



# My Everyday Pledge for Peace

**Ideas for you to make your personal Pledge for Peace, offered by the St. Thomas a'Becket Peace & Justice Committee**

- Make peace with someone in your life—an estranged family member, friend, coworker, or neighbor.
- Look for the face of Christ in each person you see.
- Let other drivers in when traffic is backed up.
- Forgive the other driver who just cut you off or didn't let *you* in: Hold your tongue—and your finger.
- Visit [www.peaceday.org](http://www.peaceday.org)
- Visit [www.paxchristiusa.org](http://www.paxchristiusa.org)
- In your daily prayers, pray for peace—locally and globally.
- Financially support or volunteer for a humanitarian aid organization.
- Write, call or email one or more elected officials and share your voice about an issue that impacts peace—locally, nationally or globally.
- Promote peace by saving a life: Donate blood.
- Respect the dignity and value of the poor and marginalized: Volunteer at a homeless shelter or soup kitchen; join the PB&J Outreach ([www.pbjoutreach.org](http://www.pbjoutreach.org)) on their weekly Saturday morning trips to give food and clothes to the poor and homeless in Detroit.
- Write uplifting posts to your Facebook status; support Facebook causes that promote peace and social justice.
- Bullies are usually those who've been bullied themselves or otherwise abused. Make friends with the playground—or office—bully.
- Send a note of gratitude to someone.
- Do as Jesus told his followers at the Sermon on the Mount: *“Love your enemies, and pray for those who persecute you.”*

**“Blessed are the peacemakers, for they shall be called Children of God.”**

- Attend a Peace and Justice Committee meeting (first Sunday of the month at 10:30 a.m.) and/or join our Facebook group (St. Thomas a'Becket Peace & Justice)
- Take time each day to count your blessings.
- Do a random act of kindness.
- Discuss and sign the **Family Pledge of Nonviolence** with members of your family.
- Bring your family together, for a meal or celebration.
- Choose words that comfort, heal and affirm the dignity of others. Avoid words that hurt or humiliate others.
- Model good sportsmanship for your child: accept the referee's calls without words of anger or dispute; congratulate members of the opposing team for their win or their good efforts.
  - Read the book **Three Cups of Tea** by Greg Mortenson.
  - Organize a peace walk or picnic.
  - Plant a tree.
- Think of each person you meet today as important.
- Read an article or book on the environmental or humane consequences of food choices. Resolve to change your eating habits in some way as a result.
- Watch the movie **Invictus** and/or learn more about Nelson Mandela.
- Pray for those you've hated or have been hurt by, then do something to begin a reconciliation.
- Call, write, or visit a shut-in.
- Tell someone you hurt that you're sorry.
- Read Isaiah 65:17-25, Luke 4: 16-21, and/or Matthew 5:1-16 . Pray and reflect for 15 minutes.
- Find some peace, calm, and stability in your inner world so you can be kinder in your outer world.
- Tell yourself each day: *Peace begins with me!*