



Be Peace. Choose Peace. Create Peace.

Signs of Peace Through Action

June 2022

We're Hiring! Seeking Applicants for Programs Positions

Peace Through Action USA invites applicants for two open programs positions. We are seeking a [programs director](#) to develop and implement activities that advance our mission delivery strategies. The programs director position is full-time with a pay rate between \$29 and \$31 per hour. The position holder can work remotely from any U.S. location.

Also, we are seeking a [field representative](#) to support the Calvert Peace Project. This position is part-time with a pay rate between \$28 and \$30 per hour. For this position, we encourage applications from people living or working in or having a connection to Calvert County, Maryland, as the position requires presence in the county.

Find the position announcements with application instructions [here](#). Please pass the word of these job opportunities to someone you know who may be interested. Or apply today!

Peaceful Readers Book Club | [Bridge Builders: Bringing People Together in a Polarized Age](#) | 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 a discussion on [Bridge Builders: Bringing People Together in a Polarized Age](#) by Nathan Bomey on 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.

Corporate Giving Opportunities with Peace Through Action USA



Peace Through Action extends its gratitude to board of directors alum Ariel Jackson Barreto for persuading her teammates at Yelp to select Peace Through Action USA as their charity of focus on a recent day for corporate giving at their company. Due to Ariel's recommendation, their team raised nearly \$700 for Peace Through Action. Thank you!

This moment provides an opportunity for us to invite additional gifts from companies and their employees. If you have opportunity to recommend a public charity for your employer's **corporate social responsibility** activities, or manage CSR for your organization, please select Peace Through Action USA as one of your charities. We have organization profiles on [Benevity](#), [Bright Funds](#), [Cybergrants \(Bonterra\)](#), and [YourCause from Blackbaud](#). (If your organization uses another CSR platform, let us know at giving@peacethroughaction.org and we will set up a profile.)

Choose Forgiveness



Be Peace. Choose Peace. Create Peace.

CHOOSE FORGIVENESS

What is forgiveness?

Forgiveness is the cessation of anger toward a person due to harm that person caused. Forgiveness does not mean forgetting. Forgiveness does not mean condoning, excusing, or minimizing offenses. Forgiveness does not require reconciliation.¹ The spiritual and philosophical tradition of promoting forgiveness is at least 4000 years old. The concept of forgiveness is found in spiritual traditions such as Christianity, Islam, Judaism, and Confucianism.² In 1989 the first article about an empirically based study focusing on person-to-person forgiving was published in the Journal of Adolescence. Prior to this study, there was research on apology, or people seeking forgiveness, but never on people forgiving one another.³ During the late 1980s forgiveness continued to take on significance beyond its association with religion. In the aftermath of the fall of Communism, Nelson Mandela's election in South Africa, and an ending of the conflict in Northern Ireland, former enemies tried to work together, and studies of interpersonal forgiveness grew.⁴ By 2020 researchers were also studying self-forgiveness, intergroup forgiveness, and the feeling of being forgiven by God.⁵

How do people learn forgiveness?

Forgiveness can be learned through a variety of methods and resources (some are free, and some have a cost) including self-study, podcasts, online courses, web pages, videos, books, instruction, preaching, and counseling.

Some experts on the practice offer approaches where forgiveness is arrived at by following steps. For example, Frederic Luskin's *Nine Steps to Forgiveness*. Involves a mix of cognitive and meditative strategies, from articulating one's grievance to shifting one's life expectations to revising the way one views their past. Robert Enright's *Forgiveness Process Model* consists of 20 steps divided into four phases: uncovering, decision, work, and outcome/deepening. Everett Worthington's *REACH method for forgiveness* involves five steps: Recall the hurt, **E**mpathize with the person who hurt you, offer an Altruistic gift of forgiveness, Commit to forgive (ideally publicly), and **H**old onto that forgiveness.

How do people implement forgiveness?

Forgiveness can be implemented by anyone at any time. Forgiveness can be practiced alone, with another person, in a group, in schools, in faith-based settings, and in secular settings. Forgiveness can be communicated orally, in writing, through arts, through rituals, and other methods.

¹ Greater Good Magazine. (n.d.). *What is Forgiveness?* Retrieved from Greater Good Science Center: <https://greatergood.berkeley.edu/article/forgiveness/definition>
² Stoycheva, D. S. (2018). *Analysis of the relationship between religion and forgiveness*. Retrieved from Dissertations and Theses @ UNL: <https://scholarworks.unl.edu/etd/1930>
³ Robert Enright, P. (2009, April 16). Reflecting on 30 years of Forgiveness Science: What were the developments in this field and where is it headed next? *Psychology Today*.
⁴ Everett L. Worthington, J. P. (2020). *The Science of Forgiveness*. Richmond: Department of Psychology Virginia Commonwealth University.
⁵ (Everett L. Worthington, 2020)

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Peace Through Action USA is pleased to release its latest “choose a peaceful practice” [webpage](#) and [information sheet](#)—this one focused on **forgiveness**. We developed this information sheet to help people increase their forgiveness skills. Look at our forgiveness resources today.

Our thanks to volunteer Barbara Kriel for preparing the information sheet on forgiveness. We have more topics to cover in our information sheet series. If you want to “be like Barbara” and volunteer as a writer, visit our [Volunteer for Peace webpage](#) for more information.

Choose Compassion | Step 6—Action



Twelve Steps to a Compassionate Life
 by Karen Armstrong
 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

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 6—Action. Armstrong invites us to show acts of kindness daily. Suggestions for doing so include 1) reading chapter 6 of the book; 2) resolving to practice the Golden Rule (do unto others as you wish to have done to you) at least once daily; 3) resolving to not do unto others what you do not wish done to you; and 4) making a

daily effort to change negative thought patterns.

Next Month... How Little We Know.

Do Something Right Away to Increase Peace

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