



PO Box 73466
Washington DC 20056-3466
202-827-5967
inbox@peacethroughaction.org
peacethroughaction.org
@peaceactusa #PeaceBeginsWithWe

PEACE UPLIFTERS PROGRAM

Peace Through Action's **Peace Uplifters** program provides opportunities for everyday people with spiritual beliefs to direct prayer, meditation, and healing energy toward increased peace in our relationships and communities.

Peace Uplifters Activities

- **Spiritual Resources**—our Prayer for Peace through Action and Meditation on Peace Through Action are available for everyday people to incorporate into their personal or group spiritual practices.
- **Peace Uplifter Pledge**—an invitation to everyday people to consistently to consistently pray for and meditate on peace in our relationships and communities.
<https://peacethroughaction.org/uplifter-pledge>

Our Peace Uplifters

Anyone wanting to spread messages on practical actions we can take to increase peace in our relationships and communities can be a peace uplifter! Our Peace Uplifters activities are set up for everyday people. Becoming a peace uplifter with Peace Through Action is a low-expectation commitment – as easy as praying or meditating on peace as part of one's spiritual practice. All we ask of our peace uplifters is that they consistently pray, meditate, or reflect on peace in their own and our collective relationships and communities.

Our Call to Action—Do Something to Increase Peace!

- **Attend** a virtual event to explore civic and social concerns.
- **Learn** about various forms of social distress and practical peace solutions.
- **Promote** peaceful communication within your networks and in the public square.
- **Uplift** your hope and optimism for increased peace through prayer & meditation.
- **Volunteer** to host an action planning meet-up or peace skills session with peers.
- **Start** a community peace project in your neighborhood, town, or city.

Peace Through Action® USA inspires and equips everyday people to increase safety, belonging, and peace in their relationships and communities by cultivating their compassion and increasing their constructive communication and conflict resolution skills. Join us in doing something for peace through our [website](#), [email](#), and [social media](#). We request your [gift of money](#) at your choice of amount to support our mission work.