

## LAMC Peace Journey 2009

### Commitment Form for Quarter Two (April through June)

Peace is more than merely the absence of violence. Peace—in Hebrew, *shalom*—means wholeness and well-being, not just for ourselves, but for all of God’s creation. Peace is the way of life intended for creation by God. Peace is a key part of the gospel Jesus came to proclaim.

Throughout 2009, all members or regular attenders of LAMC are encouraged to commit themselves to at least **one action from Section I** (“Nurturing Peace Inwardly”), and **one action from Section II** (“Proclaiming Peace Outwardly”—see back side) per quarter. Choose actions that are doable for you—yet don’t be afraid to challenge yourself!

#### I. Nurturing Peace Inwardly

##### A. In Myself

1. Spend 20 minutes, 3 times a week in prayer (suggestions will be provided)
2. Keep a Peace Journal
3. Spend 20 minutes, three times a week reading selected passages of Scripture (suggestions will be provided)
4. Read a book about peace (suggestions will be provided)
5. Subscribe to and read “Peace Signs” (a free monthly e-zine about peace)
6. Create and share an art form (poem, song, painting, dance, etc.) about peace
7. Rewrite a passage of scripture as a prayer
8. Other

##### B. In the Family

1. Pray together daily for peace in our home, community, and world (consider purchasing and using a family “peace lamp,” or peace candle)
2. Read together through the Sermon on the Mount and/or other passages from the Bible
3. Read together, one per week, children’s books about peace (suggestions will be provided)
4. Plant a tree together for peace
5. Volunteer in the Lord’s Diner (or other local organizations; suggestions will be provided)
6. Other

##### C. In the Church

1. Participate weekly in a Sunday School class that focuses on some aspect of peace
2. Arrive at church at 9:15 on Sundays for pre-service prayer and meditation
3. Join a house church (if you are not yet in one; contact the pastors if interested)
4. Participate in the Good Friday Peace Vigil at LAMC
5. Help create a “Meditation Space” in the upstairs of the Lorraine Center
6. Other

#### II. Proclaiming Peace Outwardly (see reverse side)

## II. Proclaiming Peace Outwardly

### A. In my neighborhood

1. Install a peace pole, yard sign, banner, or flag
2. Establish a new relationship with one or more of your neighbors
3. Walk around your neighborhood once a week, praying for peace (consider carrying a “Pray for Peace, Act for Peace” flag, and inviting others to join you)
4. Attend and participate in meetings of your local neighborhood association
5. Plant and nurture a Community or personal Peace Garden (flower or vegetable)
6. Other

### B. In the city of Wichita

1. Participate in events planned by “People of Faith for Peace” or the Peace and Social Justice Center
2. Participate in local marches, prayer vigils, or demonstrations about peace (including those planned by Molly’s Brigade; stay tuned for ongoing announcements)
3. Begin or expand your practice of recycling
4. Change your driving habits to conserve fuel
5. Reduce your consumption of water, electricity, and/or gas.
6. Attend the weekly, Friday night pot lucks at the Muslim Center of Wichita
7. Reach out to someone who is lonely and left out.
8. Other

### C. In the Wider Public Order

1. Write one letter a month to a public official or newspaper about peace
2. Participate actively in our partnership with Mi Redentor, our sister congregation in Dallas (writing letters, attending their worship service, etc.)
3. Participate in the campaign to end capital punishment
4. Participate in the campaign for a Peace Tax Fund
5. Volunteer locally for MCC (including the spring Relief Sale)
6. Volunteer with Hope Home Repair
7. Other

For more information, see the resources on the “Peace Table” in the Fellowship Hall, or contact a member of the Peace Journey 2009 Task Force: Pam Epp, Tom Harder, Jim Juhnke, Connie White, and Mary Lou Woods.

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Please complete this form, detach, and place it in the offering plate on Sunday, March 29.

**During the second quarter of 2009, I commit myself to . . .**

I. Nurturing Peace Inwardly:

II. Proclaiming Peace Outwardly:

Name (optional): \_\_\_\_\_