

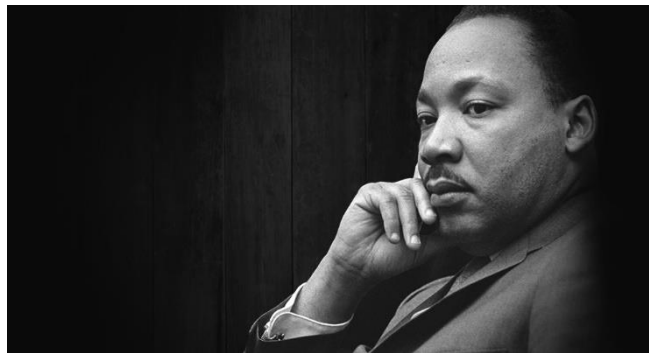
PEACE TALK!

Honoring Gwynedd Friends' Peace Pole

Theme: May Peace Prevail on Earth (the words inscribed on the Peace Pole)

Definition—In this context, 'prevail' means to continue toward triumph, to succeed

January is the month we celebrate Martin Luther King's birthday and honor his legacy. King is known for his nonviolent resistance, while addressing racism and injustice, and for his belief that forming beloved community was crucial for reaching the goals of justice and peace. Below are some ideas for anyone to do the work of PREVAILing when it comes to peacebuilding. Peace on the inside leads to peace in our world.



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Reading of Recently Published Books:

Youth—Linzy Binzy: Around the World with Friends Volume 1, Loving the Skin We're In by Bonita Hampton Smith, COO of The King Center

In this colorful children's book filled with original wonder artwork, young readers will join Linzy Binzy as she travels Around the World with Friends. In this first adventure, Loving the Skin We're In, children explore Linzy Binzy's world of "Let's Pretend," and they meet all of her beautiful friends for the first time. Loving the Skin We're In is a fantastic adventure that will take readers to countries like Scotland, India, Brazil, China, Peru, and Liberia with Linzy Binzy and her friends as they celebrate their differences and their beautiful Skin. This book will be the first of many adventures with Linzy Binzy and friends.

Adults--Bayard Rustin: A Legacy of Protest and Politics by Michael G. Long and Clayborne Carson

This book celebrates the life and legacy of Bayard Rustin, the civil rights leader behind the 1963 March on Washington for Jobs and Freedom. With expansive, searching, and sometimes critical essays from a range of esteemed writers—including Rustin's own partner, Walter Naegle—this volume draws a full picture of Bayard Rustin: a gay, pacifist, socialist political radical who changed the course of US history and set a precedent for future civil rights activism, from LGBTQ+ Pride to Black Lives Matter.

Practice/Exercise #1

When it comes to family and friends, we want to KEEP them close. We want the relationships to ENDURE or PREVAIL. To do that, we must practice acceptance, problem solving, compassion and nonviolence. Disagreements will occur. This is when each person needs to really listen to the other and find language to work it out. It takes time, so patience is important. Try to view the conflict for what it is...a time when you don't agree and get to practice important life skills to bring the conflict to a better place of understanding.

Practice/Exercise #2

Practice mindfulness; make it a time to reduce any stress. Try any or all of these methods:

- Breathe deeply over and over. Close your eyes and sense the path of air flowing in and out of you. Give it your full attention.
- While listening to music that calms you, focus on how it makes you feel. Where does the feeling occur—all over your body, in certain parts? Does your voice and facial expression change when you are peaceful?
- Be in nature. Don't hurry. Open your senses to the touch of wind, the sound of the outside world and its creatures, the sights and colors you are a part of. If you can't be IN nature, close your eyes to visualize a place in nature that you know brings you peace.
- Early each day, state at least one thing you are grateful for. Simple is always good. Reflect on any gratitudes throughout the day. Encourage others to do so, spreading the positive outlook.

