

*Centering in, breath, physical sensation of the body being held wherever you are sitting ...  
.opening to the experience of peace within, peace surrounding, peace from, opening to  
awareness of BEING peace, our divine nature, even for a few breaths...*

**Metta (Loving-Kindness) Meditation for Peace**

based on traditional metta practice and peace prayer attributed to St. Teresa of Avila

**May I Be At Peace**

~Saint Teresa of Avila

May I be at peace.

May my heart remain open.

May I be aware of my true nature.

May I be healed.

May I be a source of healing to others.

May I dwell in the Breath of God.

For those we love

May you be at peace.

May your heart remain open.

May you be aware of your true nature.

May you be healed.

May you be a source of healing to others.

May you know you dwell in the Breath of God.

For our community, for those at war, all refugees, and all victims of violence and injustice; for those in leadership, for all who answer the call to heal, feed, and tend those in need in any way...

May we be at peace.

May our hearts remain open.

May we be aware of our true nature.

May we be healed.

May we be sources of healing to others.

May we know we dwell in the Breath of God.

**I pass my peace around and around, across hands of every hue.**

(From today's song before meditation words by Woody and music by Arlo Guthrie)

**And so it is. Amen.**

**Message notes and inspiration:**

Today's message is grounded in this peace prayer again, as in last week:

**Peace Prayer (attributed to Lao-Tzu, adapted)**

If there is to be peace in the world,  
There must be peace in the nations.

If there is to be peace in the nations,  
There must be peace in the cities.

If there is to be peace in the cities,  
There must be peace between neighbors.

If there is to be peace between neighbors,  
There must be peace in the home.

If there is to be peace in the home,  
There must be peace in the heart.

There must be peace in the heart  
if there is to be peace in the home

there must be peace in the home  
if there is to be peace between Neighbors

there must be peace between Neighbors  
if there is to be peace in the cities

there must be peace in the cities  
if there is to be peace in the Nations

there must be peace in the Nations  
if there is to be peace in the world

Last Sunday, I closed with this "homework" for us:

So how am I— how are you— choosing, demonstrating, expressing, cultivating, the peace, the compassion, the mercy and justice that Jesus taught? How are we practicing *right relationship*, as the Buddha taught? What brings you to deeper self-awareness, self-compassion and more skillful self-regulation? Not by ignoring the world, or numbing to what is happening around and within you, but by noticing what keeps you rooted in Source, in the Holy Mystery, in God? Will you join me this week in that noticing? Will you simply pay close attention to your heart and your home, and see what opens for you?

How did your “peace in the heart” noticing go over this past week? How about in the home— those intimate friendships and relationships with those we are closest to? What does it take to be in right relationship with yourself and those closest to you?

**(From newsletter)**

*I am blessed to have friends who invited me to stay with them for a few days in Provincetown. It's a gift of time to slow down, time to steep in the rhythm of the tides' ebb and flow, time to witness the peace of both sunrise and sunset on this slip of land. Pretty easy to practice inner peace in this setting, while letting news of the world slip away from my daily awareness. That in and of itself speaks volumes about my privilege-- I can turn away for a time of being refreshed.*

*How then to bring that refreshment back into the day to day, back into my place in the world without being tossed into turmoil? How does my personal sense of inner peace bring a thread of peace into my interactions in the greater world?*

**From *Rooting in the Sacred***

The journey of healing and wholeness is ongoing. **It is both deeply personal and profoundly collective.** As we tend to our own inner integration, we create ripples of healing that extend into our families, communities, and world.

...turn gently toward your wounds, exploring the shadows you may have avoided, and embracing the radiant wholeness already alive within you. Healing is not the absence of suffering but the integration of it into the wider story of love and growth. Wholeness is resting fully in the beauty of who you are.

## **Blessed are the peacemakers, for they shall be called children of God.**

Matthew 5:9

### **From *The Beatitudes of Peace* by John Dear**

“With this Beatitude, Jesus unpacks the connections made by the prophet Isaiah. In Chapter 2 of the book of Isaiah, we read an oracle about how all the nations of the world will climb the Mountain of God, sit at the feet of God, stop talking, and start listening to God. Isaiah explains how, once we listen to God, we then go down the mountain back into the world, dismantle all our weapons, and refuse to wage war ever again. *‘They shall beat their swords into plowshares and study war no more,’* he explains of those who have met God. Isaiah knows, as Jesus proclaims, that God is a God of Peace once we meet God, we are disarmed and sent forth to make peace...

Peacemakers practice non-violence. Non-violence sets a new boundary line for our lives. As peacemakers, we are non-violent to ourselves, non-violent to all others, all creatures, and all creation, and we work publicly for a new world of nonviolence. We are peaceful toward ourselves, and steadfastly cultivate interior peace. We are peaceful toward all those around us, all creatures, and all creation. We do our part to make a more peaceful world. We stand up, speak out against war, and take public action for peace. We go out into the world of violence and war and help to build up the grassroots movements that seek to end war and the conditions of war, [the weapons of war]... to promote dialogue and non-violent conflict resolution, to end systemic injustice and the roots of war and to reconcile all peoples with one another.”

### Archbishop Desmond Tutu, quoted in ***The Beatitudes of Peace*** by John Dear

“There is a moral universe, which means that despite all evidence that seems to be to the contrary, there is no way that evil and injustice and oppression and lies can have the last word... That is what has upheld the morale of our people, to know that in the end, good will prevail. In a situation where human life seems dirt cheap, with people being killed as easily as one swats a fly, we must proclaim that people matter and matter enormously. To be neutral in a situation of injustice is to have chosen sides already. It is to support the status quo.”

***Healing is not the absence of suffering but the integration of it into the wider story of love and growth.***

**WE are part of the wider story of love and growth!**

- Non-violence teachings of Jesus healing, teaching people oppressed by empire that taught both Gandhi and the movement for independence from Britain, and Martin Luther King Jr in the Civil Rights movement and Desmond Tutu in the movement to end apartheid in South Africa
- Peace in Northern Ireland after the Troubles
- Suffragists, abolitionists, war protests...
- ALL began with inspiration to LIVE as peacemakers, to do the inner work that leads to non-violence for ourselves, then spread that outward– to find community to stand in love, compassion, and WORK for mercy, justice, and the KINGDOM of HEAVEN here. Now. in this moment, and this, and this...

**I dwell in the breath of God and radiate the peace of my true nature. As I open my heart and heal, I am a peacemaker, a child of God and source of peace and healing for myself, my loved ones, all of creation and all beings, everywhere.**

**And so it is. Amen.**