



**Be Peace. Choose Peace. Create Peace.**

## Signs of Peace Through Action

May 2022

### Responding to Mass Violence: A Reflection

Peace Through Action USA offers our reflection on mass violence in the wake of recent mass murder incidents in Uvalde, Texas and Buffalo, New York. In our reflection, we call on each American to #DoSomethingForPeace, and to do so with haste. Read the full reflection [here](#).

**Peaceful Readers Book Club | *Bridge Builders: Bringing People Together in a Polarized Age* | Mon. June 20, 2022 and Mon. July 11, 2022, 7:00 pm – 8:00 pm EDT Virtual Meeting | Register [Here](#)**

"A book America truly needs" LEONARD PITTS, JR.

Nathan Bomey

# BRIDGE BUILDERS



Bringing People Together  
in a Polarized Age

Peace Through Action's Peaceful Readers Book Club will hold discussions on [Bridge Builders: Bringing People Together in a Polarized Age](#) by Nathan Bomey on Monday June 20, and Mon. July 11, 7:00 pm EDT. Please join us. We welcome new members to the book club any time! Register [Here](#).

In this book, Bomey dissects the transformational ways in which bridge builders are combatting polarization by pursuing reconciliation, rejecting misinformation, and rethinking the principle of compromise.

### Co-Creating Connection: Using Nonviolent Communication for Heartful Connection | May 11, 2022 | Event Webpage [Here](#)



**Calvert Peace Project**  
Broadview Church | Peace Through Action

*Peaceful Speakers Event*



**Co-Creating Connection: Using Nonviolent Communication for Heartful Connection**  
Wed. May 11, 2022

**River Dunavin**  
Certified Nonviolent Communication Trainer

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Peace Through Action held a training on the peaceful practice called Nonviolent Communication (NVC) on May 11, 2022. The training, [Co-Creating Connection: Using Nonviolent Communication for Heartful Connection](#), presented principles of NVC and offered participants a simple skill to answer the question, "What can I do, right now, to make genuine, heartful connection?" This skill offers a reframe that enables compassion to arise naturally, even in challenging situations.

Visit the [event webpage](#) for a link to the training recording and other resources.

## Featured Peacebuilder | River Dunavin, Nonviolent Communication Trainer

Learn more about River and watch our interview [Here](#)



**Featured Peacebuilders**  
*Ordinary People Doing Something Extraordinary to Increase Peace*

**River Dunavin**  
*Nonviolent Communication Trainer*  
*Pennsylvania*

PeaceThroughAction.org/peacebuilders

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Please join us in celebrating Nonviolent Communication trainer River Dunavin as a *Featured Peacebuilder*. Peace Through Action is recognizing River because of his dedication to and enthusiasm in promoting the peaceful practice of *Nonviolent Communication* as a means for co-creating heartfelt connections with others. Watch our interview with River and learn more about him [here](#).

Peace Through Action’s [Featured Peacebuilders](#) initiative uplifts ordinary people among us doing extraordinary things to increase peace with whom and where they live, learn, work, play, and pray. By shining a modest ray of light on these individuals and groups, we hope to inspire others of us to take peaceful actions. You can be an ordinary/extraordinary person too!

## Transformative Listening and Other Essential Skills for Facilitating Civic Dialogue | May 16, 2022 | Event Webpage [Here](#)



**Calvert Peace Project**  
 Broadview Church | Peace Through Action

*Peaceful Speakers Event*

**Transformative Listening and Other Essential Skills for Facilitating Civic Dialogue**  
 Mon. May 16, 2022

**Sheri Tardio**  
 Community Mediation Center of Calvert County  
**Jessica Harding**  
 Peace Through Action USA

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Calvert Peace Project (a project of Peace Through Action) and Community Mediation Center of Calvert County held a training on transformative listening on May 16, 2022. Through the training, [Transformative Listening and Other Essential Skills for Facilitating Civic Dialogue](#) participants learned the art of listening and more specifically, what reflective listening is and how to be an intentional listener. Participants learned about the facilitator’s role and how to support good conversations. Visit the [event webpage](#) for a link to the training recording and other resources.

## Featured Peacebuilder | Sheri Tardio, Community Mediator

Learn more about Sheri and watch our interview [Here](#)

## Featured Peacebuilders

*Ordinary People Doing Something Extraordinary to Increase Peace*



### Sheri Tardio

*Community Mediator*

*Maryland*

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**Be peace.**

**Choose peace.**

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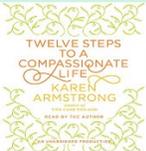
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Please join us in celebrating community mediator Sheri Tardio as a *Featured Peacebuilder*. Peace Through Action is recognizing Sheri because of her vigor in implanting community mediation and restorative justice practices in public and private systems and settings throughout Calvert County, Maryland. Watch our interview with Sheri and learn more about her [here](#).

## Choose Compassion | Step 5—Mindfulness

### Twelve Steps to a Compassionate Life



**Step 1** Learn About Compassion  
**Step 2** Look at Your Own World  
**Step 3** Compassion for Yourself  
**Step 4** Empathy  
**Step 5** Mindfulness  
**Step 6** Action

**Step 7** How Little We Know  
**Step 8** How Should We Speak to One Another?  
**Step 9** Concern for Everybody  
**Step 10** Knowledge  
**Step 11** Recognition  
**Step 12** Love Your Enemies



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Our Peaceful Readers book club completed their discussion of Karen Armstrong’s [Twelve Steps to a Compassionate Life](#) this past January. Armstrong sets out a twelve-step program that can lead each of us toward a more compassionate life.

We aim to present a very abbreviated step each month through December 2022. We encourage you to take the actions Armstrong suggests. You can rely on our briefest of “Cliff’s Notes,” or you might want to obtain a copy of *Twelve Steps to a Compassionate Life* through loan from your public library or through a bookstore.

**Step 5—Mindfulness.** Armstrong invites us to detach ourselves from the ego by observing the way our minds work. Suggestions for doing so include 1) reading chapter 5 of the book; 2) observing our behaviors while going about our daily activities and interactions; 3) becoming aware of the instinctive brain processes that arouse negative impulses; and 4) becoming conscious of our changeability.

Next Month... Action.



## **Do Something Right Away to Increase Peace**

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