

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. 22 at Noon



On Monday, September 22, **observe a minute of silence** at 12:00 noon and meditate to envision peace. This simple act will create a “peace wave” around the world and become 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

