



***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.

### 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. Some of our peace uplifters pray for and meditate on peace when their spirit calls them. Others make their prayer or meditation a habit. 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.
- Incorporating our Prayer for Peace Through Action and our Meditation on Peace Through Action into their personal or corporate spiritual practices.

### Our Call to Action—Join Our #PeaceBeginsWithWe Campaign

Take the **Peace Uplifter Pledge** to consistently pray for and meditate on interpersonal peace. Add your name to the pledge [here](#).

Incorporate our [Prayer for Peace Through Action](#) and our [Meditation on Interpersonal Peace](#) into your personal or corporate spiritual practices.

Inquiries welcome at [inbox@PeaceThroughAction.org](mailto:inbox@PeaceThroughAction.org), 202-827-5967, or @PeaceActUSA.