Where love is, what can be wanting? Where it is not, what can possibly be profitable. St. Augustine

Seek peace, and pursue it!
Psalm 34:14 and 1 Peter 3:11

I have called you and given you power to see that justice is done on earth. Isaiah 42:6.

Do not be conformed to this world, but be transformed. . . . Live in harmony with one another. . . . Do not be overcome by evil, but overcome evil with good. . . . If your enemies are hungry, feed them. Romans 12

Leave your gift there before the altar and go; first be reconciled to your brother and sister, and then come and offer your gift. Matthew 5:24

And what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? Micah 6:8

Not everything that is faced can be changed, but nothing can be changed until it is faced. James Baldwin

You have heard that it was said, "love your neighbor and hate your enemy." But I tell you, "Love your enemies and pray for those who persecute you." Matthew 5:43-48

Love is patient and kind, love is not jealous or boastful; it is not arrogant or rude, self-seeking or easily angered; it keeps no record of wrongs. It protects, trusts, hopes, perseveres. 1 Cor. 13

I am in the world to change the world. Murial Rukeyser.

No one can make you feel inferior without your consent. Eleanor Roosevelt
I have decided to stick with love. Hate is too great a burden to bear.  

Martin Luther King, Jr.

Christianity stands or falls with its revolutionary protest against violence, arbitrariness and pride of power and with its plea for the weak. Christians are doing too little to make these points clear... Christendom adjusts itself far too easily to the worship of power. Christians should give more offense, shock the world far more, than they are doing now.  

Dietrich Bonhoeffer, pastor, youth worker, theologian, writer, anti-Nazi hero and martyr

If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God who reconciled us to himself and has given us the ministry of reconciliation.  

2 Cor. 5:18-19

There should be no one on earth in whom we are not prepared to see, in mystery, the presence of Christ.  

Thomas Merton

As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. Bear with one another and, if anyone has a complaint against another, forgive each other, just as the Lord has forgiven you. Clothe yourselves with love. And let the peace of Christ rule in your hearts.  

Colossians 3:12-15

You have no excuse, whoever you are, when you judge others; for in passing judgment on another you condemn yourself.  

Romans 2:1

A basic fact of nonviolence is that it does not seek to defeat or humiliate ones opponents, but to win their friendship and understanding. It avoids not only external physical violence, but also internal violence of spirit. Nonviolent resisters not only refuse to shoot their opponents, they also refuse to hate them.  

Martin Luther King, Jr.

There remains an experience of incomparable value... to see the great events of world history from below; from the perspective of the outcast, the suspects, the maltreated, the powerless, the oppressed, the reviled — in short, from the perspective of those who suffer... to look with new eyes on matters great and small.  

Dietrich Bonhoeffer, Letters and Papers from Prison

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. Do the thing which you think you cannot do.  

Eleanor Roosevelt

When we become serious about resisting violence and injustice, we find that change doesn’t just happen by itself. It takes strategizing and planning and discipline. That’s how change happens.  

James Lawson, leader of Nashville student lunch counter sit-ins, 1960

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is of good repute, if there is any excellence and worthy of praise, think on these things.  

Philippians 4:8
The ONE Campaign
With an additional 1% of the US budget we can:
- keep 10 million children from becoming AIDS orphans
- get 104 million children into grade school
- provide safe water to almost 900 million people
- save almost 6.5 million children under 5 who are dying from preventable diseases
Urge Congress and Pres. Obama today to add just 1% to the US budget to meet basic needs of the world's poorest!
To help: www.one.org bread.org elca.org/one lutheranpeace.org

Costs of Iraq War, March 2003 to Nov. 2011...
US soldiers killed: 4483
US soldiers injured: est. 102,000
Iraqi civilians killed: est. 1,455,600
Cost: $802 billion + $2.3 trillion indirect costs
Psychologically traumatized US and Iraqi soldiers and civilians, both adults and children: untold millions
For more on U.S. wars, and alternatives: www.lutheranpeace.org

What Brings Security?
A month after 9-11, Pres. Bush, in a major address at the US Naval Academy, asserted there were 3 pillars to strong US security: defense, diplomacy, and development. Very true. Yet here are US budget figures for 2008 and 2010:
- Defense $625 billion . . . $729 billion
- Diplomacy $12 billion . . . $15 billion
- Development $14 billion . . . $24 billion
Obama's budget for 2011 proposes significant increases to diplomacy and development aid programs. However, (over)

Leadership is important, often essential, frequently rewarding. It can also be challenging, especially in a culture with as distorted views on the subject as ours.
1. Leadership isn't just getting others to follow your plans; it is helping the group come together and be energized by its own highest vision and goals.
2. Good leadership isn't just about wielding power; it is about helping others become more powerful. Thus it is often more useful to ask good questions or to restate what others say, than to assert 'my answers.'

The Circle of Social Change
Social responsibility, e.g.
- recycle, carpool, fair trade
- Investigate, write, blog, web on issues and root causes
- Forums, workshops, public events, media interviews
Leadership development
- Community-building; arts, cultural, and craft projects
- Relationships, mutual support, spirituality
Volunteer with food
- banks, meals, shelters
Legislative advocacy, lobbying, networking
- Voter registration, help elect ethical politicians
- Community organizing Vigils, rallies, marches Picketing, direct action

Highlights of the Path of Hope
peace & justice movements and heroes
1350 B.C.E., Hebrew midwives. 600-520, Jeremiah, Isaiah, Micah... 1-60 CE, Jesus, apostles, Paul. 1200s, St. Francis. 1500s, Martin Luther. 1681, Wm Penn. 1840s, Underground Railroad, Harriet Tubman. 1919-47, Gandhi. 1920, Women's suffrage achieved. 1930s, Dietrich Bonhoeffer; Dorothy Day, Catholic Worker. 1940s, White Rose; UN. 1955, Montgomery bus boycott. Rosa Parks. 1960s, 'sit ins.' 1963, March on DC, "I Have a Dream." 1964-1965, Vietnam War protests. 1965, grape boycott, Cesar Chavez. 1970s, Liberation Theology. (over)

Martin Luther King, Jr.'s Principles of Nonviolence
Nonviolence: 1. is not passive, it requires courage;
2. seeks reconciliation, not defeat of the adversary;
3. strives to eliminate evil, not destroy the evil-doer;
4. entails a willingness to accept suffering for the cause, if necessary, but never to inflict it;
5. rejects hatred, animosity or violence of the spirit, in addition to refusing to commit physical violence;
6. nurtures faith that justice will prevail.
(as outlined in King's book, Stride Toward Freedom)

Prayer can support our efforts to grow in Jesus' Way of Shalom in our daily life. Prayer can help us to try out new ways of living and to work through the places we're confused or stuck. Examples of prayers:
- "Give me the eyes today to see You in each person I meet, to respond in new ways, to seek to grow in Your Way of Shalom."
- "Help me to find new places today where I can practice the power of forgiveness."

Supporting one another
Lutheran Peace Fellowship is a growing network of those who seek to be faithful to the Gospel call to work for peace and justice. Info on current priorities:
- Advocacy Update, occasional LPF e-mails on advocacy, youth, leadership, peace ed.
Resources: conflict transformation, hunger & poverty, Iraq, leadership development, peace education
LPF, 1710 11th Ave., Seattle, WA 98122  206.349.2501

Recommended reading:
- Marc and Craig Kielburger, Take Action!
- Julia Butterfly Hill, One Makes the Difference
- Walter Wink, The Powers That Be: Peace Is the Way, Engaging the Powers: Jesus and Nonviolence
- Richard Deats, Martin Luther King, Jr.; Mahatma Gandhi
- Stephen Zunes, et al, Nonviolent Social Movements
- Marshall Rosenberg; Speak Peace in a World of Conflict; Nonviolent Communication; Life-Enriching Education
There are many ways to be peacemakers: advocacy and service projects, organizing and research efforts. Each is valuable; combinations of methods can be especially effective. Each calls for strategizing, planning, and discipline. Questions to ask of any activity: Can it reach its goal? Is it empowering? Can it lead to fundamental change? Can we respect the opponent while we work for justice? Can we grow as disciples as we seek faithfully to walk in Jesus’ Way of Shalom?

For more on current social change issues, resources, and efforts: www.LutheranPeace.org  26

The biblical word “Shalom” means more than just “peace.” The word fully includes our concepts of justice, inclusive community, wholeness.

Imagine the difference if that is what we meant when we say the word “peace!” LPF’s Peace Deck of quotes, bible texts, action tips, and resources aims to help us act on this deeper vision of peacemaking... It can be useful for morning meditation, in the grocery line, on the bus, at bedtime – for growing in Shalom.

To suggest a quote or advocacy tip, email us at www.LutheranPeace.org  2a

The world’s 191 countries unite to make poverty history

The Millennium Development Goals
1. Eradicate extreme poverty and hunger
2. Achieve universal primary education
3. Promote gender equality and empower women
4. Reduce child mortality
5. Improve maternal health
6. Combat HIV/AIDS, malaria, and other diseases
7. Ensure environmental sustainability
8. Develop a global partnership for development

-- see websites (over) for current advocacy efforts –  2d

Jim Wallis, God’s Politics; The Great Awakening
Peace e Bene, Engage: From Violence to Wholeness
Peter Ackerman, Jack DuVall, A Force More Powerful
Pam McAllister, This River of Courage: You Can’t Kill the Spirit; Reweaving the Web of Life anthropology
John Howard Yoder, The Politics of Jesus; Just War
Joan Bonduran, Conquest of Violence
see also: www.LutheranPeace.org  2i

King’s 6 Steps of Nonviolent Action: 1. Information gathering and research to get the facts straight; 2. Education of adversaries and the public; 3. Personal commitment to nonviolent attitudes and action; 4. Negotiation with the adversary in a spirit of goodwill to correct the injustice; 5. Nonviolent direct action – marches, boycotts, picketing, sit-ins, etc. – to help persuade or compel the adversary to work toward resolution; 6. Reconciliation of adversaries in a win-win outcome that fosters a sense of community.

For resources, web links, and workshops on nonviolence, see: www.LutheranPeace.org  2h

“…Today, help me love those with whom I struggle; to listen, see their viewpoint, understand their needs…”

“Center my efforts in Jesus’ Way of Shalom.”

“Make me an instrument of Your peace…” (pause, repeat several times… ponder what comes up).

Grow from praying with others, and in prayer and conversation, support one another’s discipleship.

www.LutheranPeace.org  2f

Staying connected, Supporting peace
___$35, regular member, ___$52, supporter ($1/week for peace), ___$19, new contributor, ___$8, student, low income, ___$100, sustaining member, ___other: $...... name: ........................................................................................................................................................................
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phone: ........................................................................................................................................................................
e-mail: ........................................................................................................................................................................
www.LutheranPeace.org  2i

King 206.349.2501

3. A good leader helps build and sustain a positive spirit in a group, nurturing compassion and healing.
4. The leader isn’t just the one ‘up front.’ Build shared leadership by asking others to assist with outreach, chair an agenda item, strengthen participation, draft a fact sheet or article, co-lead a task group, i.e., tap others to help things go well for the group.
5. A good leader seeks to be observant, encouraging, flexible, a critical thinker, fair, patient, humble... for leadership resources, workshops: www.LutheranPeace.org  2k

in the years since 2001, the Defense “pillar” received 35 times more additional funding than either of the other 2 pillars. The number of State Dept. diplomats in DC and in all our embassies around the world combined, is about the equal to the number of sailors on one U.S. aircraft carrier. As a proportion of per capita income, the US allocates less funding for development aid than any other industrialized nation. Yet, we spend 92 billion each day on defense. It’s time we put more focus on prevention of and diplomatic responses to conflict. www.LutheranPeace.org  2j

The number of...
If you have integrity, nothing else matters. 
If you don’t have integrity, nothing else matters. 

Alan Simpson 3a

If you have integrity, nothing else matters. 
If you don’t have integrity, nothing else matters. 

Alan Simpson 3a

Compassion and nonviolence help us to see the opponent’s point of view, to hear his questions, to know her assessment of ourselves. For from their view we may indeed see the basic weaknesses of our own condition, and if we are mature, we may learn and grow and profit from the wisdom of those who are called the opposition. 

Martin Luther King, Jr. 3f

There is no greater illusion than fear, no greater misfortune than having an enemy. Whoever can see through all fear will always be safe…. In leading, don’t try to force issues or defeat enemies…. For every force there is a counterforce. Violence, even well intentioned, always rebounds upon oneself. Lao Tsu 46, 30 3g

A servant church has as its priority solidarity with the poor. Claudio Hummes

A nation’s advance to civilization can be told by its treatment of the poor. Thomas Jefferson

I believe that as long as there is plenty, poverty is evil. Robert Kennedy

www.LutheranPeace.org 3j

Every day surmount one fear. MLK

All that irritates us about others can lead us to greater understanding about ourselves. William James

Reject your sense of injury and the injury disappears. Aurelius

The best way out is always through. Robert Frost

www.lutheranpeace.org 3k

Forgiveness simply means never putting another person out of our heart. Jack Kornfield

He who laughs, lasts. M.P. Poole

Alone we can do little, together we can do so much. Helen Keller

"I believe in solidarity, not charity." Pema Chodron

The one who angers you, conquers you. Sister Elizabeth Kenny

My life has been filled with terrible misfortunes, most of which never happened. Mark Twain 3i
I became more courageous by doing the things I needed to be courageous for – first, a little, and badly. Then, bit by bit, more and better. Audre Lorde

Doing the best at this moment puts you in the best place for the next moment. Oprah Winfrey

You can spend your life any way you want, to but you can only spend it once. Dwight Thompson

for leadership resources, workshops: www.lutheranpeace.org

Sometimes, the only realists are the dreamers. Paul Wellstone

Every great dream begins with dreamers. Always remember, you have within you the strength, the patience, and the passion to reach for the stars. To change the world! Harriet Tubman

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The beginning of love for our brothers and sisters is learning to listen to them. Dietrich Bonhoeffer

“Pardon me,” said the monkey as he placed the protesting fish on the branch of a tree. “I am only saving you from drowning.” as told by Anthony de Mello

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Nothing is more beautiful or powerful than a person acting from conscience, helping bring the collective conscience to life. Norman Cousins

To save one life, it is as if you had saved the world. The Talmud

One’s life has value so long as one attributes value to the life of others, by means of love, friendship, indignation, compassion. Simone de Beauvoir

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Security is mostly a superstition. Life is either a daring adventure, or it is nothing. Helen Keller

Life engenders life. It is by spending oneself that one becomes rich. Sara Bernhardt

What will you do with your one wild and precious life? Mary Oliver

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Fearful as reality is, it is less fearful than evasions of reality. Caitlin Thomas

Finding out the truth is not so hard. What is hard is not running away from the truth once one has found it. Etienne Gilson

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The most common way people give up their power is by thinking they don’t have any. Alice Walker

The best way to find yourself is to lose yourself in the service of others. Gandhi

Earthly possessions dazzle our eyes and delude us into thinking that they can provide security and freedom from anxiety. Yet all the time they are the very source of anxiety. Dietrich Bonhoeffer

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Difficult times show how rich and beautiful life is, and that so many worries are of no importance whatever. Isak Dinesen

Fall seven times. Stand up eight. Japanese proverb

When I accept others as they are, they can change. When I accept myself as I am I can change. Carl Rogers

The most important trip you may take in life is meeting people half way. Henry Boyle

Others are not against you. They’re merely for themselves. Gene Fowler

Try to get even only with those who have shown kindness and generosity. Anon.

I had the blues because I had no shoes, until upon the street, I met a man who had no feet. Dennis Waitley

The more we have the less we own. Meister Eckhart

We are made loveless by our possessions. Elizabeth of Thuringia

My dog and cat offer a great lesson: shed a lot. Susan Scott

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## Setting goals, making changes

This final set of cards is for choosing what areas might most benefit from our attention and effort to improve. It helps to choose small achievable next steps as well as bigger visions and goals. Most people find it works best to be encouraging and empathetic with ourselves, rather than demanding or blaming. The first cards offer familiar choices for growth. Use blank cards to pursue others.

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The truly happy are those who have found how to serve. Albert Schweitzer

You learn to speak by speaking, to run by running, to work by working, to love by loving. St. Francis de Sales

Service is rent, and the very purpose of life. Marion Wright Edelman

If there’s a secret to working well with others, it is in nurturing our gifts of empathetic attention. We’re not here to judge people; but to connect with, to encourage, to unlock, to empower. Glen Gersmehl

You cannot resist loving the person you have really come to understand. Thich Nhat Hanh

People need loving most when they deserve it least. John Harrigan

It is time for us to roll up our sleeves and put our true selves at the top of our commitment list. Marion Wright Edelman

The most powerful agent of growth and transformation is something more basic than any technique: a change of heart. John Wellwood

Action: the antidote to fear or doubt. Joan Baez

Trust others and they will be true to you. Treat them greatly and they will show themselves great. Emerson

Good leadership is less about doing great things than about encouraging others in their contributions and skills, gifts and confidence. It is more about listening to than directing others. A good leader nurtures a spirit of cooperation, of working well together to reach the group’s highest aspirations. Glen Gersmehl

The best way out is always through. Robert Frost

All that irritates us about others can lead us to greater understanding about ourselves. William James

Each morning you may take in something of life, but it matters more how much pressure they are under from the public. Noam Chomsky

The most important trip you may take in life is meeting people halfway. Henry Boyle

Others are not against you. They are merely for themselves. Gene Fowler

Never doubt that a small group of committed people can change the world. Indeed it is the only thing that ever has. Margaret Mead

Educate, agitate, organize! Susan B. Anthony

Patience is the mark of true love. If you truly love someone, you will be more patient with them. Thich Nhat Hanh

Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work; you don’t give up. Anne Lamott

Of all the liars, the worst are our fears. Twain

The best things in life aren’t things. Art Buchwald

I have the greatest of all riches, that of not desiring them. Eleanor Duse

In a consumer society there are two kinds of slaves, the prisoners of addiction and the prisoners of envy. Ivan Illich

When you recover or discover something that nourishes your soul or brings joy, care about yourself enough to make room for it in your life. Jean S. Bolen

Keeping hearts happy is a lot like keeping bodies healthy. We need to feed our hearts well through reading, prayer, and meditation, and exercise them by loving. Jan Nakken

Your life may be the only Bible some people read. Anon.

Try to get even only with those who have shown kindness. Anon.

We need other human beings to be human…We can be human only together. Desmond Tutu

The first duty of love is to listen. Paul Tillich

No one is more cheated than the selfish person. Henry Ward Beecher

To the wise, every situation is an opportunity to break free. Rumi

Kindness accomplishes much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate. Albert Schweitzer

Compared to what we might be, we are half awake. William James

Be willing to be a beginner each morning. Meister Eckhart.

One of the great necessities in America is to discover creative solitude. Carl Sandberg

When you cease to make a contribution You begin to die. Eleanor Roosevelt