

A sunset over a body of water. The sun is low on the horizon, casting a warm orange and red glow across the sky and reflecting on the water. In the background, there are silhouettes of buildings and a palm tree. The water is calm, and the overall atmosphere is peaceful.

Peace and Art Workshop: Peace-making from the Inside Out

February 10, 2013

Peace Studies Center Yangon, Myanmar

The Rev. Jill K H Geoffrion, Ph.D

www.jillgeoffrion.com www.fhlglobal.org

“Lord, Make Us Instruments
of Your Peace”
by Kendall Payne
(*That's Why There's Grace*)

Prayer for Peace by Francis of Assisi

Leader: Lord, make us instruments of Your
peace;

where there is hatred,

Participants: let us sow love;

L: where there is injury,

P: pardon;

L: where there is doubt,

P: faith;

L: where there is despair,

P: hope;

L: where there is darkness,

P: light;

L: and where there is sadness,

P: joy.

ALL: O Divine Master,

**grant that we may not so much seek
to be consoled as to console;**

to be understood, as to understand;

to be loved, as to love.

Amen.



How might peace
be like a river?

Ayeyarwady River



ALL SING

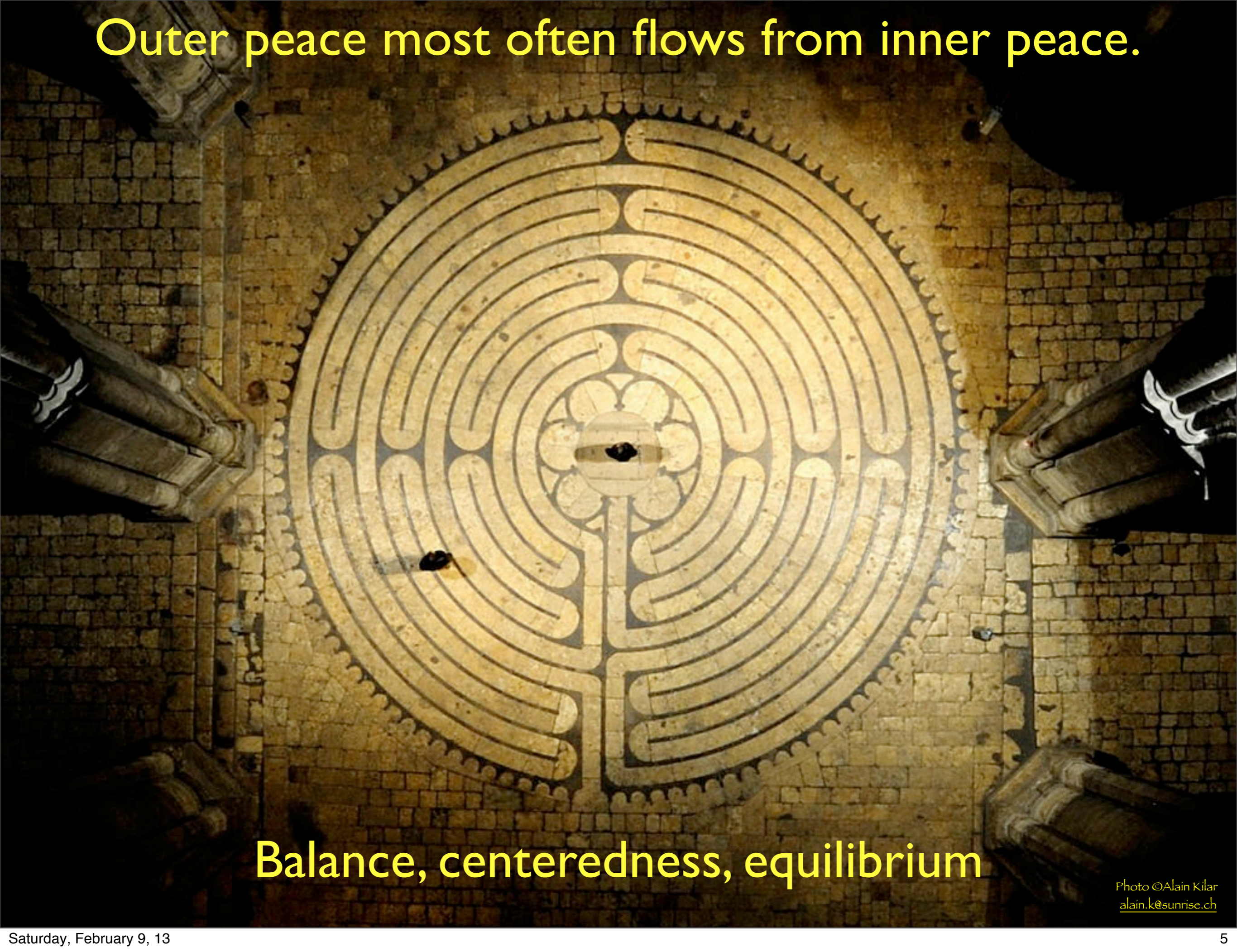
I've got peace like a river,
I've got peace like a river,
I've got peace like a river
in my soul.

I've got peace like a river,
I've got peace like a river,
I've got peace like a river
in my soul.

(African American Spiritual)

Ayeyarwady River

Outer peace most often flows from inner peace.



Balance, centeredness, equilibrium

Photo ©Alain Kilar
alain.k@sunrise.ch



How balanced do you feel?



2 3 4 5 6 7 8 9

1 = imbalanced 5 = somewhat balanced 10 = very balanced

How peaceful
are you feeling?



10= very peaceful



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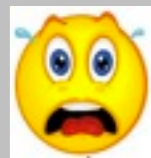
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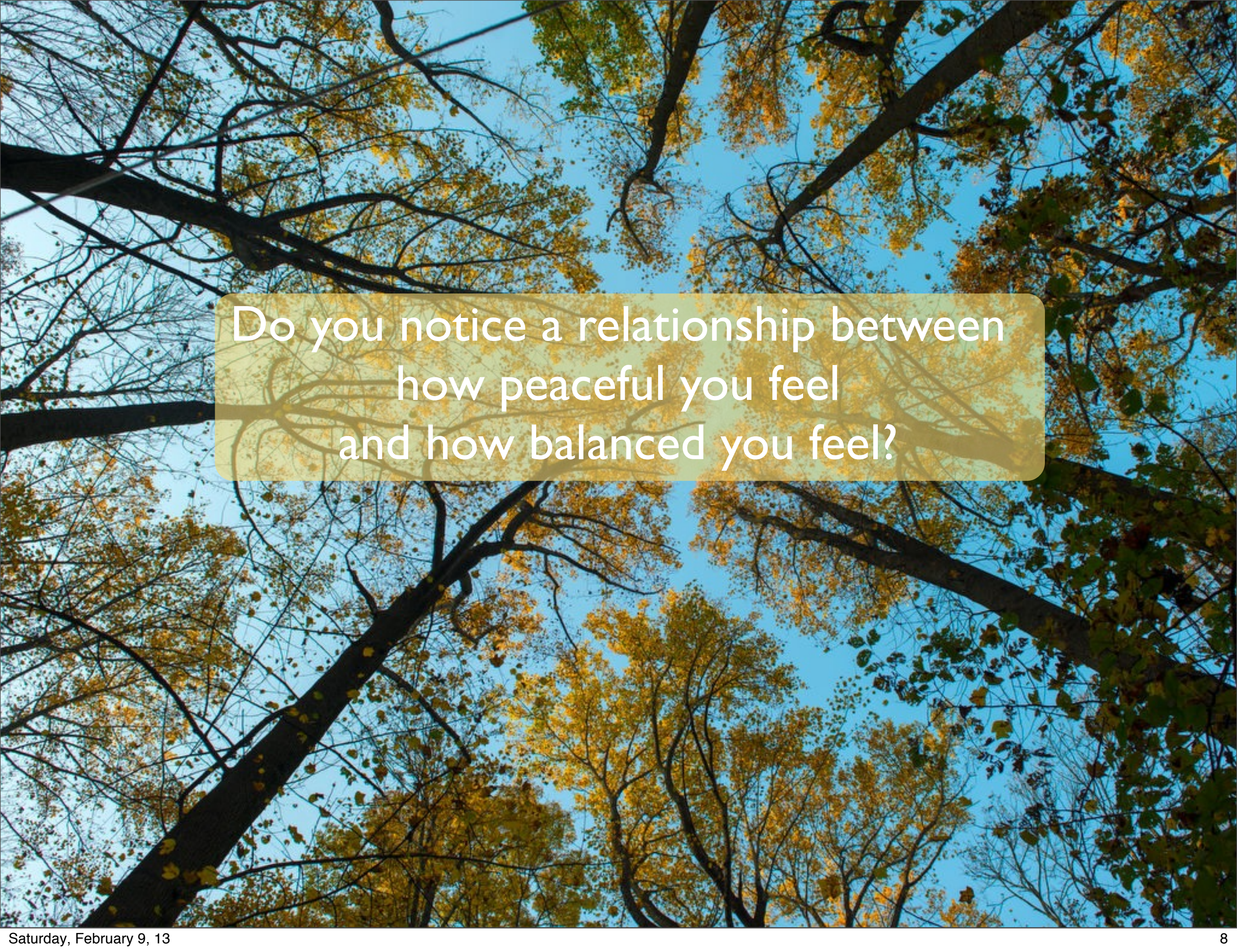


5= somewhat peaceful



1=NOT peaceful





Do you notice a relationship between
how peaceful you feel
and how balanced you feel?

Ordination June 3, 1984

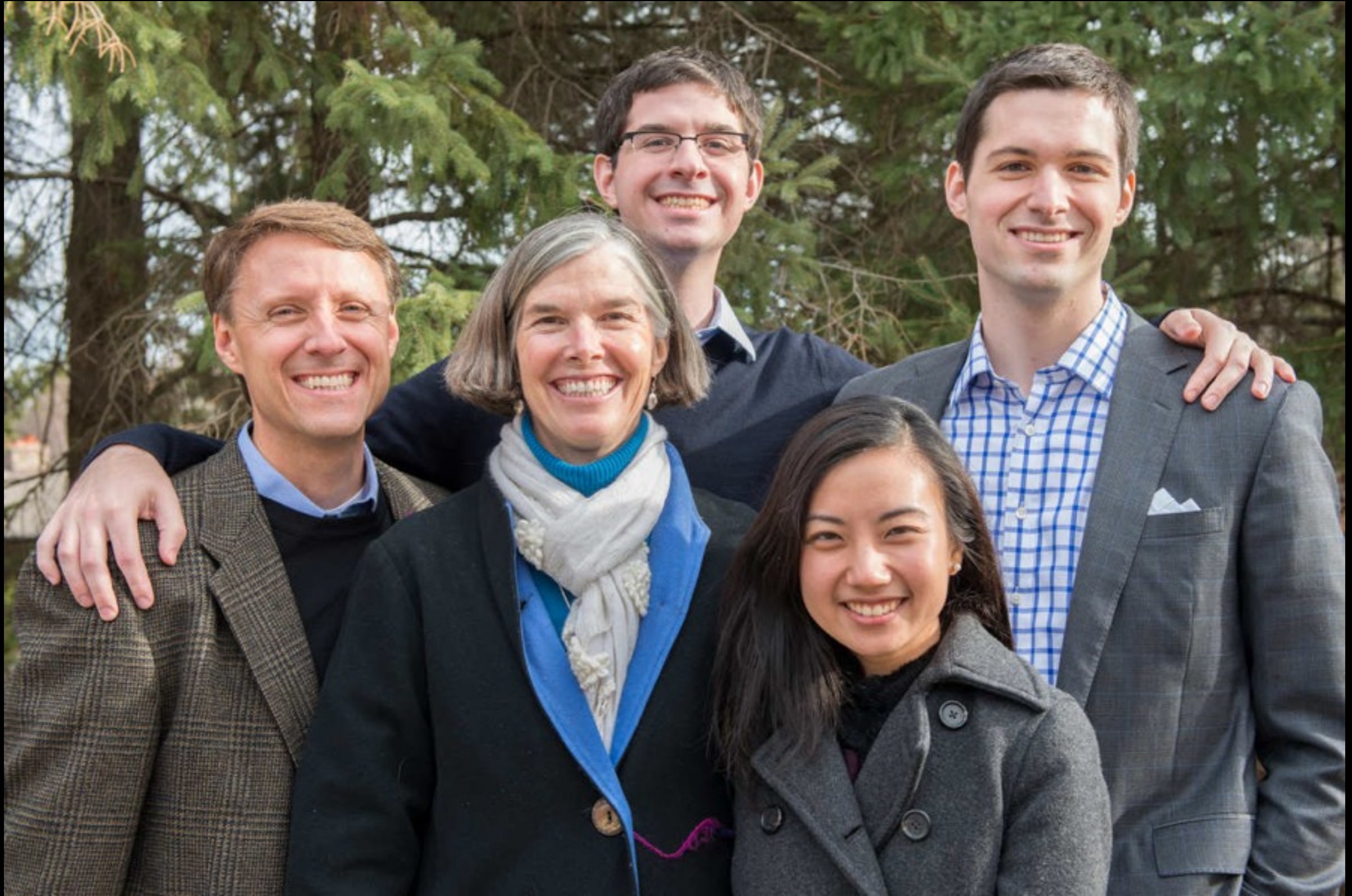
Serving as a
minister
for 28 years





Wed June 5, 1982 (30+ years of marriage!)

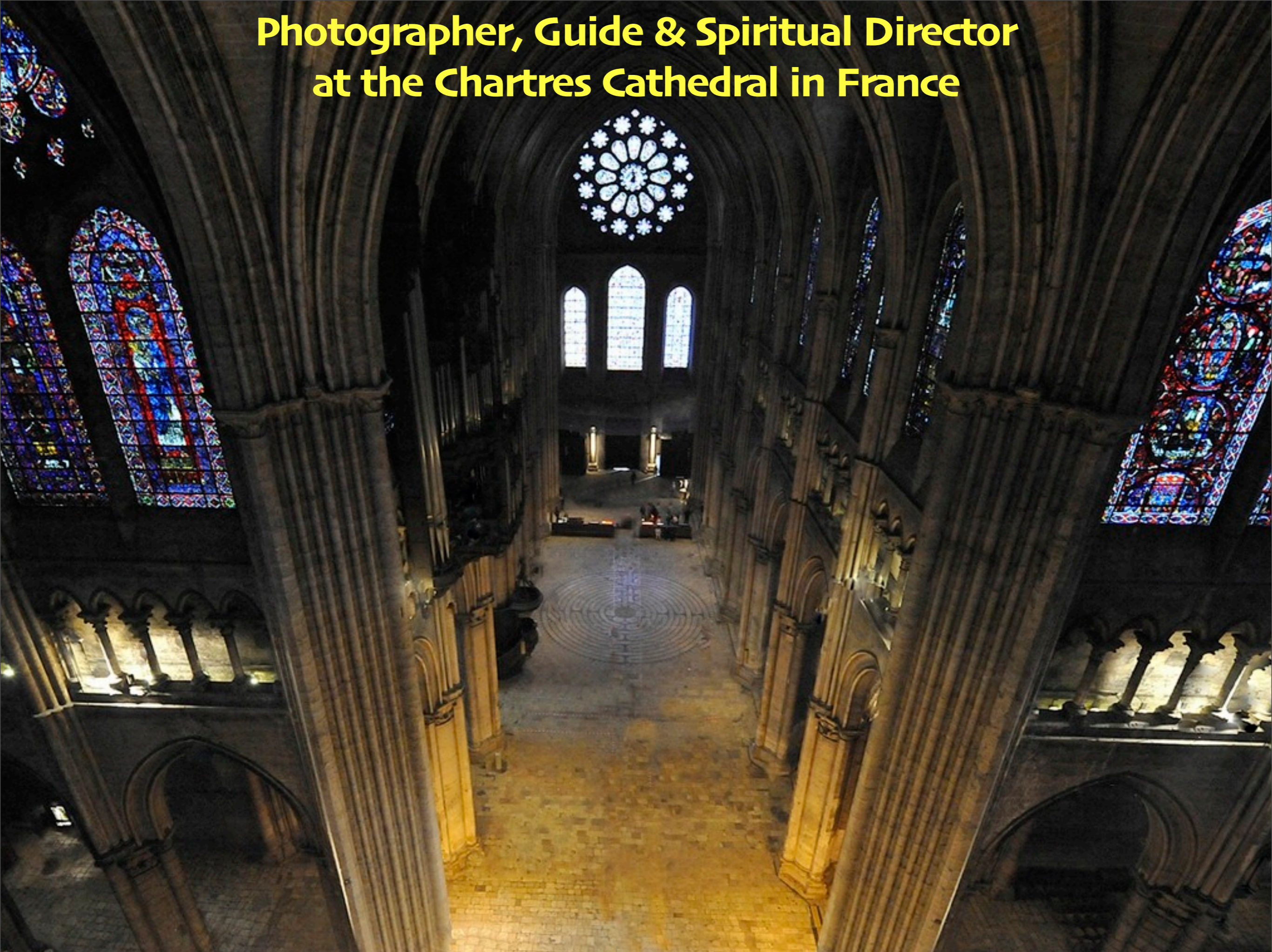
Our Family

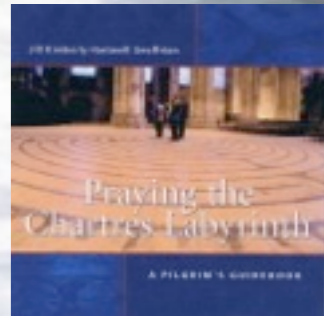
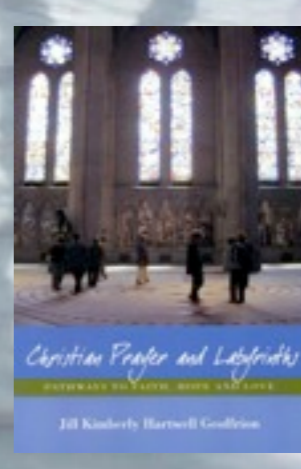
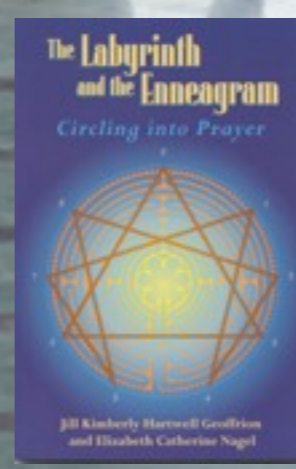
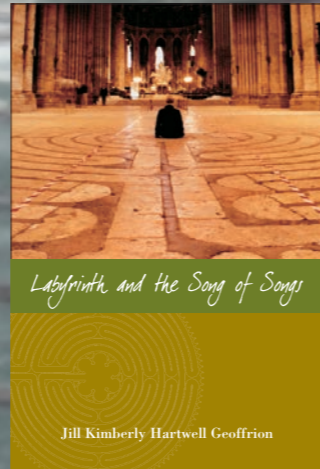
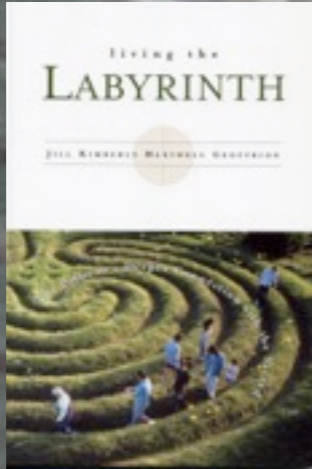
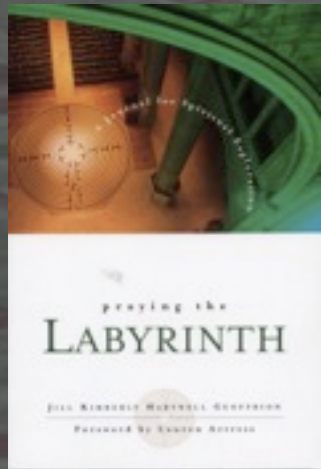


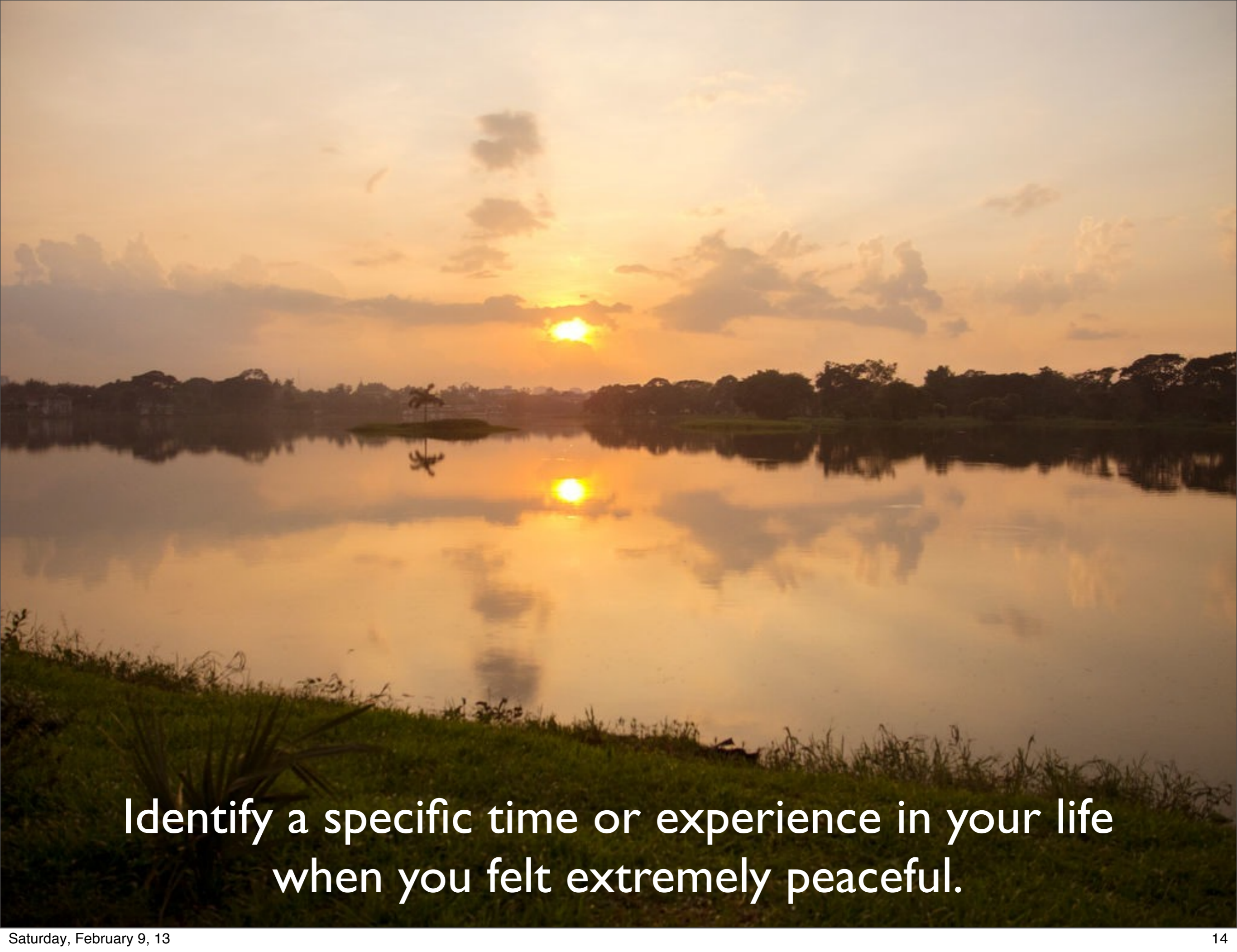
Daniel 24 years old

Timothy 26 years old
Stella 25 years old


Photographer, Guide & Spiritual Director at the Chartres Cathedral in France







Identify a specific time or experience in your life when you felt extremely peaceful.

A serene sunset over a body of water. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. A small island with a palm tree is visible in the distance. The foreground shows a grassy bank with some plants.

Recall the scents,
sounds,
feelings,
and sights.

In your mind, relive the experience.

A serene sunset over a body of water. The sun is low on the horizon, casting a warm, golden glow across the sky and reflecting on the water. A small island with a palm tree is visible in the middle ground. The foreground shows a grassy bank.

Turn to the person next to you.
Tell him or her:

1. What did your **BODY** feel like when you were peaceful?
2. What **THOUGHTS** did you have during the experience of peace?
3. What **CAUSED** your experience of peace to **END**?

How peaceful
are you feeling?

5= somewhat peaceful

10= very peaceful



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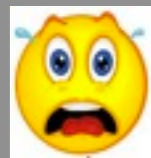
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1=NOT peaceful





Sanctuary Song

Peace, prepare me
to be a sanctuary
pure and holy,
tried and true.

With thanksgiving
I'll be a living
sanctuary for You.

(Sing 3x)

For Christ is our peace... Ephesians 2:14

The God of peace be with all of you. Romans 15:33

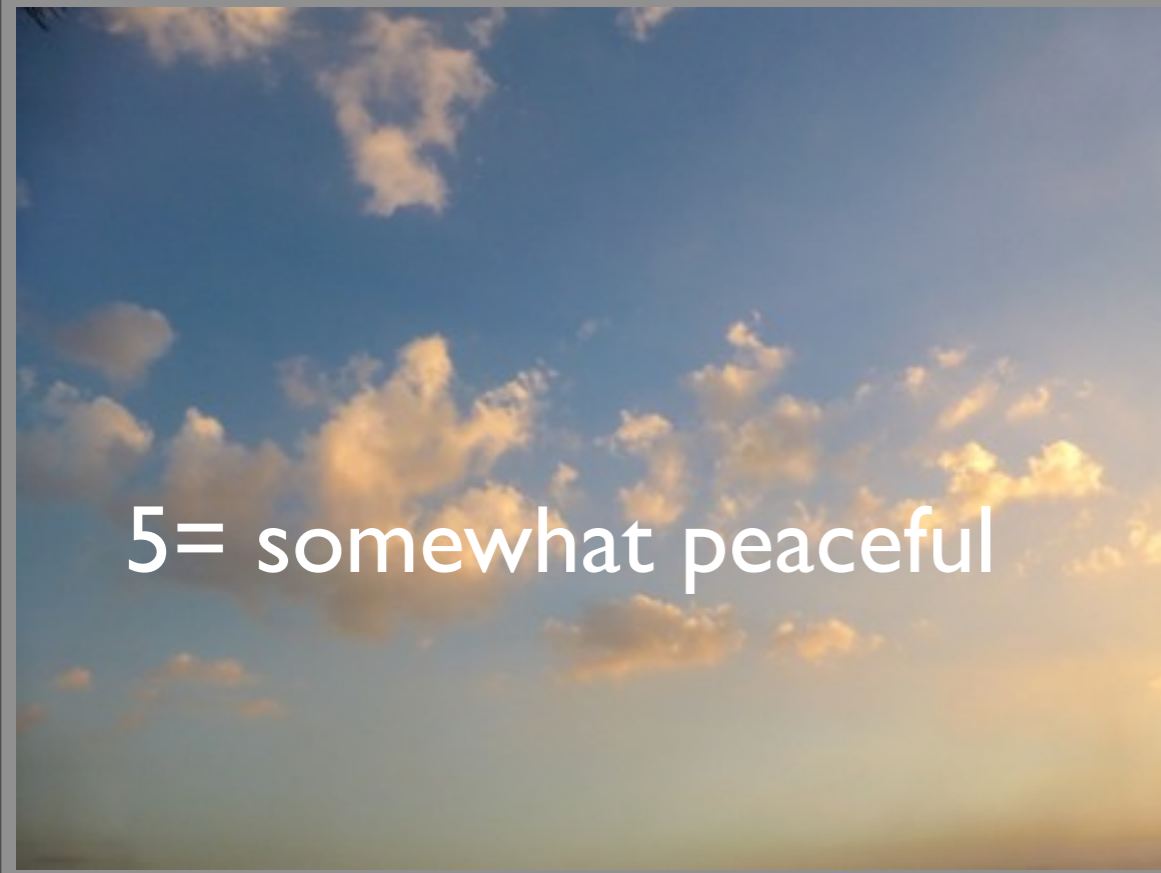
How peaceful
are you feeling?



10= very peaceful



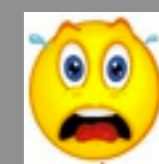
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5= somewhat peaceful



1=NOT peaceful





First experiences of centeredness (peace)...

First sounds of peace...

How peaceful
are you feeling?

5= somewhat peaceful

10= very peaceful



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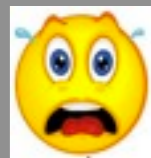
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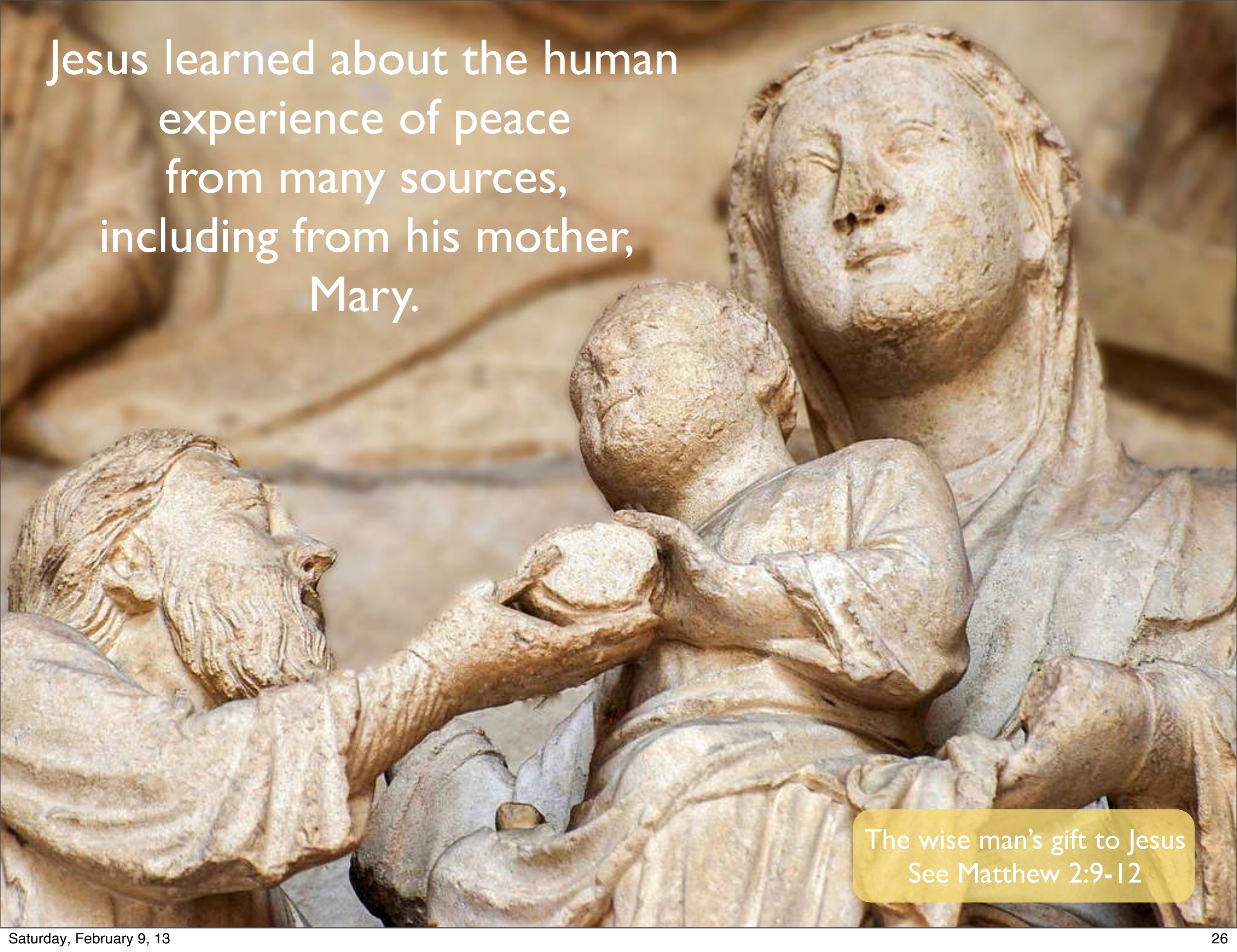
1=NOT peaceful



What can the heartbeat teach us about
peace?

When we are lacking peace,
we can return to the sound of the heart
(our breath, or another sound or sensation)
to help us regain a sense of centeredness
and peace.

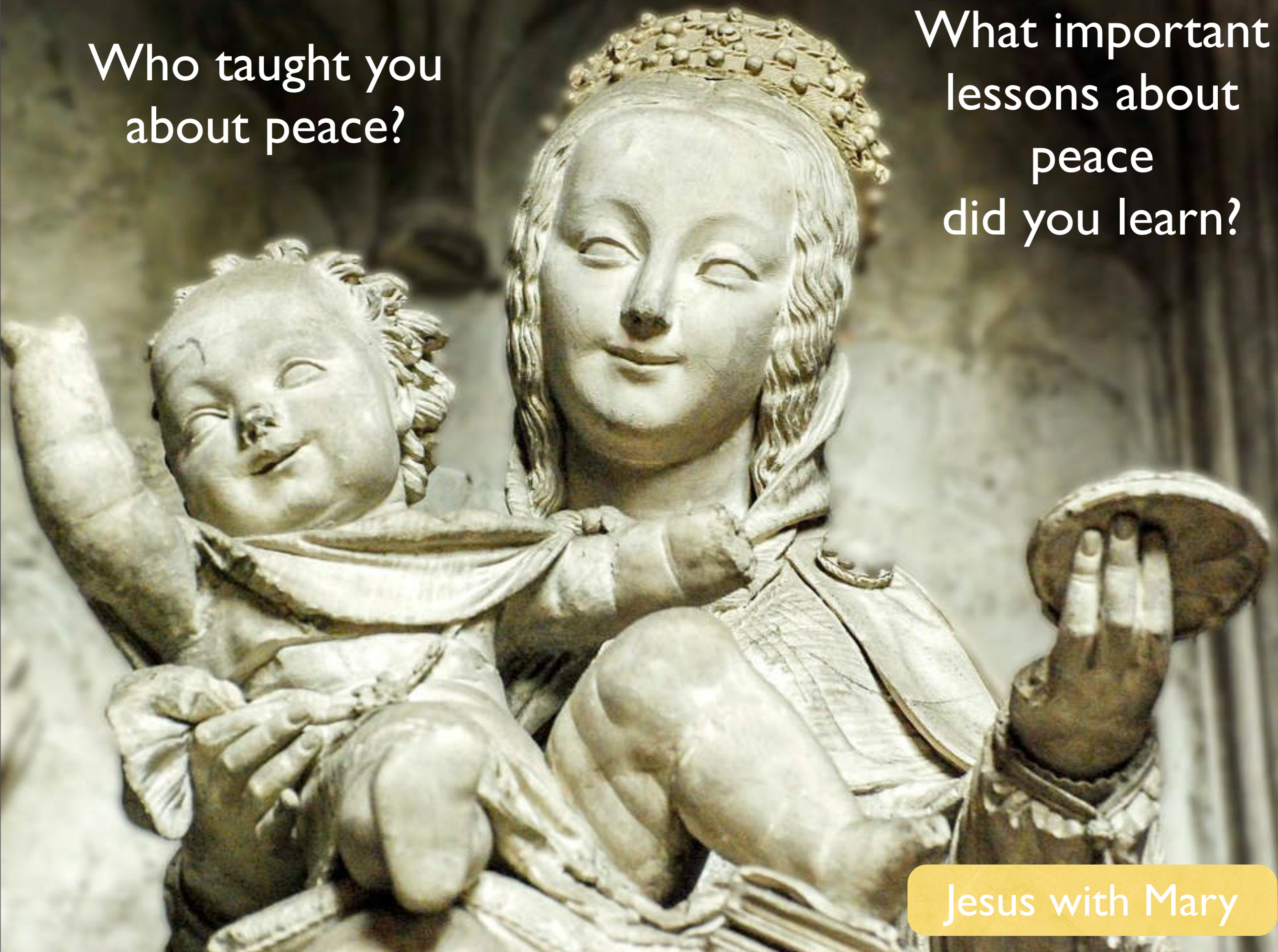
Jesus learned about the human experience of peace from many sources, including from his mother, Mary.



The wise man's gift to Jesus
See Matthew 2:9-12

Who taught you
about peace?

What important
lessons about
peace
did you learn?



Jesus with Mary

“Here am I, the servant of the Lord; let it be with me according to your word.” Luke 1:38



Peace with God's will.

The peace
of being
known and
loved by
extended
family.

Mary and
her relative
Elizabeth
(mother of John
the baptizer).

See Luke 1:36-56





The peace that
comes from being
wrapped
in
love...

A first century piece of
cloth from Palestine that
is reported to be the
“veil” that Mary wore at
the birth of Jesus. It is on
display in the Chartres
Cathedral in France.



The peace of being prayed over.

The peace of being a part of God's love for the world.



But the angel said to shepherds “Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Savior, who is the Messiah, the Lord.” See Luke 2:8-18

The peace of having been dedicated to God.



When the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord (as it is written in the law of the Lord, “Every firstborn male shall be designated as holy to the Lord”), and they offered a sacrifice according to what is stated in the law of the Lord, “a pair of turtledoves or two young pigeons.”

See: Luke 2:25-35

The peace
of deep
reflection.



“Mary
pondered these
things in her
heart.”

Luke 2:19

The peace of being protected.

Flight to Egypt: Matthew 2:13-23



Now after they had left, an angel of the Lord appeared to Joseph in a dream and said, "Get up, take the child and his mother, and flee to Egypt, and remain there until I tell you; for Herod is about to search for the child, to destroy him." Then Joseph got up, took the child and his mother by night, and went to Egypt, and remained there until the death of Herod. 13-15



The peace of
the mother's
heart beat in
one's ears.

13th century
Madonna & Child:
Jesus' head
resting against
Mary's heart





On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, "They have no wine." And Jesus said to her, "Woman, what concern is that to you and to me? My hour has not yet come."



His mother said to the servants, "Do whatever he tells you."

John 2:1-5

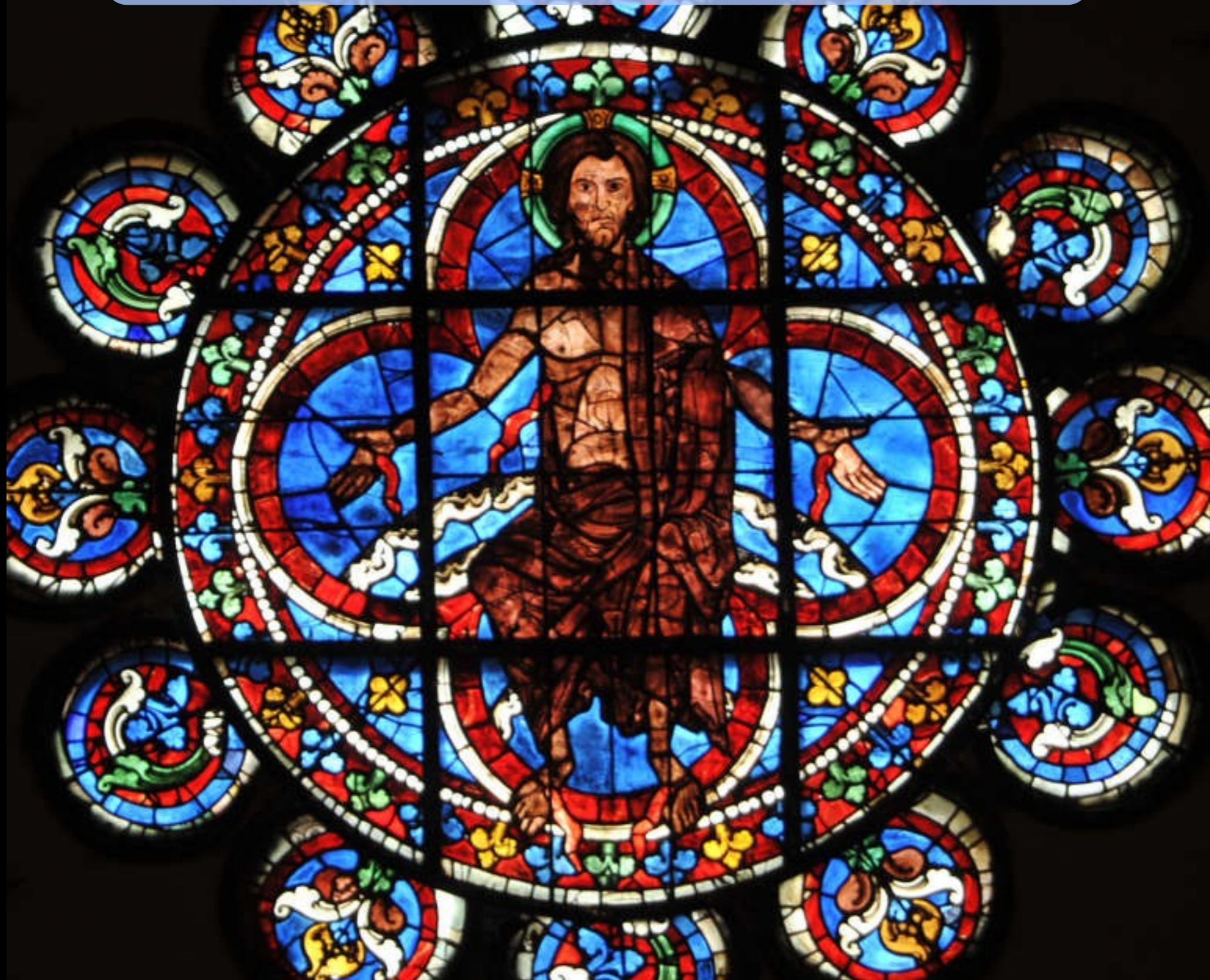
The peace of being trusted.

The peace of maternal comfort during times of suffering.



Meanwhile, standing near the cross of Jesus was his mother... John 19:25

For he is our peace. Ephesians 2:14



The risen Christ, showing us his wounds
& ability to understand our suffering.

How peaceful
are you feeling?

5= somewhat peaceful

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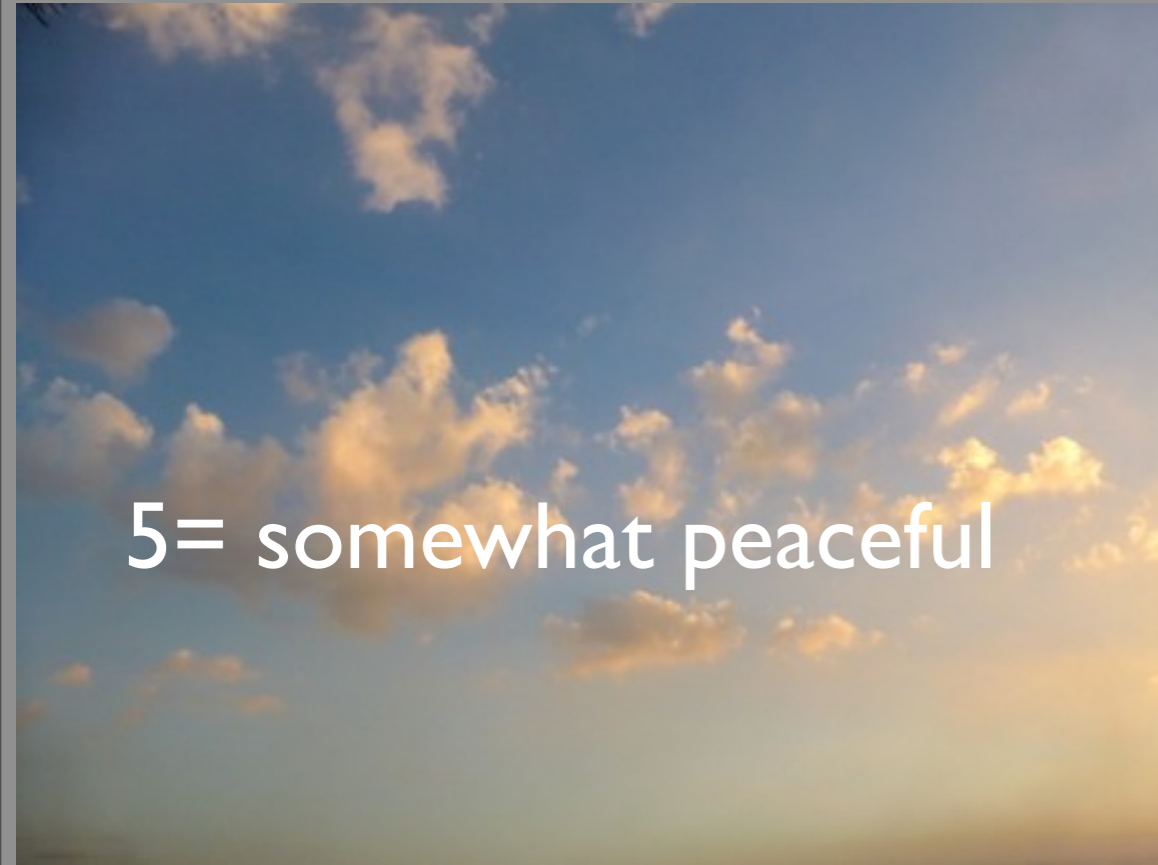
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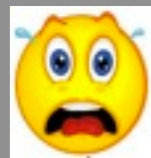
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1=NOT peaceful





In groups of 3 share:

What image spoke to you the most?

What thoughts did you have about learning to be more peaceful?

What questions are you asking about inner peace?



Large Group Sharing

What image spoke to you the most strongly?

What thoughts did you have
about learning to be more peaceful?

What questions are you asking
about inner peace?

How peaceful
are you feeling?

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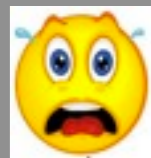
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1=NOT peaceful



Peace and the laboratory of human relationships



Peace With Those Closest To Us

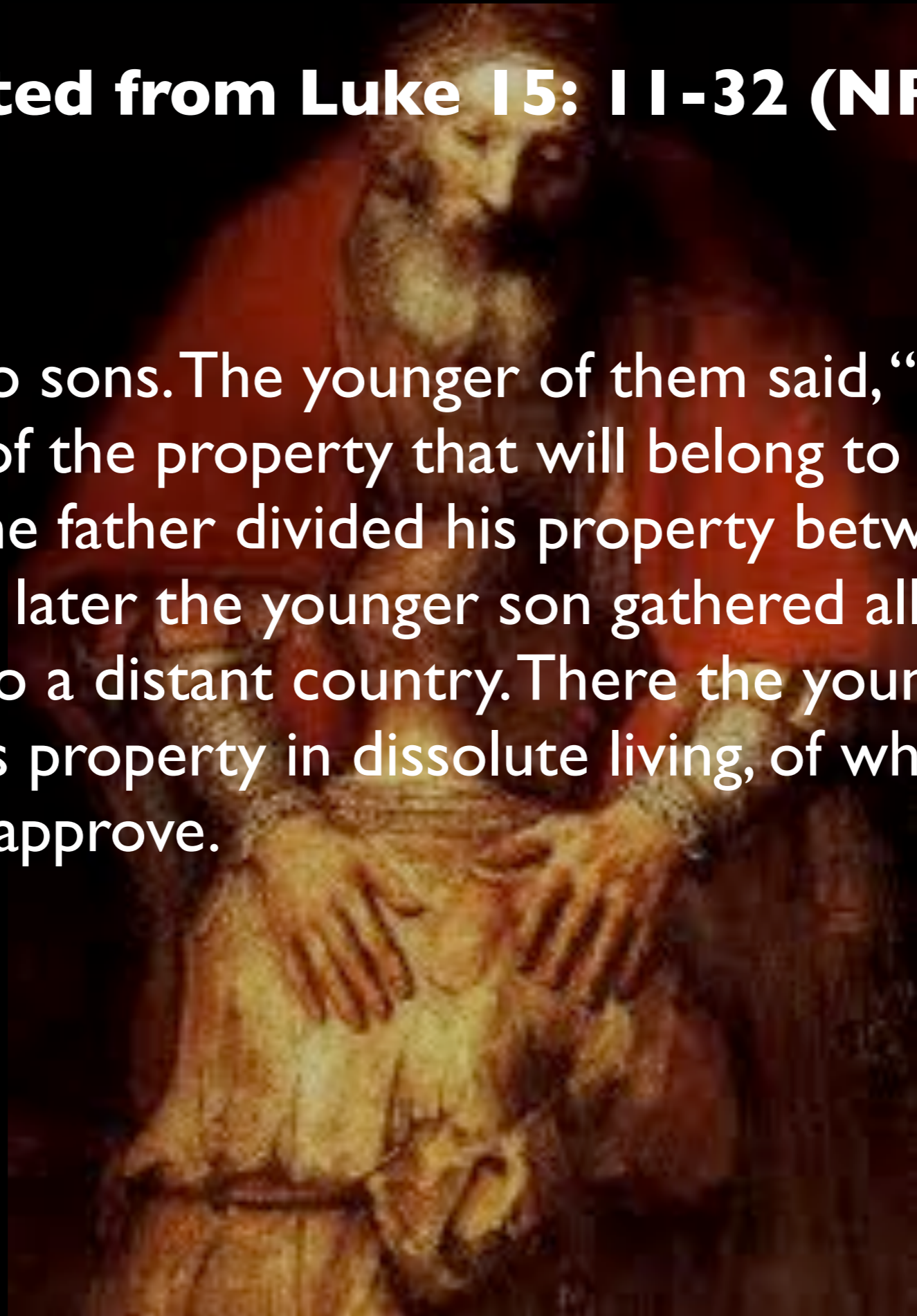


Luke 15: Interpersonal & Family Conflicts
A dramatic reading

Adapted from Luke 15: 11-32 (NRSV)

I.

A man had two sons. The younger of them said, “Father, give me the share of the property that will belong to me when you die.” So, the father divided his property between his sons and a few days later the younger son gathered all that he had and travelled to a distant country. There the younger son squandered his property in dissolute living, of which his family did not approve.



Adapted from Luke 15: 11-32 (NRSV)

II.

When the son had spent everything, a severe famine took place throughout that country, and he grew hungry. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. The son would gladly have filled himself with the slop that the pigs were eating; but no one gave him anything. He grew thinner and thinner, hungrier and hungrier. When he came to himself he said, “How many of my father’s hired hands have bread enough to spare? But here I am, dying of hunger! I will get up and go to my father, and I will say to him, ‘Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands.’”

Adapted from Luke 15: 11-32 (NRSV)

III.

So he set off and went back to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, “Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.” But the father said to his servants, “Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. Get the fatted calf and kill it, and let us eat and celebrate; for this son of mine who was dead is alive again! He was lost and is found!” And they began to celebrate.

Adapted from Luke 15: 11-32 (NRSV)

IV.

Now the elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the servants and asked what was going on. The servant replied, “Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.” Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, “Listen! For all these years I have worked like a servant for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends! But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!”



Adapted from Luke 15: 11-32 (NRSV)

V.

Then the father said to him, “Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.”

How peaceful
are you feeling?

5= somewhat peaceful

10= very peaceful



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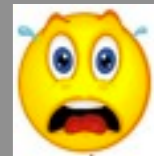
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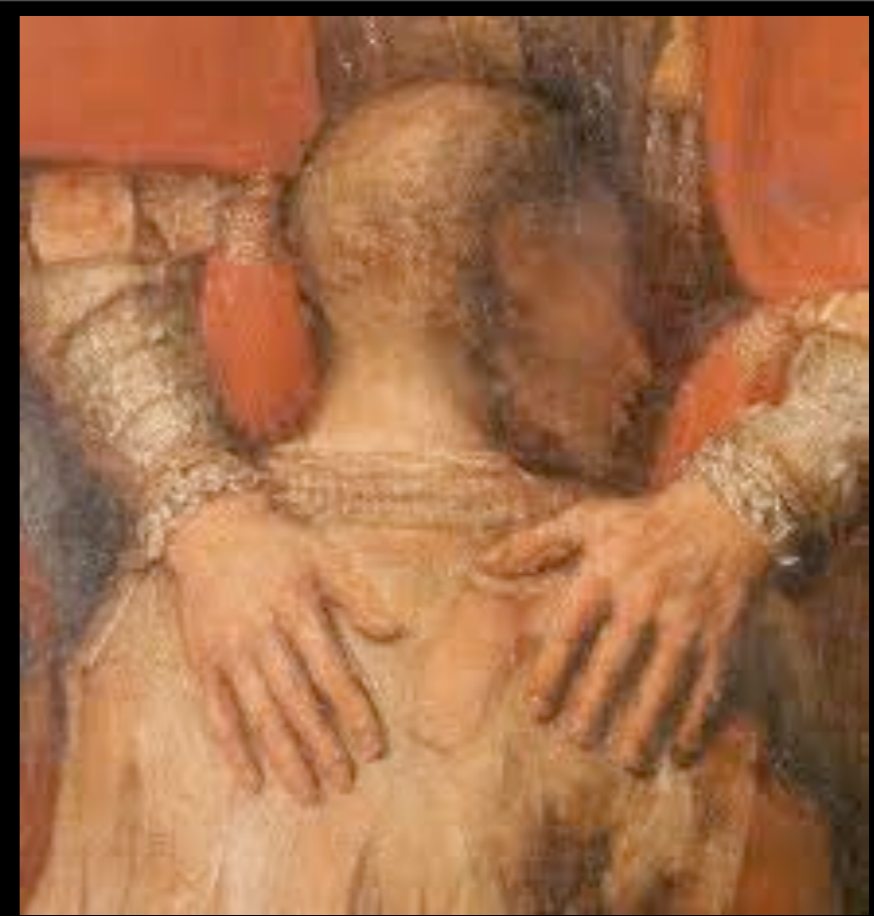
1=NOT peaceful





In groups of 4
Discuss:

What does this
story tell you
about peace?



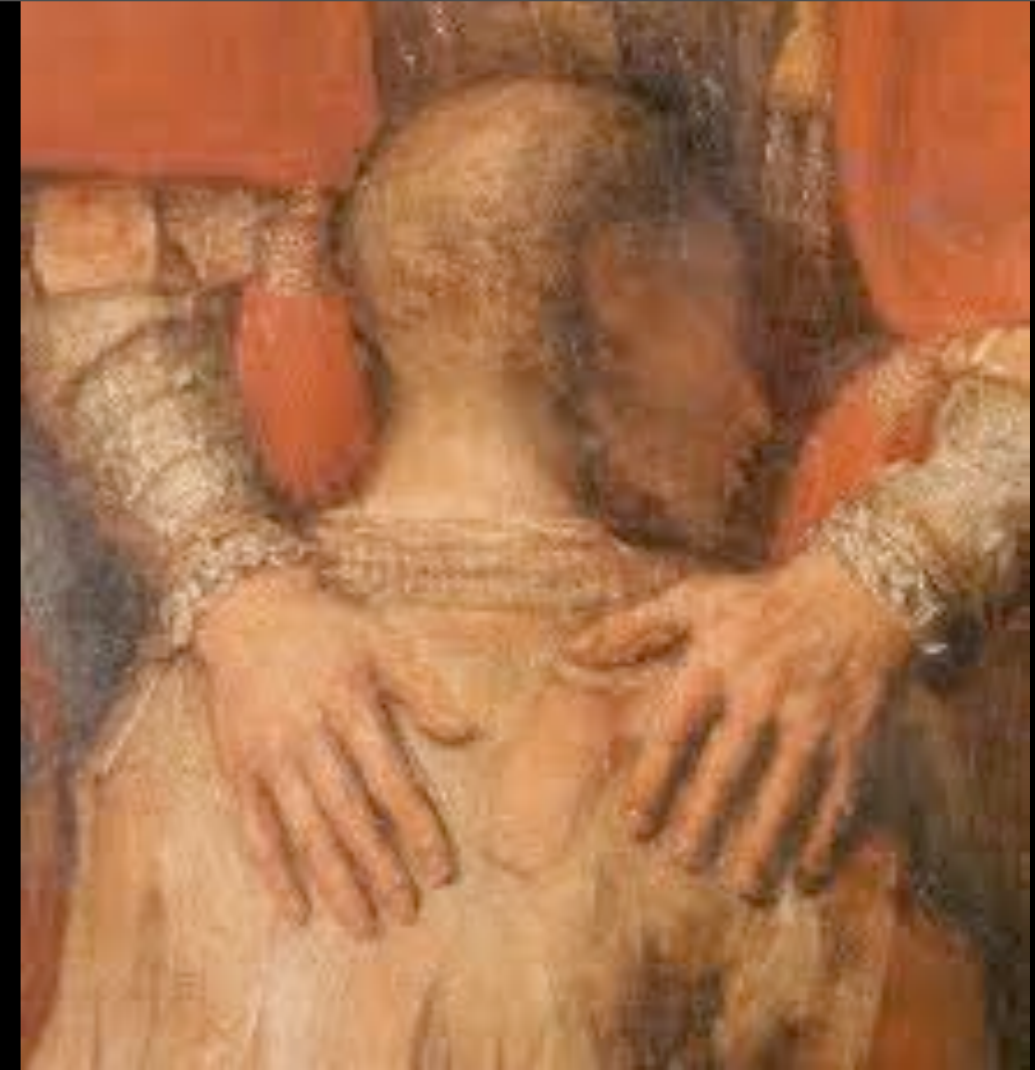
Please have one
person ready to
report your
answers back to
the large group.

Painting: The Prodigal
by Rembrandt





What does this story tell us about peace?



Painting: The Prodigal
by Rembrandt

How peaceful
are you feeling?

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10 = very peaceful



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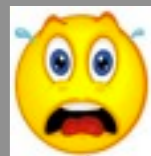
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1 = NOT peaceful



Wishing Peace to One Another

Right Side: Deep peace

Left Side: of the running wave to you

Deep peace...of the flowing air to you

Deep peace...of the quiet earth to you

Deep peace...deep peace

Deep peace...of the sleeping stones to you

Deep peace...of the wandering wind to you

Deep peace...of the flock of stars to you

Deep peace...deep peace

Deep peace...of the eastern wind to you

Deep peace...of the western wind to you

Deep peace...of the northern wind to you

RS: Blue wind of the south to you

LS: Pure red of the whirling flame to you

RS: Pure white of the silver moon to you

LS: Pure green of the emerald grass to you

All: Deep peace, deep peace...

Deep Peace, © Donovan

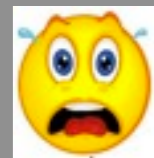


How peaceful
are you feeling?

5= somewhat peaceful

10= very peaceful

1=NOT peaceful



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Let There Be Peace On Earth

Let there be peace on earth
And let it begin with me.
Let there be peace on earth
The peace that was meant to be.
With God as our parent
Siblings all are we.
Let me walk with all others
In perfect harmony.

Let peace begin with me
Let this be the moment now.
With every step I take
Let this be my solemn vow.
To take each moment
And live each moment
With peace eternally.
Let there be peace on earth,
And let it begin with me.

(Sing 2x)

© Vince Gill

How peaceful
are you feeling?

5= somewhat peaceful

10= very peaceful



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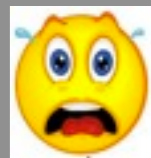
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1=NOT peaceful





Being Peacemakers in our Communities & World

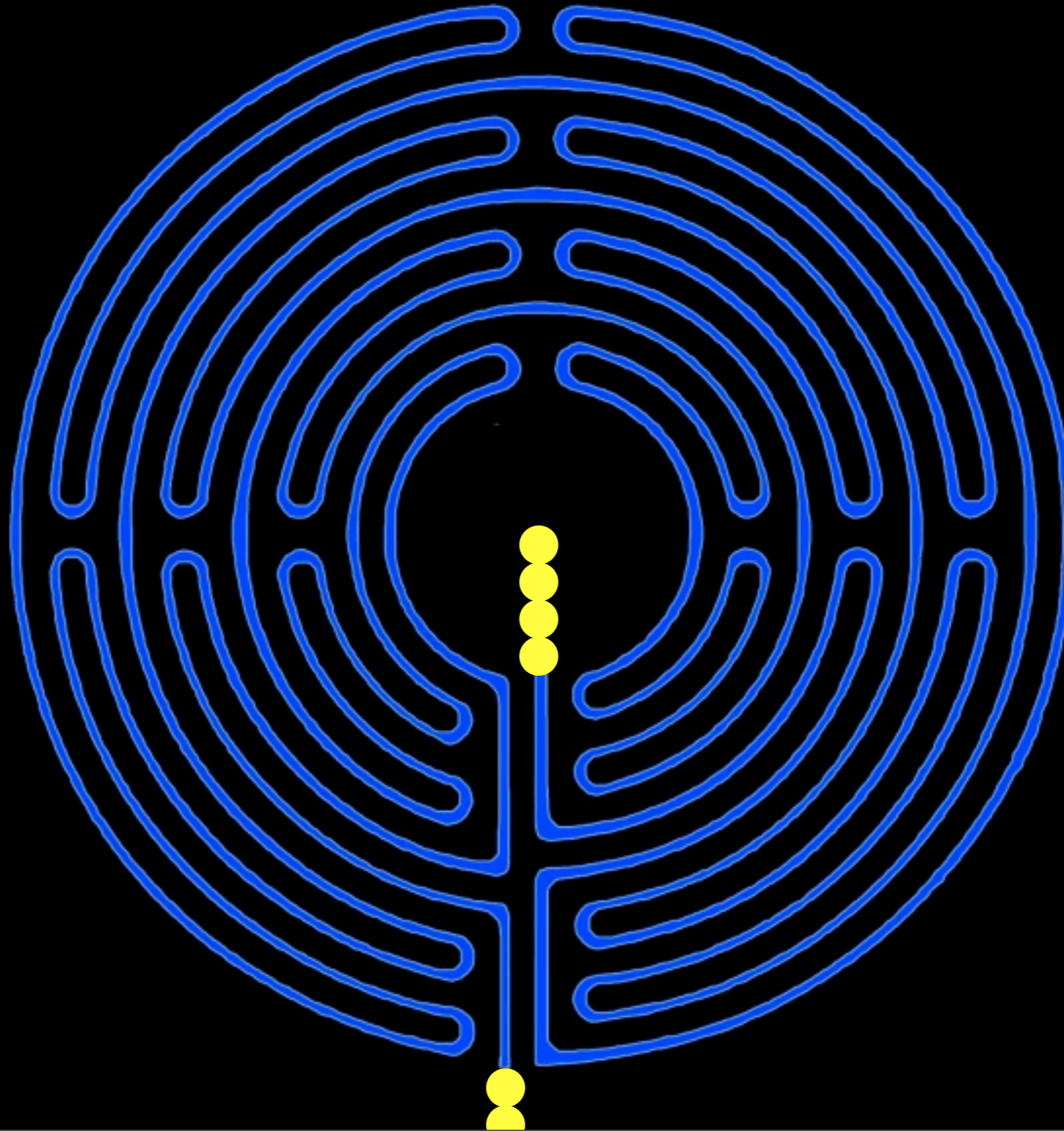
The Labyrinth: A Tool for Discernment


What peace
do I long for?

What is my
next step?



A labyrinth is pattern with a single pathway that turns back on itself before leading to a center. It is an enclosed design with a single opening in the perimeter.





A labyrinth has one--and only one--pathway.
Mazes and wingabas have many.
There are no tricks or dead ends in a labyrinth.
You can't get lost.

Karen Wingaba Maze
at a Buddhist Temple
Yangon, Myanmar

Before entering:



Take a deep breath.

**Ask God to speak to you
as you walk.**

Move towards the center:



Cross the threshold.
Follow the green pathway
as it leads you toward the center.

Pay attention to your experience
without judging it.
It can serve as a mirror
for what you are experiencing elsewhere.

Feel free to move at your own pace.
You may pause at any time.

You may walk around others,
or let them go around you.



In the center:

Rest with God.

Listen.

Receive.

Offer thanks.

Stay in the center
as long as you would like.





When you are ready,
you can return to the
exit/entrance
by following the
pathway
in the opposite
direction.

**After you walk
the labyrinth:**

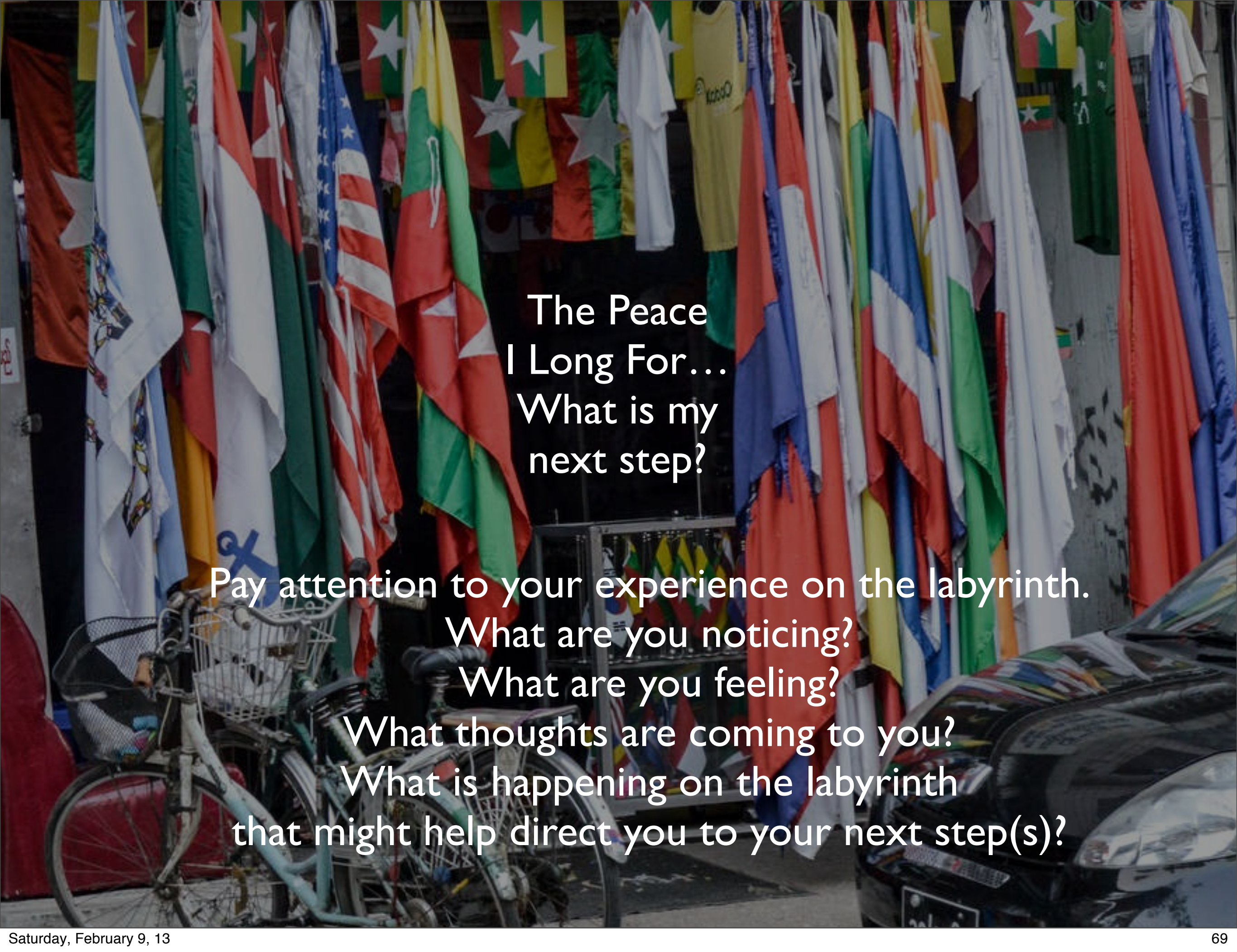
Become aware of
your feelings
and thoughts.

Take time to journal,
draw,
or reflect--
or continue praying
and listening.





“He has told
you, O
mortal,
what is good;
and what
does the
Lord require
of you
but to do
justice,
and to love
kindness, and
to walk
humbly with
your God.”
Micah 6:8



The Peace
I Long For...
What is my
next step?

Pay attention to your experience on the labyrinth.
What are you noticing?
What are you feeling?
What thoughts are coming to you?
What is happening on the labyrinth
that might help direct you to your next step(s)?

How peaceful
are you feeling?



10= very peaceful



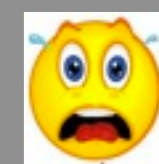
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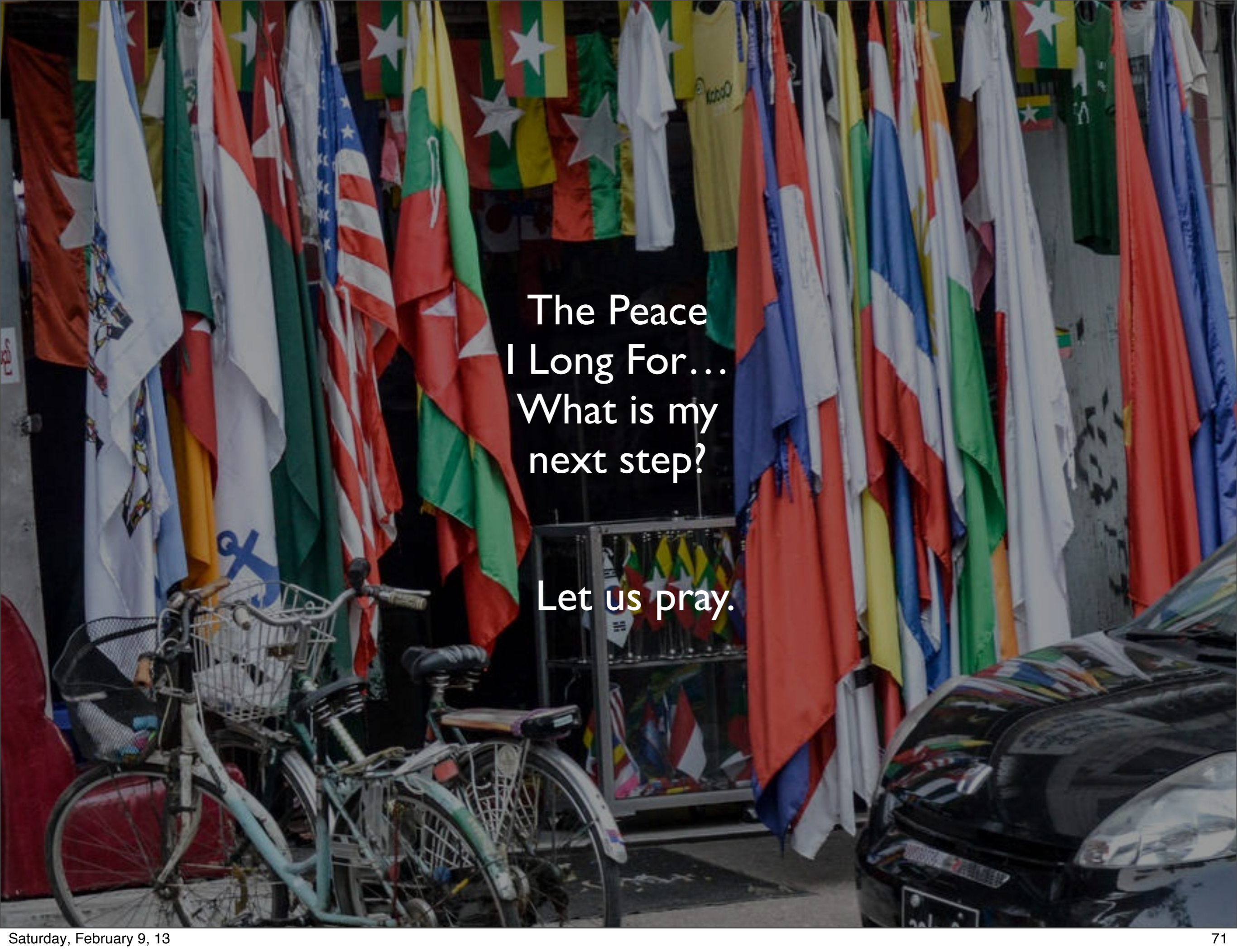


5= somewhat peaceful



1=NOT peaceful





The Peace
I Long For...
What is my
next step?

Let us pray.

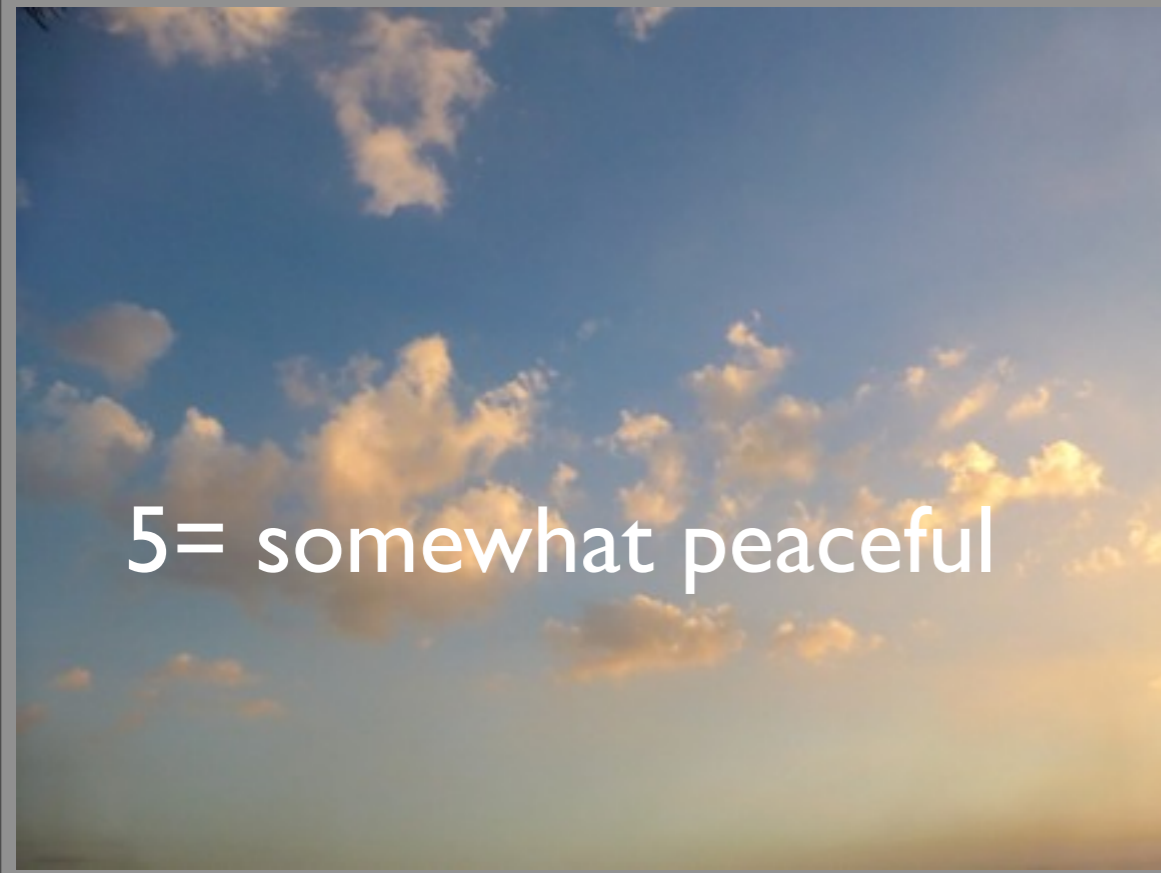
How peaceful
are you feeling?



10= very peaceful



10
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5= somewhat peaceful



1=NOT peaceful



In Twos:

What peace do YOU long for?

What did your labyrinth walk help you understand your next step(s)?



Large Group Sharing

What step towards peace-making
are you going to take?



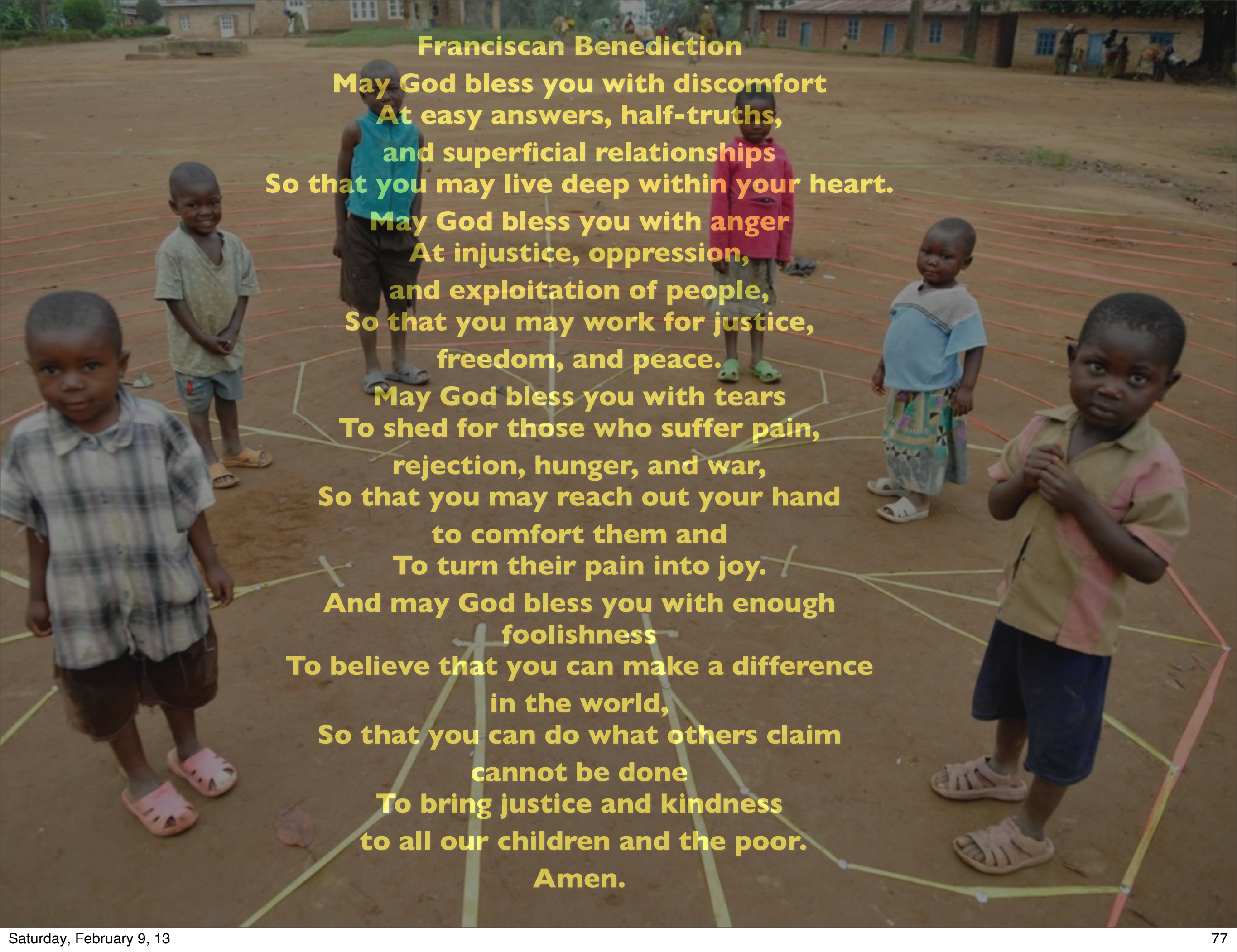
Prayer for Peace

Written by Joan Chittister, OSB

May I Be An Instrument of Peace

Canon





Franciscan Benediction

**May God bless you with discomfort
At easy answers, half-truths,
and superficial relationships
So that you may live deep within your heart.
May God bless you with anger
At injustice, oppression,
and exploitation of people,
So that you may work for justice,
freedom, and peace.
May God bless you with tears
To shed for those who suffer pain,
rejection, hunger, and war,
So that you may reach out your hand
to comfort them and
To turn their pain into joy.
And may God bless you with enough
foolishness
To believe that you can make a difference
in the world,
So that you can do what others claim
cannot be done
To bring justice and kindness
to all our children and the poor.
Amen.**



Ministry website www.fhlglobal.org

Labyrinth resources by jill
www.jillgeoffrion.com

Photo galleries by jill
throughjillseyes.wordpress.com

Journey blog by jill
jillgeoffrion.wordpress.com

Jill's email: jill.geoffrion@fhlglobal.org
Tim's email: tim.geoffrion@fhlglobal.org