

Come and celebrate

International Day of Peace

Thursday, 21 September 2017

Join us for a 10-minute Silent Peace Meditation

Ratonga Rua O Porirua Hospital Chapel

Open Day, 10 a.m. – 3 p.m.



Be the Peace • Ring the Peace • Share the Peace

For more information please call the Chaplain's Office at (04)38555 extn 7543

International Day of Peace
Porirua Hospital Chapel
21 September 2017
Silent Meditation

Participants are asked to practise meditation in silence whilst inside the chapel and focus on the following:

Be the Peace (*Inside the Chapel*)

- Come in.
- Be still. Be present. Be centred.
- Reflect on the Peace Video.
- Silently read St. Francis' "Make me an instrument of your peace" or,
- Call to mind a favourite poem, prayer or saying.

Ring the Peace (*Altar Table*)

- Participants can and go to the altar table (*shoes off please*) to ring the "Peace Bell".
- Some may want to light a candle and pray for peace in our homes, communities and around the world.

Share the Peace (*Foyer area*)

- Participants can make peace symbols, e.g. peace cranes, paper doves, or write a "Peace Wish" or "Peace Intention" on the white board.
- Do a peace greeting, e.g. "Peace be with you", "Namaste", or other.

Other activities: Do the Labyrinth Peace Walk, Finger Labyrinth, watch peace videos on a TV screen by the vestry area. Share a cuppa and biscuits.

Thank you very much for joining us today.

kia tau te rangimarie