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Citizens For Peace Minutes 02-12-08

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CITIZENS FOR PEACE
Minutes
February 12, 2008

The meeting opened at 7:00 pm with a welcome by President, Colleen Mills. As the lights were dimmed, she introduced Kathy Henning, who led us in a meditation on Love and Blessings.

Meditation Thoughts:

- Where within us does Peace begin? In the heart – not the physical heart, the subtle heart center.
- In order to be complete, giving and receiving must be in balance. We can always go to our heart center to find balance.
- The heart of all great religions and spiritual teachers refer to the heart as the soul/spirit. The essence of our soul – who we are – is pure love. The best way to experience that pure love is through meditation.
- Be sure to take the time to look for the love within, and then you will be stable and able to give to others.
- You can reach your pure love state through meditation, contemplation, studying great spiritual leaders and by being aware.
- Selection from the Bible - Paul, 1 Corinthians 13:
Love is patient, love is kind. Love does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, and it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always endures.
- From Baba Muktananda: “After one has fully realized one’s Self, one discovers that the most valuable thing in life is to love others – we should honor each other because all of us have come from the same God; we should respect each other as divine. You don’t have to engage in any spectacular project. What is important is to look upon every one with a deep sense of honor, because your own heart and mind are influenced by the way you look at others. If you could do just that, you would be rendering the greatest service to your fellow human beings, and the reward of that service would be inner peace and God-realization.”
- From Gurumayi: “Let your heart become so saturated with love that you are able to ride the waves of change with equipoise and find new meaning in everything that happens.”

Kathy led the group in a short meditation. She asked that we: “Accept ourselves in the present moment, just the way we are. Then we can experience that flame of love within us. Then we are able to extend love and blessings to others. Celebrate what makes us unique. Embrace all of it. Honor yourself. Do not judge yourself. Through awareness we will do things differently, if need be. Let go of the past. Feel your heart expanding. Let go of that which does not serve you. As you inhale, think: I accept myself completely. As you exhale, think: I am an expression of love.”

The group listened to an inspirational CD that included an “Intention Blessing” from her guru, Gurumayi. She asked that we think of someone who needs a blessing. Silently invoke your blessing for that person.

Kathy reminded the group that meditation is always available. She thanked the group for their participation tonight and said that the expression “Let Peace Begin with Me” is truly appropriate when practicing meditation.

Announcements:

Colleen asked the group to sign the Valentine cards for Senator Stabenow asking her to introduce the DoP legislation in the Senate. She and George will personally deliver the cards to Sen. Stabenow’s office.

Colleen was excited to report that there will be a World Peace Meditation at EMU, on Sept. 21st – the International Day of Peace observance.

Our regional conference will be held in Chicago in June. Colleen will share additional detail as they become available.

There is a new student Peace group at Schoolcraft College. Colleen introduced the student activists who were with us this evening.

Officer Reports:

Secretary, Linda Lieder, announced that she is collecting 2008 dues. She previously emailed the minutes of the January meeting to members.

Treasurer, Rick Abdoo, said it has been a busy month. He distributed copies of the Treasurer's report for review.

Political Director, Clara Lawrence, distributed a Peace Action voter guide handout with candidate contact information. She also distributed information on Nuclear Arms, as well as, address labels for our Senators, Representatives and President Bush.

Education Director, Rosemary Doyle, is scheduling a Restorative Practices training session for teachers on March 11th, with an emphasis of Peacemaking Circles. RP has been proven to reduce the violence in schools. She also noted that we are purchasing another w 200 books this year for the Library Peace Collection.

Organizational Director, Dottie Ochala, has the media collection with her this evening for members to sign out various CDs, etc.

IT Director, Bob Frank, mentioned that if you Google search, Citizens for Peace Blog, we come up as the #1 link. The link to the Wayne State University Digital Commons can be found in our blog.

P.R. Director, George Mills, has been supplying the Livonia Observer with our meeting announcements.

Fund Raising and Marketing Dir., Pat Van Vuren, was not in attendance. However, Rosemary Doyle spoke about the recent Peace Speakers talk with the Plymouth Optimists Club. The Peace Speakers will talk to the Livonia Democratic Club in March. Let her know of any other organizations who would be interested in learning more about the DoP legislation.

R&D Director, Ann Abdoo, stated that she has posted our 2007 activities on the Digital Commons. She was pleased to report that we have obtained our Non-Profit status for the CFP, but are still waiting for that status for the CFP – Education Fund.

Inner Peace Director, Caroline Trout, was not with us this evening, however Colleen passed out copies of a poem, "The Core of Peace" by Jane M. Hamilton:

"Peace comes forth from each of us, each shining guiding star....It's the little things, the perfect place for peace, to BE, to start. For what is the core of worldwide peace – But GLOBAL WARMING of the HEART."

Colleen thanked all in attendance for coming to our Meditation on Love and Blessings.

The meeting closed at 9:00 pm.