



## 7. SPEAKING FROM THE HEART – SHARING PRAYERS, POETRY AND FEELINGS

This offering of heartfelt words can be used to encourage others to share their feelings, yearnings, prayers of the heart at this time.

Thank you to Karimah Stauch, Regional Coordinator for URI Europe, for sharing her thoughtful words:

*Tonight I want to share with you my tears, the cry of the deepest longing for peace.  
Sometimes the tensions inside are just so high...as we listen  
to the happenings, past, present, all, all over the world,  
the tensions, between our fears, our pain, our anger, and our hope, our aspirations, our  
loves!*

*...as we continue struggling, working for peace and justice...*

*the tensions between our highest aspirations for justice and peace, everywhere, for  
every person... and the limitations of our physical being.*

*My sisters and brother, tonight I want to thank you for being there, all over this world,  
for doing whatever you can do for peace and justice,*

*for doing whatever you can for the good of humankind and all creatures of this world.*

*Wherever you are on this earth, and whatever your creed or path, you are my sister, my  
brother.*

*We are all just one soul.*

*Whatever is the pain of one of us, is the pain of all of us.*

*Whatever is the joy of one of us, is the joy of all of us.*

*So let me thank you.*

*Thank you for being there.*

*Thank you for continuing the work!*

*Greetings from my heart.*

*Listening to each other matters. Please connect with larger community by sharing highlights of discussion and activities at [uri.org/facebook](https://uri.org/facebook). For assistance in implementing your idea, contact Sally Mahé at [smahe@uri.org](mailto:smahe@uri.org). For Zoom meeting assistance, contact Matthew Youde at [myoude@uri.org](mailto:myoude@uri.org).*