

A Minute of Silence for a Moment of Peace

For your school, workplace, and community



GOAL: Encourage individuals to think about and reflect upon peace.

MATERIALS: People

AGES: All ages

WHEN: Sept. 21 at Noon

On Sept. 21, for a global minute at 12:00 noon in all time zones across the world, meditate on to envision peace. This simple act will create a "peace wave" around the world and becomes a shared act of peace in which everyone can participate.

Instructions:

Gather around a peace pole or in any peaceful area that can accommodate your group. Hold hands as you observe a minute of peace at noon. Include this universal statement – *"May Peace Prevail On Earth"* – to begin and/or end your gathering.

