



## ONE THOUSAND ACTS OF PEACE

### *What if...*

**We committed just three Acts of Peace a day, totaling over one thousand a year?**

**How would it affect our lives and the lives of people we know?**

**Would it change the way we see the world, and the world sees us?**

**What would it mean at our workplaces, in our homes, to our world?**

**And, once we started committing three Acts of Peace a day, could we ever stop?**

**We are people who have decided to find out.**

**We promise to commit One Thousand Acts of Peace each year** – three a day - which actually adds up to 1,095 (but at that point, who's counting?). We will do this to become peacemakers in a very real and immediate way, in our own lives and in the lives of those around us. **We will record these One Thousand Acts of Peace in a little notebook every day.** This recording is very important -- both to remind us of our daily promise and to spur us on to become more and more creative in our peacemaking activities. And to develop the habit of peace.

It won't happen overnight and it will take constant effort on our part, as well as some difficult choices. Peace isn't easy, but it is possible. We know that **One Thousand Acts of Peace** this year and every year will transform our personal lives and those of our families, friends, co-workers, and fellow-students. Even more, we are convinced that, as we speak about our progress (and challenges!) in committing Acts of Peace to family, friends, and strangers, others will want to join us. And if every person in the world commits **One Thousand Acts of Peace** every year - instead of one thousand acts of violence - can you anticipate what might happen? Anger, hatred, and even war might die out for lack of interest.

We have no idea where our Acts of Peace will lead us, but we believe that peace can only come into this world through our own personal efforts, day by day. We know from experience that lasting peace does not result from cease-fires and peace treaties. It can only come when simple men, women, and children decide to practice peace today, and every day. **This is a grass-roots initiative. And if we tend the grass, peace will grow.**

**We invite you to join us in this effort – this hourly, daily, yearly passion for peace – this exuberant commitment to finally *do something* to make peace happen here and now, in our own immediate environment. We simply ask you to commit three intentional acts of peace a day, every day . . . and to jot them down in a few words. And spread peace to family and friends!**

***Peace. Three times a day. That's all and that's everything.***

Please visit our website: [www.onethousandactsofpeace.org](http://www.onethousandactsofpeace.org)