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## Citizens for Peace Minutes 8-9-11

Linda J. Lieder

*Wayne State University*, linda.lieder@yahoo.com

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## CITIZENS FOR PEACE

### Minutes

**August 9, 2011**

Our meeting opened at 6:30 pm with a welcome to our Third Annual Veggie Potluck by President, Colleen Mills. The members and guests then shared in a meditation & breathing exercise by our Inner Peace Director, Sally Peck. She asked that we breathe in the good and breathe out the toxic. The meditation ended with the thought, "Live Simply That Others May Simply Live".

#### **Veggie Potluck:**

The room was filled to capacity with members and guests who provided a wide array of delicious vegetarian dishes including: appetizers, salads, entrees and several delicious desserts. After an hour of eating and sharing with tablemates, we watched a film by Nonviolence United, whose Vision and Mission is one the CFP can appreciate:

"We are connecters, consumer educators, reminders that we are all interconnected. Our vision is a world driven by the innate goodness of people and their values of justice, kindness, and compassion for other people, for the planet, and for animals."

#### **Special Presentation - "A Life Connected":**

The focus of "A Life Connected" is to remind us of how our choices affect everyone. Everyday we are faced with choices, but one is often overlooked – and it can be done by everyone, everyday with our forks! We were reminded of the appalling fact that 40,000 people starve to death everyday! The film teaches us that a VEGAN choice requires a fraction of the land used to feed animals, and could be better utilized to feed people. Following a VEGAN lifestyle (not eating animal products) conserves land, water and energy. (Raising animals for human consumption uses more energy than anything else.) As the film states, It's not too late! Get to know an animal! Expand your circle of compassion and the love will come back to you a thousand times!

Compelling words from the founder of Nonviolence United: "The state of the world isn't something being done TO; it is being done BY us. We will build a world reflective of our shared values of kindness, justice, and compassion ONLY when we make choices aligned with those values.

The formula is pretty simple: **Consume Consciously. Live "A Life Connected".** When we do, we are part of a conscious and creative future. And, when we do, we actively dismantle and repair an unconscious, disconnected past.

#### **To live "A Life Connected"...**

- 1. Become aware of your values.**
- 2. Become aware of how your choices impact other people, the planet, and animals.**
- 3. Align your choices to your values.**

#### **Business Meeting / Announcements:**

- Colleen was pleased to announce that the Moveable Peace walkers made it to Lansing today! They have been walking since July 30th from Saginaw, Grand Rapids, Kalamazoo and Detroit talking to citizens about the costs of military spending and met with State Rep. Jeff Irwin, and presented him with a signed petition to establish a Michigan Commission for Peace and Justice. (Additional signatures will be collected through September 21, the UN sanctioned, International Day of Peace.)
- The Treasurer's report was read by Rick Abdoo.
- Nancy Lightbody, reported on behalf of the Education Committee. She has acquired an exhibit from Peace Pals International, containing children's art, that they have donated to us for display.
- Colleen stated there's so much to get involved with in September! The One Peace Event on Sept. 21<sup>st</sup> will be a highlight. Watch for further details.

With no further business to conduct, the meeting closed at 8:30 pm.