>
- Is America Possible?: <https://sojo.net/magazine/january-2017/america-possible>
- Learning the Art of Patience: <https://sojo.net/magazine/april-2016/learning-art-patience>
- Making Peace in a Powder Keg: <https://sojo.net/magazine/june-2016/making-peace-powder-keg>
- My Neighborhood is Killing Me: <https://sojo.net/magazine/june-2016/my-neighborhood-killing-me>
- The New Jim Crow: <http://newjimcrow.com/about>
- The Return of the King: <https://sojo.net/magazine/january-2017/return-king>
- A Season of Urgent Patience: <https://sojo.net/articles/season-urgent-patience>
- The Strength to Be Uncool: <https://sojo.net/magazine/july-2014/strength-be-uncool>
- War, Peace, and the Stories We Tell: <https://sojo.net/magazine/august-2015/war-peace-and-stories-we-tell>
- What's Race Got to do with... a series of articles:  
<https://sojo.net/articles/series/whats-race-got-do>  
<https://sojo.net/articles/women-color-only-lenten-practice>
- Why I Am Opposed to the War in Viet Nam: <http://www.thekingcenter.org/archive/document/mlk-sermon-why-i-am-opposed-war-vietnam#>
- The Year of Nonviolence or Non-existence: <http://www.paceebene.org/2018/01/02/the-year-of-nonviolence-or-non-existence/>



## Organizations

### **Advance Peace**

Advance Peace is dedicated to ending cyclical and retaliatory gun violence in American urban neighborhoods. <https://www.advancepeace.org/>

### **Alliance for Peacebuilding**

Our Vision is a world where each person feels secure, dignified, and included; a world where people manage conflict without violence and build peace. A membership network of over 100 organizations. Our members include some of the world's largest development organizations, most innovative academic institutions, and the most powerful peacebuilding groups. We bring together coalitions in key areas of strategy and policy to elevate the entire peacebuilding field, tackling issues too large for any one organization to address alone. <http://www.allianceforpeacebuilding.org/>

### **American Friends Service Committee**

Founded in 1917, the American Friends Service Committee (AFSC) is a Quaker organization that promotes lasting peace with justice, as a practical expression of faith in action. Drawing on continuing spiritual insights and working with people of many backgrounds, we nurture the seeds of change and respect for human life that transform social relations and systems. <https://www.afsc.org/>

### **Amnesty International**

A global movement of more than 7 million people in over 150 countries and territories who campaign to end abuses of human rights. We are independent of any political ideology, economic interest or religion. No government is beyond scrutiny. No situation is beyond hope. <https://www.amnesty.org/en/>

### **Arts for Peace**

Peace Education through the Arts, Culture, and Exposure. Our mission: To use the arts and intercultural learning to inspire a culture of peace and hope and educate for non-violent alternatives to create a sustainable, equitable, and harmonious earth society. <http://arts-for-peace.org/>

### **Being Peace Sangha**

We are an inclusive community practicing meditation in the tradition taught by Thich Nhat Hanh, a Vietnamese Buddhist monk, poet and peace activist. Our practice emphasizes the importance and joy of bringing a mindful awareness into all aspects of our lives. <https://www.beingpeacecommunity.org/>

## **The Beloved Community**

Dr. King's Beloved Community is a global vision, in which all people can share in the wealth of the earth. Love and trust will triumph over fear and hatred. Peace with justice will prevail over war and military conflict. <http://www.thekingcenter.org/king-philosophy#sub4>

## **Billion Acts of Peace**

"We're convinced that average; ordinary people can tackle the toughest issues facing humanity." The 'One Billion Acts of Peace' Campaign is an international global citizens' movement designed to tackle the most important problems facing our planet. We started with a simple idea: Everyone matters. Everyone can make a difference. <https://www.billionacts.org/>

## **Black Women for Positive Change**

A national policy-focused network with two primary goals: (1) To positively contribute to ideas and methods that can strengthen and expand the American Middle/Working class, with an emphasis on the African American community; and (2) To Change the Culture of Violence in America. <http://www.blackwomenforpositivechange.org/>

## **Capacitar**

An international network of solidarity and empowerment with a mission to heal ourselves and heal our world. We teach simple holistic wellness practices that help people tap into the wisdom of their own body, mind, and spirit. This leads to healing, wholeness, and peace in the individual and the world. <https://capacitar.org/>

## **The Center for Victims of Torture**

We are forging new ways to advance human rights and build a future free from torture. Each initiative we undertake plays a role in building a larger vision for the torture rehabilitation movement. We provide a bridge between torture victims, the local community, and society as a whole, working to restore the dignity of the human spirit one survivor at a time. <https://www.cvt.org/>

## **Center for Dispute Resolution**

To provide teaching, training, direct services, program consultation, materials development, and research to individuals and organizations interested in using conflict management and dispute resolution skills and processes to prevent and resolve disputes. <http://law.capital.edu/lawCDR.aspx?pageid=25411>

## **Cincinnati Peace Movement**

The Cincinnati Peace-Movement is a social enterprise that is geared towards the advancement of the Black community through service, mentoring and educational leadership. Promoting Peace • Improving Communities

• Changing Lives • Mentoring & Leadership

[https://www.facebook.com/pg/cincypeace513/about/?ref=page\\_internal](https://www.facebook.com/pg/cincypeace513/about/?ref=page_internal)

## **Coalition Against Trafficking in Women**

Coalition Against Trafficking in Women (CATW) works to end human trafficking and the commercial sexual exploitation of women and children worldwide. CATW is the world's first organization to fight human trafficking internationally and is the world's leading abolitionist organization.

<http://www.catwinternational.org/>

## **Color of Change**

Color Of Change helps people respond effectively to injustice in the world around us. We move decision-makers in corporations and government to create a more human and less hostile world. By designing strategies powerful enough to fight racism and injustice—in politics and culture, in the workplace and the economy, in criminal justice and community life, and wherever they exist—we are changing both the written and unwritten rules of society. <https://www.colorofchange.org/about/>

## **Global Peace Film Festival**

The Global Peace Film Festival, established in 2003, uses the power of the moving image to further the cause of peace on earth. From the outset, the GPFF envisioned “peace” not as the absence of conflict but as a framework for channeling, processing and resolving conflict through respectful and non-violent means. People of good faith have real differences that deserve to be discussed, debated and contested. GPFF works to connect expression – artistic, political, social and personal – to positive, respectful vehicles for action and change. The festival program is carefully curated to create a place for open dialogue, using the films as catalysts for change. <http://www.peacefilmfest.org/>

## **Greater Cincinnati Homeless Coalition**

The Greater Cincinnati Coalition for the Homeless is a unified social action agency, fully committed to its ultimate goal: the eradication of homelessness with respect for the dignity and diversity of its membership, the homeless and the community. The Coalition works towards this goal by coordinating services, educating the public, and engaging in grassroots organizing and advocacy.

<https://cincihomeless.org/>



## **Dayton International Peace Museum**

The Dayton International Peace Museum is a non-profit, primarily volunteer-run organization and the only brick and mortar peace museum in the United States. Our educational programs and exhibits are non-partisan and feature themes of nonviolent conflict resolution, social justice issues, improving relations and tolerance among diverse populations and recognizing the value in protecting our natural world and the sentient creatures with which we share our planet. Raises awareness of nonviolent strategies for achieving peace now and in the future. <https://www.daytonpeacemuseum.org>

## **EarthConnection**

EarthConnection, a ministry of the Sisters of Charity of Cincinnati, is a center for learning and reflection about living lightly on Earth. <http://www.scearthconnection.org/>

## **Eastern Mennonite University Center for Justice and Peacebuilding**

The Center for Justice & Peacebuilding educates a global community of peace builders through the integration of practice, theory, and research. Our combined vision is to prepare, transform, and sustain leaders to create a just and peaceful world. <https://emu.edu/cjp/spi/>

## **End Slavery Now**

Learn about slavery today, connect with an organization and browse ways to get involved in the fight against human trafficking and modern-day slavery. <http://www.endslaverynow.org/>

## **Environmental Working Group**

The Environmental Working Group's mission is to empower people to live healthier lives in a healthier environment. With breakthrough research and education, we drive consumer choice and civic action. We are a non-profit, non-partisan organization dedicated to protecting human health and the environment. <https://www.ewg.org/>

## **Equal Exchange**

Equal Exchange's mission is to build long-term trade partnerships that are economically just and environmentally sound, to foster mutually beneficial relationships between farmers and consumers and to demonstrate, through our success, the contribution of worker co-operatives and Fair Trade to a more equitable, democratic and sustainable world. <http://equalexchange.coop/>

## **The Forgiveness Project**

The Forgiveness Project collects and shares stories from individuals and communities who have rebuilt their lives following hurt and trauma. We provide resources and experiences to help people examine and overcome their unresolved grievances. Restorative narratives have the power to transform lives; not only supporting people to move on from harm or trauma but also building a climate of tolerance, resilience, hope, and empathy. We are a secular organization sharing stories from all faiths and none. <https://www.theforgivenessproject.com/>

## **GAPP: Greater Anderson Promotes Peace**

Greater Anderson Promotes Peace (GAPP) affirms the dignity and value of all people. As a coalition of concerned citizens, we are committed to the ongoing work of peacebuilding as essential for community life. We believe it is critical not to react to acts of intolerance with silent disagreement, but rather, to transform silence and lethargy into visible acceptance of others by actively confronting intolerance and replacing it with acts which promote peace. <http://www.gappeace.org/>

## **Generations for Peace**

Sustainable peace in actively tolerant communities through responsible citizenship. We empower youth to lead and cascade sustainable change in communities experiencing conflict, through world-class, free education in conflict transformation and the use of sport, art, advocacy, dialogue, and empowerment for peacebuilding. <https://www.generationsforpeace.org/en/>

## **Green America**

Harness economic power—the strength of consumers, investors, businesses, and the marketplace—to create a socially just and environmentally sustainable society. <https://www.greenamerica.org/>

## **Global Fund for Women**

Exists to support the tireless and courageous efforts of women's groups who work every day to win rights for women and girls. These groups are working to ensure women can own property, vote, run for office, get paid fair wages, and live free from violence – including domestic violence, sexual assault, and harmful practices such as female genital mutilation. <https://www.globalfundforwomen.org/>

## **Global Art Project for Peace**

Create a work of art expressing your vision of global peace. The mission of the Global Art Project is to joyously create a culture of peace through art. The Project celebrates diversity and multi-culturalism while expressing the idea: *We Are All One*. <http://www.globalartproject.org/>

## **HasNa**

HasNa works at the grassroots level to create communication and collaboration among ethnically divided peoples, providing the tools and ongoing assistance to support small-scale, sustainable efforts aimed at economic and social development. HasNa works primarily in Turkey and Cyprus.

<http://www.hasna.org>

## **Human Rights Watch**

We give voice to the oppressed and hold oppressors accountable for their crimes. Our rigorous, objective investigations and strategic, targeted advocacy build intense pressure for action and raise the cost of human rights abuse. For 30 years, Human Rights Watch has worked tenaciously to lay the legal and moral groundwork for deep-rooted change and has fought to bring greater justice and security to people around the world. <https://www.hrw.org/>

## **International Association for Human Values**

We foster the daily practice of human values – a sense of connectedness and respect for all people and the natural environment, an attitude of non-violence, and an ethic of social service. Our programs enhance clarity of mind, shift attitudes and behaviors, and develop leaders and communities that are resilient, responsible, and inspired. <http://us.iahv.org/>

## **Intercommunity Justice and Peace Center**

Intercommunity Justice and Peace Center (IJPC) educates and advocates for peace, challenges unjust local, national, and global systems, and promotes the creation of a non-violent society.

<http://ijpcincinnati.org/>

## **International Cities of Peace**

International Cities of Peace™ is a nonprofit, tax-exempt association dedicated to connecting, promoting, and encouraging the global cities of peace movement. An Advisory Council of leaders from global Cities of Peace organizations is working to create an all-inclusive, non-polarizing network of world citizens working on the ground to bring peace to their communities.

<http://www.internationalcitiesofpeace.org/>

## **International Day of Peace September 21, 2019**

The International Day of Peace ("Peace Day") is observed around the world each year on 21 September. Established in 1981 by unanimous United Nations resolution, Peace Day provides a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace. <http://internationaldayofpeace.org/>





## **Institute for Global Engagement**

Sustainable environments for religious freedom worldwide, as a faith-based organization, IGE believes firmly in universal human dignity and is committed to the protection of all faiths through the rule of law. IGE pursues this mission with a balanced approach, encouraging governments to understand and promote religious freedom (top-down engagement) and equipping citizens to exercise that right responsibly (bottom-up engagement). <https://www.globalengage.org/about>

## **Institute for Sustainable Peace**

Our mission is to strengthen our communities and nation by bringing people of diverse viewpoints together and providing them with tools to truly understand each other. Our focus is on creating bridges of understanding that help people overcome fear of one another and work together in common purpose. <http://sustainablepeace.org/>

## **JUST Listening**

JUST Listening fosters personal, organizational, and social change and transformation through the practice of conscious, intentional, compassionate, non-egoic and non-judgmental communication skills. Income generated is used to fund several volunteer programs providing Listening services to people who are poor and marginalized. <https://justlistening.net/>

## **Mahatma Gandhi Canadian Foundation for World Peace**

We promote peace and encourage nonviolent action based on Gandhian principles through education, public awareness, collaboration, and building intercultural understanding. <http://www.gandhifoundation.ca/>

## **MARCC**

A coalition of judicatories, the local, decision-making bodies of national denominations. Each of these judicatories is a valid, autonomous body. MARCC is a coalition, a way of enabling these 15 Jewish, Roman Catholic, Muslim, Protestant and Unitarian-Universalist judicatories to work together on a few, 01agreed-upon, local social concerns to make life better for people in metropolitan Cincinnati. <http://www.marcconline.com/>

## **Mediation Skills Training Institute**

The *Mediation Skills Training Institute* equips people for working in various conflicted situations, including church disputes. <https://www.Impeacecenter.org/events/msti/>



## **MomsRising**

We take on the most critical issues facing women, mothers, and families. We educate the public and mobilize massive grassroots actions to bring the voices and experiences of women and mothers to our local, state, and nation's leaders. Accelerate grassroots impact on Capitol Hill and at state capitols across the country; hold corporations accountable for the fair treatment of women and mothers & for ensuring the safety of their products. <https://www.momsrising.org/>

## **Moms Demand Action for Gun Sense in America**

Much like Mothers Against Drunk Driving was created to reduce drunk driving, Moms Demand Action for Gun Sense in America was created to demand action from legislators, state and federal; companies; and educational institutions to establish common-sense gun reforms. <https://momsdemandaction.org/>

## **NAACP**

The mission of the National Association for the Advancement of Colored People (NAACP) is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination. <http://www.naacp.org/>

## **National Peace Academy**

The National Peace Academy is a principle-based, learning institution that strives to embody and reflect the principles and processes of peace as it supports, advances, and nurtures cultures of peace through conducting and engaging in the promotion of peace education, peace research, peace practice, and peace policy. <https://www.nationalpeaceacademy.us>

## **National Underground Railroad Freedom Center**

Revealing the historic stories of the Underground Railroad to present day era, the Center strives to shed light on the history of slavery in the United States and how it relates to contemporary times. Permanent and traveling exhibits challenge and inspire visitors. <http://www.freedomcenter.org>

## **The Nelson Mandela Foundation**

The Nelson Mandela Foundation focuses its work on promoting dialogue as a vital instrument for addressing critical social issues and the most effective vehicle for sharing and growing memory, and for engaging it in the promotion of justice and social cohesion. This work is an attempt to find sustainable solutions to these critical social issues. Our vision, like that of our founder Nelson Mandela and the movement he spearheaded, is to contribute to the making of a just society that remembers its past, listens to all voices, and pursues social justice for all. <https://www.nelsonmandela.org/>

### **Nobel Women's Initiative**

The Nobel Women's Initiative uses the prestige of the Nobel Peace Prize and six courageous women peace laureates to magnify the power and visibility of women working in countries around the world for peace, justice and equality. <https://nobelwomensinitiative.org/>

### **NonViolence Alliance of Greater Cincinnati**

Build a broad coalition of peace partners from a wide range of backgrounds and skills. It is a holistic, grassroots movement that seeks to make Cincinnati a welcoming, compassionate, reconciled, just and peaceful community. On the road to success, we will discover ways of teaching and internalizing principles and methods that are alternatives to violence and ambiguity. [www.nvagc.org](http://www.nvagc.org)

### **Nonviolent Peace Force**

A global non-profit organization. We protect civilians in violent conflicts through unarmed strategies. We build peace side by side with local communities. We advocate for the wider adoption of these approaches to safeguard human lives and dignity. <http://www.nonviolentpeaceforce.org/>

### **Nuclear Age Peace Foundation**

Educate and advocate for peace and a world free of nuclear weapons, and to empower peace leaders. <https://www.wagingpeace.org/>

### **The On Being Project**

An independent non-profit public life and media initiative. We pursue deep thinking and social courage, moral imagination, and joy, to renew inner life, outer life, and life together. <https://onbeing.org/the-on-being-project>

### **On Earth Peace**

On Earth Peace members work together to help build a world of "Beloved Community" where violence, oppression, and war are overcome through the liberating power of radical love. We work through mutual training and accompaniment in the spiritual and practical disciplines of active nonviolence, community building, and conflict transformation. <http://www.onearthpeace.org/>

### **One World Center**

Inspire and empower ordinary people to take action against worldwide poverty and climate change. With unique teaching and learning environments that cultivate social change and support our global vision: a sustainable future. <https://oneworldcenter.org/>



## **Pace e Bene**

Together we work with individuals, organizations, and movements to strengthen their efforts to abolish war, protect human rights, end poverty, challenge injustice, heal the planet and to meet today's profound spiritual task: to build a more just, peaceful and nonviolent world.

<http://www.paceebene.org/>

## **Peace and Collaborative Development Network**

The Peace and Collaborative Development Network (PCDN) is a free professional networking site with over 22,000 members from around the world. Their mission is to foster dialogue and sharing of resources in international development, conflict resolution, gender mainstreaming, human rights, social entrepreneurship, and related fields. Numerous educational opportunities and learning resources are available and promoted daily. <http://www.internationalpeaceandconflict.org/>

## **The Peace Company**

A "for benefit enterprise" with a deep commitment to social good. Our four cornerstones: -- business, education, marketplace, and philanthropy -- are the pillars on which we stand to collaborate with local partners and engage with our global community. We invite you to become part of our network, as we address the issues facing our planet and strive to co-create a new culture of peace.

<http://peacecompany.com/>

## **Peace Education Foundation**

Educating children and adults in the dynamics of conflict and promoting peacemaking skills in our homes, schools, community, the nation, and the world. <http://www.peace-ed.org/>

## **Peace Corps**

A service opportunity for motivated changemakers to immerse themselves in a community abroad, working side by side with local leaders to tackle the most pressing challenges of our generation. To promote world peace and friendship by fulfilling three goals: To help the people of interested countries in meeting their need for trained men and women. To help promote a better understanding of Americans on the part of the peoples served. To help promote a better understanding of other peoples on the part of Americans. <https://www.peacecorps.gov/>

## **Peace Jam**

Nobel Peace Prize winners mentoring youth to change the world. Celebrating over 22 years of creating young leaders committed to positive change in themselves, their communities, and the world

<http://www.peacejam.org/>



### **Peace Literacy Foundation**

We provide tools for community peacebuilding initiatives. Our people-focused strategy develops and delivers people-oriented programs to people with shared values and desired outcomes.

<http://www.21cplf.org/>

### **Peace Pals International**

An International program designed to encourage youth, ages 5-16 to become peacemakers dedicated to living in the spirit of the words "May Peace Prevail On Earth." Peace Pals fosters understanding and respect for the diversity and oneness of the human family and the natural world through its various and creative activities. By nurturing inner peace and global awareness in the leaders of tomorrow, Peace Pals will help create a future in which peace and harmony become a way of life.

<http://wppspeacepals.org/>

### **Peacebuilding and the Arts**

Peacebuilding and the Arts is continuing work previously undertaken within the framework of 'Creative Approaches to Coexistence and Reconciliation.' Our program focuses on the distinctive contributions of culture and the arts to the transformation of conflict. We collaborate with several departments and programs at Brandeis University, including MusicUnitesUS, PAX (Peace, Conflict and Coexistence Studies), the School of Creative Arts, and the Office of the Arts.

<http://www.brandeis.edu/ethics/peacebuildingarts/index.html>

### **The Peace Village**

A healing process that uses art, discussion, and creative projects to promote the repair of conflicts caused by the absence of peace. Through a wide variety of activities, local, regional, national and international, we promote a greater consciousness about the ways in which peace, justice, and caring can come together. [http://homepages.uc.edu/%7Esundersc/pv\\_main.htm](http://homepages.uc.edu/%7Esundersc/pv_main.htm)

### **Peace Village Cancer Justice Network**

We believe a new kind of relationship is essential in cancer care. Using a navigator, a person educated to be resourceful and compassionate, a person diagnosed with cancer can have an ally to face the obstacles in both their personal life and the difficulties in working with the healthcare system. Most importantly, it may be the critical factor in saving lives. We are uniting agencies and people that serve the poor and minorities in Cincinnati, Ohio. We are creating a Cancer Justice Network. <http://www.cancerjusticenetwork.org/>

## **Ploughshares Fund**

We believe everyone has the right to a safe and secure future. For over 36 years Ploughshares Fund has supported the most effective people and organizations in the world to reduce and eventually eliminate the dangers posed by nuclear weapons. Together, we can put an end to one of the greatest threats to our planet—and to future generations. <https://www.ploughshares.org>

## **Poor People's Campaign**

A national call for moral revival, this agenda is drawn from deep engagement and commitment to the struggles of the poor and dispossessed. Grounded in an empirical assessment of how we have come to this point today. The Souls of Poor Folk: Auditing America report reveals how the evils of systemic racism, poverty, ecological devastation, and the war economy and militarism are persistent, pervasive, and perpetuated by a distorted moral narrative that must be challenged. <https://www.poorpeoplescampaign.org>

## **Refugee Connect**

RefugeeConnect of Greater Cincinnati is a collaborative program that unites, engages, and educates Greater Cincinnati to improve the lives of resettled refugees. <http://www.refugeeconnect.org/>

## **Search for Common Ground**

Conflict and differences are inevitable. Violence is not. We partner with people around the world to ignite shared solutions to destructive conflicts. We work at all levels of society to build sustainable peace through three main avenues: dialogue, media, community. <https://www.sfcg.org/>

## **Seeds of Peace**

We equip exceptional youth and educators with the skills and relationships they need to accelerate social, economic, and political changes essential for peace. <https://www.seedsofpeace.org/>

## **Sisters of Charity Office of Peace, Justice, and Care of Creation**

Provide education, advocacy and action opportunities for our Sisters and Associates as well as the local, state, national and international community of our sisters and brothers. <http://www.srcharitycinti.org/opjcc.htm>

## **Sojourners**

We seek to inspire hope and build a movement to transform individuals, communities, the church, and the world. <https://sojo.net/>



### **Southern Poverty Law Center**

The SPLC is dedicated to fighting hate and bigotry and to seeking justice for the most vulnerable members of our society. Using litigation, education, and other forms of advocacy, the SPLC works toward the day when the ideals of equal justice and equal opportunity will be a reality.

<https://www.splcenter.org/>

### **Teaching Tolerance**

Reduce prejudice, improve intergroup relations and support equitable school experiences for our nation's children. We believe that schools must educate all students for full participation in a diverse democracy. <http://www.tolerance.org/>

### **Ten Thousand Villages**

We create opportunities for artisans in developing countries to earn income by bringing their products and stories to our markets through long-term, fair trading relationships.

<https://www.tenthousandvillages.com/>

### **United States Institute of Peace**

USIP is America's nonpartisan institute to promote national security and global stability by reducing violent conflicts abroad. Our staff guide peace talks and advise governments; train police and religious leaders; and support community groups opposing extremism—all to help troubled countries solve their conflicts peacefully. <https://www.usip.org/>

### **The University for Peace**

Headquartered in Costa Rica, the University for Peace was established in December 1980 as a Treaty Organization by the UN General Assembly. As determined in the Charter of the University, the mission of the University for Peace is: "to provide humanity with an international institution of higher education for peace with the aim of promoting among all human beings the spirit of understanding, tolerance and peaceful coexistence, to stimulate cooperation among peoples and to help lessen obstacles and threats to world peace and progress, in keeping with the noble aspirations proclaimed in the Charter of the United Nations." <https://www.upeace.org/>



## Other Resources

### **Close the Book on Hate: 101 Ways to Combat Prejudice**

<https://files.eric.ed.gov/fulltext/ED460176.pdf>

### **Diversity: Building Bridges to Understanding**

<http://www.wiseheartswillingspirits.com/services-3/workshops/>

### **Emotional Intelligence: EQ-i**

<http://www.wiseheartswillingspirits.com/services-3/assessments/>

### **Emotional Intelligence Activities for Teens**

[http://www.ong.ohio.gov/frg/FRGresources/emotional\\_intelligence\\_13-18.pdf](http://www.ong.ohio.gov/frg/FRGresources/emotional_intelligence_13-18.pdf)

### **Family Pledge of Nonviolence**

<http://www.ipj-ppj.org/Pledge%20of%20Nonviolence.html>

### **Gandhi: Seven Deadly Social Sins**

<http://gandhi-manibhavan.org/main/q7.htm>

### **Let There Be Peace on Earth**

<http://www.metrolyrics.com/let-there-be-peace-on-earth-lyrics-christmas-song.html>

### **Living Peace Mandala**

<http://agnt.org/snv/livingpeace/wordsmandala.html>

### **Love in Action**

<https://www.biblegateway.com/passage/?search=Romans+12%3A9-21&version=NIV>

### **Peace in the Midst**

<http://www.unity.org/publications/resource-materials/interfaith-prayers-peace>





### **Pledge of Nonviolence**

<http://www.glennbeck.com/2011/01/17/pledge-of-nonviolence/>

### **The Serenity Prayer**

<http://www.sandersweb.net/ed/OriginalSerenityPrayer.html>

### **The State of Our Union Pledge**

<https://action.momsrising.org/sign/state-of-our-union-pledge-2018/>

### **Ten Things Everyone Should Know About Race**

[http://www.pbs.org/race/000\\_About/002\\_04-background-01-x.htm](http://www.pbs.org/race/000_About/002_04-background-01-x.htm)

### **Vow of Nonviolence**

<http://www.srcharitycinti.org/opjcc/images/Vow%20of%20Nonviolence.pdf>

### **Watchers of the Sky**

<http://watchersofthesky.com/about-the-film/>

### **Workplace Pledge of Nonviolence**

<http://ipj-ppj.org/Pledge%20of%20Nonviolence/Workplace.htm>

## Peace Plan

1. What is your interest in and focus for peace: inner peace, relationships, work, community, other? Why is this important to you?
2. When you think about peace, what comes to mind? How do you define peace?
3. How do you live peace in your daily life?
4. What resource(s) did you choose today? How does that resource support or challenge your belief about and approach to peace?
5. What questions, insights, epiphanies, moments of truth surface?
6. What practice(s) will you engage, habits will you cultivate for greater peace in your life, relationships, community, and the world? When, when, where, how, and with whom?

Review and update this plan regularly to track your progress. What happened? What were your best experiences of peace? What do you hope will happen as you continue to be, live, and practice peace? What now? What next? Continue your current practice, add a new one, explore a different resource?