

# International Day of Peace



## Monday 'Meaning'

This week's **Sacred Time** theme is 'International Day of peace'.

This is an opportunity for us to explore what peace means, to look at peace around the world and in our own lives.

What do you think this theme is about?



## 'Try it' Tuesday

Each week for 'Try it' Tuesday, we will get an opportunity to put sacred time into action and be the 'Good Samaritan'. It will also be a chance to have a personal pause. **This week** let us make an effort to make peace in our lives rather than conflict. Celebrate peace by standing up against acts of hate online and offline, and by spreading compassion, kindness, and hope in the face of the pandemic, and as we recover.

## Tuesday 'Talks'



This week's **Sacred Time** theme is 'International day of peace'. Each year the International Day of Peace is observed around the world on 21 September. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, through observing 24 hours of non-violence and cease-fire.

For International Day of Peace 2022, the theme is 'End Racism. Build Peace'. The United Nations state that this is a date dedicated to strengthening the ideals of peace through a non-violent period of a 24-hour cease-fire. The United Nations also wants to address hate speech and violence directed at racial minorities.

**Personal pause** – Do you have peace in your life at the moment? If not, what is causing you not to feel at peace? Is there anything you can do? What makes you feel at peace?



## Wednesday 'Words of Wisdom'



This week's theme on 'International day of peace' scripture link from the Qur'an. The Qur'an calls its way "... The ways of peace ..." (Qur'an: 5:16). It describes reconciliation as the best policy (4:128), and states that God abhors any disturbance of peace (2:205). The first verse of the Qur'an breathes the spirit of peace, it reads: "In the name of God, the Most Merciful, the Most Compassionate."

Can you think of any scripture from the Bible that relates to peace?

**Read** today's specific Bible reading [HERE](#).



## Thursday 'Thoughtfulness'



Our thoughtfulness for today is from Pope Francis:

*At a time like this, when the barque of humanity, tossed by the storm of the current crisis, struggles to advance towards a calmer and more serene horizon, the "rudder" of human dignity and the "compass" of fundamental social principles can enable us together to steer a sure course. As Christians, we should always look to Our Lady, Star of the Sea and Mother of Hope. May we work together to advance towards a new horizon of love and peace, of fraternity and solidarity, of mutual support and acceptance. May we never yield to the temptation to disregard others, especially those in greatest need, and to look the other way;[26] instead, may we strive daily, in concrete and practical ways, "to form a community composed of brothers and sisters who accept and care for one another"*

**Listen** to the BBC Radio 4 'Thought for the Day' [HERE](#).



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## 'Find out' Friday



What is happening in the world around us? **Watch** Newsround to find out more [HERE](#).



### Key questions

What is happening in your world?

What is happening in St Helens and our local area?

Can we relate our theme this week to what is going on in the world?

Can we do anything to help any issues that our facing the world this week?

Should we help?



Our **cultural capital** link this week is a guided mediation to help us find inner peace. Click the link [here](#) to take part.



## Form activity



As a form discuss

- 1) what you think are the top 3 causes of conflict in the world
- 2) What are the top 3 causes of conflict in our own lives

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