

9. Traditions, Religions, Spiritual Values

- **Share Spiritual Practices:**

Gather via Zoom or face to face to share spiritual values and practices. Use quote as discussion starter. How can we learn more about the spiritual values we have? How can we share our spiritual practices that give inner strength and help us do peacemaking work? How do you see spiritual values being lived and shared in the URI community?

I dream that URI keep spiritual values at its heart and as its guiding force.

- Sr. Maureen Goodman, Brahma Kumaris, United Kingdom

- **Share Gifts from Traditions:**

Gather via Zoom or face to face to share gifts you receive from your tradition. Use quote as a discussion starter. What gestures, symbols, movements, songs, inspiring words can we share that express our diverse beliefs, traditions and spiritual values?

The religious practice agreed upon by all was silence and our time together was punctuated by a spirit of prayer. I was moved to tears at one point by the young people when they volunteered to lead the opening blessing. There were no words, just sounds, gestures, and eye contact. The message I received was, let's do it, not just talk about it, let's get one with becoming one global culture of peace.

- Mary Page Simms, founding CC leader