

Peace. Paz. Kapayapaan. Hòa Bình.

Translations of "Peace" from the OLL Peace Pole



How can Christmas 2022 be a time of growing in peace for OLL Parishioners? Pray, Study, Act on the ideas below to bring about greater peace in yourself, family, community, and the world.

Peace within myself

- Cultivate a spirit of calm
- Question assumptions to expose bias
- Assist someone in need
- Read about someone who has tried to live nonviolently

Peace in my family

- Practice active listening in the face of conflict & try to understand the opposing viewpoint
- Evaluate nativity images in your home for stereotypes
- Listen for violent expressions that are used in everyday speech

Peace in my community

- Make a connection with someone who is different from me
- Drive with consideration and generosity
- Seek ways to expand your understanding of others

Peace in my world

- Support an organization that actively supports nonviolence
- Seek out information about the current state of nuclear & war disarmament

Pray, Study, Act

During Pope Francis' recent address in the heart of Bahrain's capital of Manama, he offered a final plea for the country's diverse and multi-ethnic Catholic population to continue to live in unity with their neighbors, be they other Christians or from other faith traditions.

He said, Christ *"inaugurates the one language of love, so that different human languages no longer remain distant and incomprehensible."*

"He breaks down the barriers of distrust and hate, in order to create space for acceptance and dialogue," said the pope. *"He frees us from fear and instills the courage to go out and meet others with the unarmed and disarming force of mercy."*

Pray

- Beatitudes - Matthew 5:1-12
- Magnificat - Luke 1: 46-55

Study

- Pax Christi PNW and Pax Christi USA and the Vow of Nonviolence
- MLK Jr's principles of nonviolence
- CAC - Center for Action and Contemplation
- The Soul of America: The Battle for Our Better Angels, by Jon Meacham
- Peacework: Prayer, Resistance, Community by Henri J.M. Nouwen
- 9 Tips for Talking to People You Disagree With. Search for article in [nbcnews.com](https://www.nbcnews.com)

Act

- **1/1/23:** Attend the Pax Christi Vow of Nonviolence service at the 9:30am New Year's Day mass at OLL Church. Celebrate the Feast of Mary, Mother of God, and the Catholic World Day of Prayer for Peace.
- Try to eliminate violent expressions when speaking or writing

Offered by the OLL Justice & Peace Committee