

UCE Covenant Group Session
Peacemaking Inside and Out
Jean Durkin January 2013

Opening Words: "I would say that it is a method which seeks to secure a moral end through moral means...And it grows out of the whole concept of love, because if one is truly nonviolent that person has a loving spirit, (s)he refuses to inflict injury upon the opponent because (s)he loves the opponent." - Martin Luther King, Jr.

Check-in

Topic: Peacemaking Inside and Out

True peace is always possible. Yet it requires strength and practice, particularly in times of great difficulty . . . To practice peace, to make peace alive in us, is to actively cultivate understanding, love, and compassion, even in the face of misperception and conflict. Practicing peace, especially in times of war, requires courage. -Thich Nhat Hanh in "Creating True Peace"

"The choice is no longer between violence and nonviolence, but nonviolence and nonexistence." - MLK

Two Wolves Story: The One I Feed.

A Native American grandfather was talking to his grandson about how he felt. He said, "I feel as if I have two wolves fighting in my heart. One wolf is the vengeful, angry, violent one. The other wolf is the loving, compassionate one." The grandson asked him, "Which wolf will win the fight in your heart, Grandfather?" The grandfather answered, "The one I feed."

Questions

1. Share a time when you've witnessed others create inner peace.
2. Share a time when you've witnessed others create outer peace.
3. When times get tough, how do you roll up your sleeves and cultivate greater inner and outer peace?
4. When times are easy breezy, how do you roll up your sleeves and cultivate greater inner and outer peace?

Thoughts about the process

Closing Words:

Many citizens of these United States still long to live in a society where beloved community can be formed--where loving ties of care and knowing bind us together in our differences . . . we affirm our differences. It is this generous spirit of affirmation that gives us the courage to challenge one another, to work through misunderstandings, especially those that have to do with race and racism. In a beloved community solidarity and trust are grounded in profound commitment to a shared vision . . . Anyone can begin to make such a community. - bell hooks, in "Killing Rage"