



Be Peace. Choose Peace. Create Peace.

UPLIFT SPIRITS FOR PEACE THROUGH ACTION

Peace Uplifters Program Summary

Peace Through Action USA's Peace Uplifters program offers volunteer opportunities for people with faith beliefs and/or with healing capabilities—peace uplifters—to direct prayer, meditation, and healing energy and support toward the achievement of interpersonal peace. We offer tools for peace uplifters to pray for and meditate on peace. And, we place peace uplifters into spiritual or healing support positions with our community peace projects.

Our Peace Uplifters

Peace Through Action USA welcomes into our peace uplifters network people of all ages with a desire to direct prayer, meditation, and healing energy and support toward lifting the spirits of people and communities striving toward greater interpersonal peace. Peace uplifters choosing prayer and meditation as their spirit-uplifting method are lay people and religious professionals. They pray and meditate as best suits their traditions. Peace uplifters choosing healing (on our behalf) as their spirit-uplifting method possess credentials as healers. Some of our peace uplifters pray for and meditate on peace when their spirit calls them. Others make their prayer or meditation a habit. Still others volunteer as regular contributors to community peace projects, providing spiritual companionship or psychosocial support to our peace agents and to community volunteers and members. Many of our peace uplifters volunteer remotely, making this program readily accessible to people with all life circumstances.

Peace Uplifters Opportunities

Peace Through Action USA's peace uplifters volunteer opportunities include:

- Taking the Peace Uplifter Pledge to pray for and meditate on interpersonal and intergroup peace as a habit.
- Holding a specific community peace project or peace agent, or the success of Peace Through Action USA generally, in one's prayers and meditations.
- Providing spiritual companionship or psychosocial support to Peace Through Action USA peace agents leading our community peace projects and/or to members of the communities the projects serve.

Our Call to Action—Join Our #PeaceBeginsWithWe Movement

Take the **Peace Uplifter Pledge** to consistently pray for and meditate on interpersonal peace. Add your name to the pledge here:

<https://peacethroughaction.org/dosomething/uplift/peaceuplifterpledge/>.

Volunteer as a **spiritual companion** or **psychosocial supporter** with one of our community peace projects or peace agents. Apply here: www.PeaceThroughAction.org/volunteer.

Inquiries welcome at inbox@PeaceThroughAction.org, 202-827-5967, or @PeaceActUSA.