

**Throughout the third quarter of Peace Journey 2009**, the Peace Journey Task Force will suggest a weekly goal or activity for everyone in the congregation. These goals will continue to pertain either to nurturing peace inwardly or proclaiming peace outwardly.

**July 12, 2009 Goal:** read Jesus' Sermon on the Mount (Matthew 5-7), individually or with others.

**July 19, 2009 Goal:** walk around your neighborhood, with your family or alone, praying silently for peace among families, communities and countries. Pray for understanding, love and patience to surround the people among whom you live. Pray for each house, whether or not you know the residents, and get great exercise in the process!

**July 26, 2009 Goal:** Explore at least one peace website, learn what is being done, what we can do. A good place to start – [www.peace.mennolink.org](http://www.peace.mennolink.org), - which is a rich source of information and inspiration. If you are already familiar with that site, you might want to check out another denomination's peace efforts at [www.paxchristiusa.org](http://www.paxchristiusa.org). This is a Roman Catholic peace site. Especially interesting are the articles under "What's Happening Now."

**August 2, 2009 Goal:** Explore at least one peace website, learn what is being done, what we can do. A good place to start is [www.peace.mennolink.org](http://www.peace.mennolink.org), which is a rich source of information and inspiration. If you are already familiar with that site, you might want to check out another denomination's peace efforts at [www.paxchristiusa.org](http://www.paxchristiusa.org). This is a Roman Catholic peace site. Especially interesting are the articles under "What's Happening Now."

**August 9, 2009 Goal:** Take part in one or more of the following: attend the Hiroshima/Nagasaki Event today, August 9, at 7 p.m., at the Solar Calendar in North Central Riverside Park, to commemorate the nuclear bombings in Japan; respond to the need for legislative action regarding torture by accessing the National Religious Campaign Against Torture website ([www.nrcat.org/](http://www.nrcat.org/)) and signing the Statement of Conscience; or prepare an MCC School Kit and deliver to the south lobby of the church. Items for the kits can be found in the bulletin.

**August 16, 2009 Goal:** Express yourself by writing a letter to legislators about a peace-related issue. You may call the library or visit [www.usa.gov/Contact/Elected.shtml](http://www.usa.gov/Contact/Elected.shtml) for contact information for federal and state officials.

**August 23, 2009 Goal:** Think of ways to reduce your family's use of electricity, not only the obvious ones such as turning off lights and replacing bulbs, but the less visible ones, such as the TV which uses energy even when it's turned off, or battery chargers - the electric toothbrush does not need to charge 24 hours a day. Change habits that are wasteful. Saves money and the environment!

**August 30, 2009 Goal:** Forgive. Choose someone from your past or present you just can't seem to forgive, and for one week pray daily for that person. Set a specific time each day, and instead of focusing on the offense, pray God's blessing on that person. "Google" forgiveness quotes and find the wisdom of others, such as: "To forgive is to set a prisoner free and discover that the prisoner was you."

**September 6, 2009 Goal:** Show specific support for an organization other than LAMC whose mission directly involves peace, justice or the environment. Call and be scheduled as a volunteer (either one-time or ongoing) or make a financial contribution. If neither is possible for you, write letters expressing support for several such organizations. Many possibilities are listed on the LAMC website. Click on Peace Journey 2009.

**September 13, 2009 Goal:** Pay attention to what happens when you intentionally smile and make eye contact with the people around you: fellow shoppers, clerks, people on the street or parking lot. Do they smile back? If you say "hello," do they respond? Are you or they uncomfortable? Just a little experiment in how small actions affect inward and outward peace.

**September 20, 2009 Goal:** Read the daily newspaper or a weekly news magazine. Look for small signs of God's peace breaking out in our world: enemies negotiating rather than fighting;

hungry people being fed; the environment being cared for. Make a list, and bring it to church next Sunday.

**September 27, 2009 Goal:** Make a commitment to support the CROP Walk (October 11) by joining or sponsoring the walkers to fight world hunger. The sign-up table is in Fellowship Hall following the service.