



# DREPUNG GOMANG

## Center for Engaging Compassion

### **Twelve Days Toward Peace 2016**

**September 21, International Day of Peace to October 2, International Day of Nonviolence**

*Compassion, that desire to take action to end the suffering of another, is rooted in non-harm/nonviolence. When we want happiness for another, based on understanding our own desire to avoid suffering, we put aside all thoughts of harm. We individuals, banded together, provide the ingredients for growing a compassionate city by meeting the issues around violence in whatever way we have the gifts or will to use.*

*You are invited to set aside twelve days this fall to explore, study, understand and practice the value of non-harm/nonviolence. Learn from the wisdom of great peacemakers, take time to consider personal alternatives to violence and strategies for resolving conflict, set aside silent or meditative time to visualize a world in harmony, and join community members city-wide in this intentional practice that provides a strong foundation for engaged compassion.*

#### **12 DAY EVENTS**

##### **Daily Meditation for Peace**

- Help create a culture of nonviolence in our challenged world by pledging time daily for meditation, prayer or mindfulness
- Choose 8am, Noon, 8pm or Midnight each day between September 21 and October 2
- Register your personal commitment at [DrepungGomangUSA.org](http://DrepungGomangUSA.org)

##### **Daily Peacemaker to Light the Path**

- Learn from the life-witness and teachings of peacemakers from around the world:

Muhammad Ali	Amish Community of Lancaster, PA
Baha'u'llah	His Holiness the Dalai Lama
Dorothy Day	Mahatma Mohandas Gandhi
Rabbi Abraham Heschel	Khan Abdul Ghaffer Khan
Dr. Martin Luther King, Jr.	Wangari Maathai
Nelson Mandela	Thomas Merton
Parents Circle - Family Forum	Mother Theresa
The Great Peacemaker of the Iroquois Confederacy	
- Read and share inspiring messages posted at [DrepungGomangUSA.org](http://DrepungGomangUSA.org), Twelve Days Toward Peace Facebook page, and Louisville's Arms of Compassion Facebook page.

#### **SPECIAL ONE-TIME EVENTS**

##### **International Day of Peace Interfaith Prayer and Meditation**

September 21, Wednesday, 6-8pm, DGCEC

Everyone is invited to this Interfaith Service will begin with an offering of prayer and readings by representatives from many religious traditions, followed by Community Meditation with Tibetan Buddhist chanting and silent meditation practice. Refreshments following.

### **Louisville Peace: Piece-by-Piece**

September 24, Saturday, 1-3pm, 1619 FLUX at 1619 W. Main Street, 40203

- Join Louisvillians from all parts of the community who have lost loved ones to violence or have suffered extreme violence themselves, including people of all ages, ethnic groups and First Responders
- Be part of the powerful symbolic action of creating a Table of Peace, piece-by-piece, with the names of those killed, the names of peacemakers, and wishes or prayers for peace and healing
- Enjoy great music, speakers including Mayor Fischer, Christopher 2X, Chief Conrad and others, the creation of the Table of Peace, piece-by-piece – and add your own peace tile-piece

### **24 Hour Vigil for Nonviolence**

September 27-28, Tuesday, 8pm to Wednesday, 8pm, DGCEC

- Sit 10 minutes or hours during this 24-hour vigil at DGCEC (or in your workplace, house of worship or home) – staying alert and exploring the intention and wisdom of non-harm
- Engage in transforming your own violent thoughts, words and actions, and explore steps toward transforming our community, one heart at a time
- Sign-up as a sponsor-leader of one of the 24-hours into which you bring your own wisdom reading or reflection to share: 502-614-5616 or [DrepungGomangCompassion@gmail.com](mailto:DrepungGomangCompassion@gmail.com)

### **World Peace Meditation Celebration**

September 29, Thursday, 6-7:30pm, Brown-Forman Amphitheater, Waterfront Park

- Hold a space in silence to generate loving-kindness for our global community as a part of this community-wide public, outdoor meditation for world peace
- Be present for all or part of this 90-minute celebration
- Sign on as a supporting individual or organization: [DrepungGomangUSA.org](http://DrepungGomangUSA.org) or 502-614-5616

### **International Day of Nonviolence Event**

October 2, Sunday, 4-5pm, St. Agnes Church Parking Lot, 1920 Newburg Road, 40205 (rain space in St. Agnes' Aloysius Hall)

- Engage in this one-hour event and receive inspiration from great teachers of nonviolence as well as words of hope and vision by community and faith leaders about how they are part of transforming violence in our community
- Mark the birthday of one of the greatest experimenters with the path of nonviolence of the 19<sup>th</sup> and 20<sup>th</sup> Centuries, Mahatma Gandhi (born October 2, 1869)
- Help transform the public health issue of violence into the heart-of-compassion-in-action for our world
- Join your voice to declare your commitment to growing a culture of nonviolence as all take a Pledge of Nonviolence together

*Watch for more details at [DrepungGomangUSA.org](http://DrepungGomangUSA.org)*

*Facebook: [Twelve Days Toward Peace](#)*

*or contact Anne Walter, DGCEC Director: 502-619-1652, [DrepungGomangCompassion@gmail.com](mailto:DrepungGomangCompassion@gmail.com)*