



## Day 49

Beloved Peacekeepers,  
Today, our practice - the wholeness of community - HONOR

### **Today's Principle, Today's Practice - HONOR**

Albert Einstein said, "There are only two ways to live your life -- one is as though nothing is a miracle; the other is as if everything is." Before each meal today, stop to honor all the hands that brought it to you and to bless the earth for its bounty.

**Ask yourself:** What does it feel like to be truly honored? What are the ways in which you honor people and traditions in your life? How do you honor yourself? What are the things our/your culture honor with which you agree/disagree?

**Activity** - Take time to reflect/create a project - 5 minutes to honor the best things about you; about a friend; about a family member -- then share the project with those you love - you may use art, music, movies, words, pictures or anything else that captures the essence of those being honored.

Make a list of honorable traits, and the people in history, your family, your friends who carry these traits.

Honor those people who serve you daily - give gratitude for what/all they do!

**Journal Activity:** Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

### **Consider this Quotes on Disarmament:**

Man's character is his fate- Heraclitus

If you stand straight, do not fear a crooked shadow. Chinese Proverb

When you are aspiring to the highest place, it is honorable to reach the second or even the third rank. Marcus Tullius Cicero

The sense of honour is of so fine and delicate a nature, that it is only to be met with in minds which are naturally noble, or in such as have been cultivated by good examples, or a refined education - Joseph Addison

These were honoured in their generations, and were the glory of the times. Bible - Ecclesiasticus

Give me, kind Heaven, a private station, A mind serene for contemplation: Title and profit I resign; The post of honor shall be mine. - John Gay

Treat people as if they were what they ought to be and you help them to become what they are capable of being - Goethe

No person was ever honored for what he received. Honor has been the reward for what he gave - Calvin Coolidge

The things that will destroy us are: politics without principle; pleasure without conscience; wealth without work; knowledge without character; business without morality; science without humanity; and worship without sacrifice- Gandhi

Character is higher than intellect. A great soul will be strong to live as well as think - Ralph Waldo Emerson

Nonviolence is not a garment to be put on and off at will. Its seat is in the heart, and it must be an inseparable part of our very being - MK Gandhi

Honor is knowing what is in your heart to do, and doing that!

God's GRACE,

SNVOakland  
[www.snvoakland.org](http://www.snvoakland.org)