



## Resources for the Home

### ***A Season of Peace***

Sponsored by the Presbyterian Church (U.S.A.), this monthlong pilgrimage is designed to deepen the pursuit of peace for congregations, small groups, families and individuals. This season is a time of growth, encouragement, challenge, inspiration and education. Participants are invited to define and deepen their calling as peacemakers.

This year's *A Season of Peace* Resources are designed to help participants explore practices for building peace on every scale. From the personal level to global issues, these reflections and prayers will help grow the faith and witness of the whole church. Throughout the 29 days of *A Season of Peace* in 2020 (which extends from September 6–October 4 (World Communion Sunday)), we are invited to reflect upon ways to practice peace in five areas. For each of the five areas, there are a few suggested activities and resources that might be helpful for you as you set aside this season of peace in your home. Feel free to adapt these in whatever way you find will help you explore these themes.

### **Peace Within**

- Set aside time each day to engage in a mindfulness practice. This could be a time of quiet prayer, a walk or jog meditating or any practice that allows you to unplug from the busyness of your day. Commit to a full week of noticing and practicing mindfulness, and reflect whether this practice helped you to find more peace within yourself.
- Practice self-kindness. Sometimes our inner voice can be mean! Observe the thoughts you have about yourself, and try to replace negative self-talk (“how could I be so careless!” with gentleness (“mistakes happen. It could happen to anyone.”). Commit to stopping yourself from saying things to yourself that you would never say to another person—Although the golden rule says to treat others the way you want to be treated, it is often just as important to extend to ourselves the grace that we would share with another.
- Engage in some meditative art practices such as doodle prayers ([prayingincolor.com](http://prayingincolor.com)), zentangle ([zentangle.com](http://zentangle.com)) or other silent artistic or musical practice.
- ADDITIONAL RESOURCES:
  - Meditation and mindfulness apps such as “Calm,” “insight timer” and “headspace” as well as devotional apps such as “d365” produced by the PC(USA) (can be found on itunes and Google Play Store)
  - Books: *M is for Mindful*, by Robin L. Flanigan, and *Quiet*, by Tomie dePaola

## Peace in Relationships

- Choose a verse from a hymn with a theme of peace to use as a table grace for the season of peace (some options: “I’ve Got Peace Like a River” [[Glory to God #623](#)], “Make Me a Channel of Your Peace” [[Glory to God #753](#)], Song of Hope [[Glory to God #765](#)], “O For a World” [[Glory to God #372](#)]).
- Think about a person that you feel in conflict with. Make it a point throughout A season of peace to pray for that person and the situation that has led to conflict. At the conclusion of the season of peace, write a letter to that person seeking reconciliation—perhaps you will deliver that message, or perhaps just the act of writing it will help inspire you to find peaceful ways to interact with them in the future.
- Try to adopt a “pause for peace” practice when you feel yourself being drawn into conflict with someone in your life. This simple practice invites you to simply pause and take a breath before reacting in a situation that may lead to conflict. ([This resource](#), which is often used in school settings, is a bit more complex, but may be a helpful framework to adopt.)
- Using a concordance or searchable online Bible (such as [bible.oremus.org](#)), search for the word ‘peace’ in scripture. Read through the different Bible passages as a family and choose one that resonates with all members to be your family verse of peace (Perhaps 2 Thessalonians 3:16--the theme verse for the Peace and Global Witness offering!). Find ways to keep the verse in your family’s mind in ways such as incorporating it into a prayer, creating artwork around that verse, or displaying it in a visible location in your home.
- ADDITIONAL RESOURCES:
  - Books: *The Rabbit Listened*, by Cori Doerrfeld, *Peace Week in Miss Fox's Class*, by Eileen Spinelli
  - A helpful model for “pausing for peace” that is used in schools and other settings: [https://cdn.clipart.email/be76768b868286b600bcaec297e16040\\_think-before-you-speak-printable-posters-pinterest-action-540-720.jpeg](https://cdn.clipart.email/be76768b868286b600bcaec297e16040_think-before-you-speak-printable-posters-pinterest-action-540-720.jpeg)

## Peace in Community

- Is there a garden, monument or other landmark in your community dedicated to peace? (A Google search can be helpful in locating one if you are not sure.) Visit this location with the other members of your household or a group from your church. Perhaps bring a prayer or scripture to share (Write your own prayer, or use a pre-written one—the prayer of St. Francis or a psalm such as Psalm 91)
- Paint messages of peace on rocks, then choose a well-traveled location (a park or walking path, your neighborhood, around your church . . . ) leave your rocks for people to find. As you place each rock, say a prayer (silent or aloud) for the people who will see it, asking for God’s peace in their lives.

- Twenty-five percent of monies received from this offering stay in congregations to be designated for peacemaking ministries in each church's community. Do you know where your congregation's portion will be designated? Contact your pastor or session to find out, and then research the peacemaking work being done there to see what you might be able to offer (Prayers? Volunteer time? Support in attending or promoting events?)
- ADDITIONAL RESOURCES:
  - Books: *Peace is an Offering*, by Annette LeBox, *Paulie Pastrami Achieves World Peace*, by James Proimos

### **Peace in the World**

- Choose a place in the world that is currently in the news for violence or oppression and covenant to pray daily for peace in that region. Search for articles about not only the problems, but also people or organizations who are bringing hope to that place. Pray for the peacemakers who are making a difference.
- Visit the Presbyterian Mission Agency website to learn about a symposium of past peacemakers that you can view [presbyterianmission.org/international-peacemakers](https://www.premia.org/international-peacemakers). Write the names and a note about the work of some of the peacemakers whose story touched you on index cards or Post-its®, and make it a goal to pray for each individual and their home community in this season of peace.
- There is a tradition of children making paper cranes for peace in honor of Sadako Sasaki, a Japanese girl whose quest to fold one thousand paper cranes has inspired children all over the world to create origami cranes as an act of peacemaking. Each year, thousands of people, from individuals to groups of school children, create paper cranes and send them to the city of Hiroshima to be displayed at the Children's Peace Monument. See the activity sheet for directions on how to fold paper cranes. For information on where to mail completed cranes, visit <https://www.city.hiroshima.lg.jp/site/english/10081.html>.
- ADDITIONAL RESOURCES:
  - Books: *Peace*, by Wendy Anderson Halperin, *Wangari's Trees of Peace: A True Story from Africa*, by Jeanette Winter, *Sadako and the Thousand Paper Cranes*, by Eleanor Coerr.
  - The website <https://www.thegreatpeacemakers.com/> has paintings and biographies of great peacemakers in the world.

### **Wholistic Peace**

- As you complete this season of peace, what practices were meaningful? How might you continue to incorporate these meaningful practices in your family and in your home?
- If your congregation is using a Peace Tree, create some handprints at home that you can add to the tree with prayers for peace, gratitude or concern that can be joined with others from your community.
- As a family, consider making a gift to the Peace and Global Witness Offering. Pray about ways that you can contribute, both financially to this Offering, but also in your actions, in your time and in your advocacy.

Works cited:

\*With thanks to the Storypath blog of Union Presbyterian Theological Seminary for their thoughtful curation of children's literature to connect with faith (<http://storypath.upsem.edu/>). Many of the book suggestions in this resource came from Storypath.

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