

## Did you know Sept. 21 is International Day of Peace?

Thomas C. Fox | Sep. 18, 2009 NCR Today

"Peace is every step," writes Thich Nhat Hanh. So the question: What step to take?

The United Nations' International Day of Peace is supposed to be a global holiday, a chance to highlight efforts to end conflict and promote peace. Established by a U.N. resolution in 1982, "Peace Day" has grown to include millions of people around the world who participate in all kinds of events, large and small.

On Sept. 21, people all over the world will stop what they are doing at high noon and pray for peace for one minute in acknowledgement of the United Nations International Day of Peace. The UN's goal is get 1 million people to sign the pledge to pray for peace.

This is the pledge people are asked to sign:

I will unite with people all over the world in observing the United Nations International Day of Peace. On September 21, I will pause at noon and, in my own way, pray for peace for one minute. May my one minute, magnified a million times, create a culture of peace that will change the future of humanity.

Here are [five suggestions](#) [1] offered to make peace a larger part of your life:

- 1) Extend yourself to someone who's been on your "enemies" list. Apologize.
- 2) Create your own personal commitment statement to be a stand for peace.
- 3) Breathe in and say "Peace". Breathe out- "Peace". BE a peace mantra.
- 4) Give a "love/peace offering" to a stranger.
- 5) Make peace with yourself.

I will give you one more. Become politically engaged on behalf of peace.

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### Links:

[1] [http://www.huffingtonpost.com/dr-judith-rich/peace-day-what-will-you-d\\_b\\_286383.html](http://www.huffingtonpost.com/dr-judith-rich/peace-day-what-will-you-d_b_286383.html)