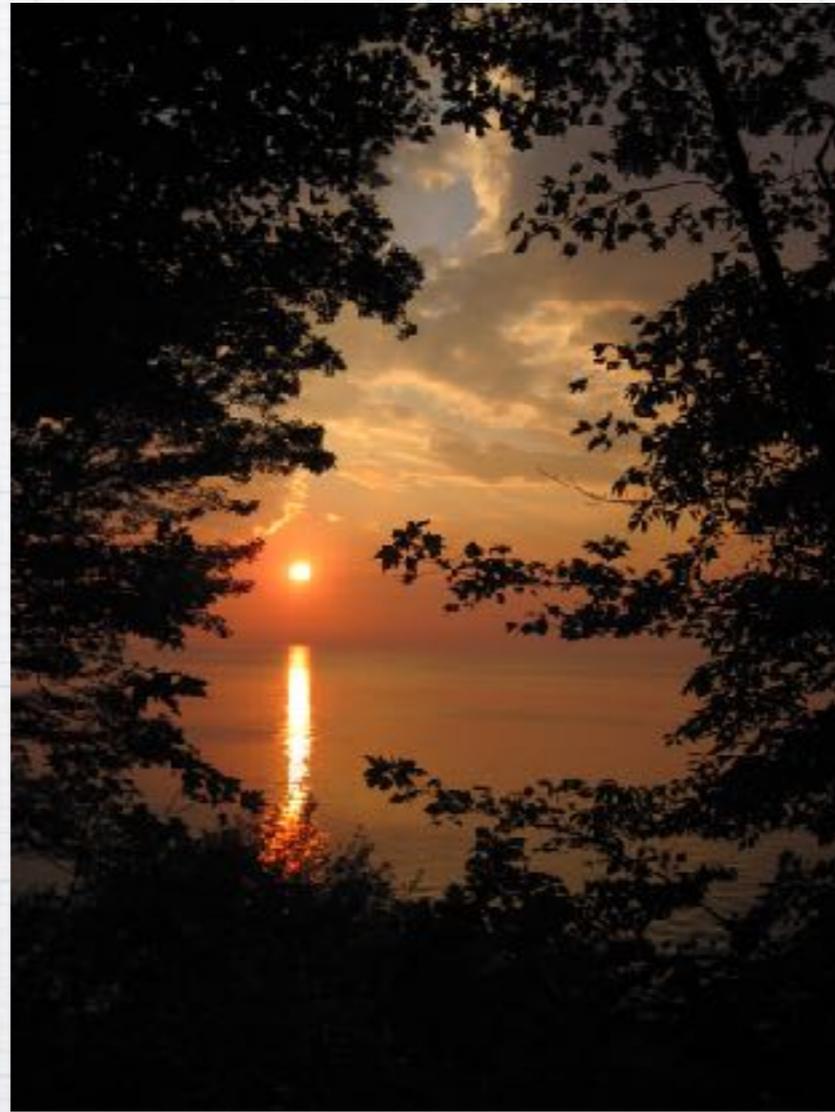


Silent Peace Walk

from Inner Peace to World Peace
by Piero Falci



presented by **Benedictines for Peace**

The Silent Peace Walk is easy;
anyone can do it ... just begin

- Walk in silence *mindfully*
- *Observe* the environment
- *Experience* peace within and around you

Participation in Silent Peace Walks ...

- makes us more peaceful**
- fills up internal reservoir of peace**
- in challenging situations remember
your peaceful feelings experienced
during your walks;**
- enhances quality of life**

Bring Peace to the World

Peace in the world begins within ourselves.

How?

- Desire to experience and spread peace**
- Begin acting as most peaceful being you can imagine**
- Convince yourself you are the bringer of peace ... acting as an agent of peace creating conditions for others to experience, cultivate and spread peace themselves**

We Walk for Peace ...

**in a world plagued by senseless,
needless violence: *direct and indirect ...***

**Peace Walks are opportunities to reflect
upon the wonder and immeasurable
value of all life and how important
justice is for peace.**

DIVERSITY, INCLUSION, PEACE

**Walk in peace, for peace,
with people from all walks of life,
making a statement to the world:
*peace among people of different
backgrounds and beliefs is possible.***

We See Beauty

Silent Peace Walks invite us to ...

pause, appreciate the beauty of the planet,
connect in a spirit of peace with others,
pay attention to our surroundings,
grow in gratitude and
become more peaceful ...



What is moving us ?
Why do we want to bring
The Silent Peace Walk
to our Erie community?

The Welcome

The Opening

The Walk

The Closing

The Welcome/Opening

Peace bell is rung for all to gather

Welcome & invite all to center on why we are
gathered

Peace bell sounds again and *Peace Poem* is recited
by the leader

At end of poem Peace Bell Rings again and walk
begins in silence

Peace Poem

Peace in our hearts brings peace to our families

Peace in our families brings peace to our communities

Peace in our communities brings peace to our nations

Peace in our nations brings peace to our world

Let there be peace on Earth, and let it begin with me

One world

One community

One family

One heart

One love

One Planet United

The Walk

Leader or one designated in front to carry sign:

Silent Peace Walk

We walk in silence for peace.

Join us.

Periodically the Peace Bell is rung as a reminder to the Peace Walkers to “come back” to the here-now.

Walk continues for 20 mins.

The Closing

Peace Walkers return to starting point

Leader rings Peace Bell and reads *Peace Poem* again

Peace Bell is rung after poem and leader invites Peace Walkers to offer a gesture of peace.

A brief sharing may follow (optional)

Announcement upcoming events