



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

## **Signs of Peace Through Action**

September 2022 – Peace Day Edition

### **Peace Day 2022—End Racism: Build Peace**

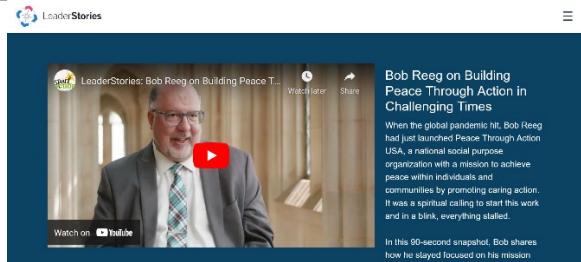


Today (September 21) is the annual observance of the [International Day of Peace](#). This year's theme for #PeaceDay is "End Racism: Build Peace." Can't be more direct than that!

In choosing this year's theme, the United Nations notes that true peace "requires the building of societies where all members feel that they can flourish. It involves creating a world in which people are treated equally, regardless of their race." Can't disagree with that!

Peace Through Action USA believes that each of us can do and must do something to end racism. Two of our anti-racism resources we call to your attention this #PeaceDay include our [Do Something About Racism webpage](#) and information sheet; and a recent [blog post](#) from our programs director, Chris Walonski, reflecting on takeaways from a recent forum on racial trauma in which he participated.

### **Peace Through Action's Origin Story... and a Bit More**



Have you wondered how Peace Through Action USA came to be? We have the answer!

Bob Reeg, our founder and chief executive officer, sums up our origin story in this professionally produced brief [video profile](#) issued by LeaderStories. [LeaderStories](#) shares profiles of for-purpose leaders around the globe who are using their passion to shift power and transform communities.

We are grateful to LeaderStories for selecting Bob for the honor of being profiled as a for-purpose leader... and for timing their release of his profile to the 2022 annual observance of the International Day of Peace. May #PeaceDay be every day.

## Meet Our New Staff

### Our Staff



**Chris Walonski**  
Director of Programs and Partnerships Development and Delivery

**Bob Reeg**  
Chief Executive Officer and Founder

**Mary Bonney**  
Peace Agent, Calvert Peace Project

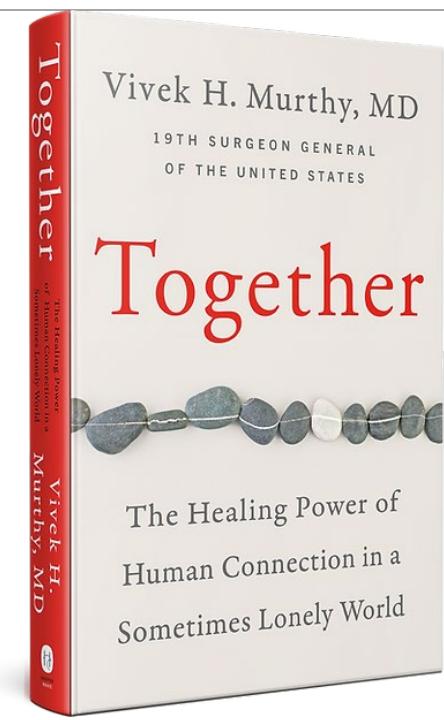
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Peace Through Action USA is pleased to announce that two talented and individuals motivated for peacebuilding have recently joined our people force. [Chris Walonski](#), our first director of programs and partnerships development and delivery, is responsible for designing and delivering our instruction in civic engagement and social engagement concepts and practices, among other responsibilities. Chris's prior programmatic work has engaged a broad range of community intervention strategies and performance-based teaching methods.

[Mary Bonney](#), is our peace agent for the [Calvert Peace Project](#), our civic and social engagement project for youth and adults in Calvert County, Maryland. Mary, a Calvert County native, brings to the position experience in event planning, nonprofit support and management, and service.

We are fortunate to have attracted Chris and Mary to our organization. We look forward to continuing to deliver and increase our programmatic activities in their care.

**Peaceful Readers Book Club | Together: The Healing Power of Human Connection in a Sometimes Lonely World** | Mon. Oct. 17, 2022, 7:00 pm – 8:00 pm EDT Virtual Meeting | [Register Here](#)



Peace Through Action's Peaceful Readers Book Club will continue its discussion of [Together: The Healing Power of Human Connection in a Sometimes Lonely World](#) by Vivek Murthy, MD on Mon. Oct. 17, 7:00 pm Eastern Time. Please join us. We welcome new members to the book club any time! Register [Here](#).

In this groundbreaking book, Vivek Murthy (the current Surgeon General of the United States) argues that loneliness is the underpinning to the current crisis in mental wellness. The good news is that social connection is innate and a cure for loneliness. In *Together*, Murthy addresses the importance of community and connection and offers viable and actionable solutions to this overlooked epidemic.

## Choose Compassion | Step 9—Concern for Everybody

**Twelve Steps to a Compassionate Life**

<b>Step 1 Learn About Compassion</b> <b>Step 2 Look at Your Own World</b> <b>Step 3 Compassion for Yourself</b> <b>Step 4 Empathy</b> <b>Step 5 Mindfulness</b> <b>Step 6 Action</b>	<b>Step 7 How Little We Know</b> <b>Step 8 How Should We Speak to One Another?</b> <b>Step 9 Concern for Everybody</b> <b>Step 10 Knowledge</b> <b>Step 11 Recognition</b> <b>Step 12 Love Your Enemies</b>
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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 9—Concern for Everybody.** Armstrong invites us to focus not only on our immediate community, but to have concern for everybody. Suggestions for doing so include 1) reading chapter 9 of the book; 2) understanding different national, cultural, and religious traditions; 3) taking note of the way you speak about foreigners; and 4) appreciating how dependent you are on people you have never met.

Next Month ... Knowledge.



Signs of Peace Through Action—September 2022

4

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