



DAY 7

HUMANITARIAN RESPONSE

We give thanks and pray for all those individuals and agencies that work to alleviate the sufferings of war

May all beings everywhere plagued with sufferings of body and mind quickly be freed from their illnesses.

May those frightened cease to be afraid, and may those bound be free.

May the powerless find power, and may people think of befriending one another.

May those who find themselves in trackless, fearful wildernesses--the children, the aged, the unprotected--be guarded by beneficent celestials, and may they swiftly attain Buddhahood.

Unknown Buddhist saying

Be generous in prosperity, and thankful in adversity.

Be fair in thy judgment, and guarded in thy speech.

Be a lamp unto those who walk in darkness, and a home to the stranger.

Be eyes to the blind, and a guiding light unto the feet of the erring.

Be a breath of life to the body of humankind, a dew to the soil of the human heart, and a fruit upon the tree of humility.

Baha'u'llah's words, Bahá'í faith

Allah, Most Merciful, Most Generous, please give us the patience to continue to learn from one another and work towards a more peaceful and kind world. Make true in our nation the ideas of freedom and justice and brotherhood for all those who live for them. Make our hearts generous so that we may treat others as we wish to be treated ourselves. Help us to share that which we have with others, for your sake. Strengthen us, love us and be kind to us all.

Adapted for a Muslim prayer for the nation



DAY 1 REFUGEES

We pray for all those who have had to flee their homes, including those internally displaced

Those who spread anger and oppression with wrong words and deeds, and obstruct creative and right-minded people in their work, and take the side of oppression, are the corruptors that push the soul and Conscience of the people to malfeasance.

Zoroastrian Gathas

Our God, and God of our fathers and mothers, help those who flee persecution as our ancestors did some 3000 years ago. Show loving kindness, compassion to those hemmed in by misery and captivity, to those who take to the open ocean or treacherous landscape, seeking freedom and liberty. Rescue and recover them – delivering them from gorge to meadow,

from darkness to light.

Inspire us to act on behalf of those we don't know, on behalf of those we may never meet, because we know the heart of the stranger. We too ate the bread of affliction whose taste still lingers.

And so, dear God, inspire us to be pursuers of righteousness for those who seek the same freedoms we enjoy tonight. Do it speedily and in our days, and let us all say, Amen

Rabbi Daniel Gropper, Community Synagogue of Rye, New York, USA

I was a stranger and you invited me in.
Matthew 25:33 NIV Bible



DAY 8

UNITING RATHER THAN DIVIDING PEOPLE

Help us to work with all people towards a peaceful world

Living God,
Who shall judge between the nations:
We ask that that you would lead the nations in the paths of peace
And that the dividing wall of hostility would be broken down.
Lord, in your mercy,
Hear our prayer.
Church of Scotland

O God, channel our hearts so that they pulsate love and empathy, rather than emit hatred and apathy.

Focus **our eyes** so that they see the endless potential in people's Divine souls, rather than see the limits of their physical bodies.

Tune **our voices** so that they speak words and sing songs of unity and empowerment, rather than tones of discord and division.

Guide **our hands and feet** so that they become Your instruments of kindness and peace, rather than tools of cruelty and destructiveness.

Rabbi Pinchas Allouche

The best refuge is an Earth where Serenity rules: an Earth that the Spirit of Wisdom, from the beginning of creation, and in the radiance of Righteousness, has cultivated green and fertile, and has presented to it's inhabitants the two gifts of Good Thought and the power of Self Dominance.

Zarathustra—The Gathas



DAY 2 ENVIRONMENTAL CRISIS CAUSED BY WARS

We pray for the restoration of lands damaged by chemicals and other products of war

May the heavens be at peace, may the sky be at peace, may the Earth be at peace, peace to the water, peace to the trees and nature, may the gods be at peace, that peace unto Brahma (the creator) and may we humans realise that peace.

Om Peace Peace Peace Om
Shanti Path/Peace mantra (Hindu)

Let us pray for an end to the waste and desecration of God's creation, for access to the fruits of creation to be shared equally among all people.
part of Jesuit resource (time.com)

O Loving God, from ravaged lands, destroyed by war,
Your peoples lift their hands to you.
We pray for stillness, for justice and for

peace to come and to last.

From Ignatian Solidarity Network prayer for an end to violence, war and death

May all I say and all I think be in harmony with thee,
God within me,
God beyond me,
maker of the trees.

Chinook prayer, Pacific Northwest Coast

Fear, separation, hate and anger come from the wrong view that you and the earth are two separate entities, the Earth is only the environment. You are in the centre and you want to do something for the Earth in order for you to survive. That is a dualistic way of seeing

Zen master Thich Nhat Hanh



DAY 3 A PRAYER FOR OUR EARTH

We pray for the earth and all her goodness to flourish and be nurtured by humankind

I visualize the earth with my inner eye,
slowly revolving; I visualize the oceans, the
mountains, the forests and all living beings.
Whilst holding my vision of the earth in
front of me I open my angel wings of
compassion and care to embrace the earth
to heal the pain with love and mercy.
Brahma Kumaris Environment Initiative

Our Gaia, whose art is Nature -
abode of our life,
Your time has come, your battle won
for people's planet – consciousness.
Teach us each day how to be and live
through observing Nature's models,
Those models that bring us into harmony
and not into conflict with Life's Source.
Home to humanity,

in sacred diversity.
Deities in unity, our dream.
**from The Earth's Prayer (to intonations of The
Lord's Prayer) by Ann Palmer, Isle of Lewis, UK**

Cease the winds from the west
Cease the winds from the south
Let the breeze blow over the land
Let the breeze blow over the ocean
Let the red-tipped dawn come with a
sharpened air.
A touch of frost, a promise of a glorious day.
Traditional Maori Blessing

I pray for the good of the life of all the living
creatures which Spirit of Wisdom has created
Zoroastrian Gathas



DAY 4 POVERTY

We remember all those who live in poverty partly because of the resources spent on war

To humble beings, immersed in suffering
without respite,
all harried by terrible and endless karma,
unbearable disease, fighting, starvation and
all manner of dangers:
let an ocean of happiness and peace arise.
Dalai Lama

Here is a gaping sore, Lord:
half the world diets, the other half hungers;
half the world is housed, the other half
homeless;
half the world pursues profit, the other half
senses loss.
Redeem our souls, redeem our peoples,
redeem our times,
and free those trapped under the rubble of
their fallen dreams.

Breath of God, let there be abundant life.
Inspire us with the vision of poverty over,
and give us the faith, courage and will to
make it happen.
John Bell of the Iona Community

O Allah, I seek refuge in You from poverty,
lack and humiliation. And I seek refuge in
You lest I cause or suffer wrong
Islam

The bird who has eaten cannot fly with the
bird that is hungry
Native American—Omaha

There is enough in the world for every man's
need but not for every man's greed
M K Gandhi



DAY 5 EFFECTS ON CHILDREN

Let us pray for all children who suffer because of the decisions of others, including children who suffer physical or mental injuries and those who are bereaved

Pray for all victims of war, for all those
innocent children who have been objects of
these vicious wars. Pray for the children who
never got to experience what the joy of
childhood was really like. Pray for those who
struggle to find a loaf of bread to feed their
loved ones.
Adapted from a Muslim prayer

O Great Spirit of our Ancestors, I raise my
pipe to you.

To your messengers the four winds, and to
Mother Earth who
provides for your children
Give us the wisdom to teach our children to
love, to respect and to be
kind to each other so that they may grow
with peace in mind.

Let us learn to share all the good things that
you provide for us on This Earth
Appalachian Cherokee Nation Prayer

Hungry, the world's poor children cry,
In tragic millions doomed to die,
We care not why or how;
While wealth beyond all bounds is spent
On vast destructive armament,
Where is compassion now?
Extracted from a poem by Stanley Finch

May God bless you and keep you.
May God shine light on you and be gracious
to you.
May God turn toward you and grant you
peace.
Hebrew blessing for children



DAY 6 ROLE OF PEACE MAKERS IN WARS

Let us pray for all working for peace often in dangerous situations

If there is to be peace in the world, there
must be peace in the nations.
If there is to be peace in the nations, there
must be peace in the cities.
If there is to be peace in the cities, there
must be peace between neighbours.
If there is to be peace between neighbours,
there must be peace in the home.
If there is to be peace in the home, there
must be peace in the heart.

Lao-Tse, Taoist tradition prayer for peace

May peace be your virtue, May peace be
your property, May peace be your prayer.
May you bring peace to all those you meet,
you talk to, you live with. May you even
bring peace to the person you hate, your
enemy.

May your friends enjoy your peaceful
disposition and may your enemies enjoy your
peaceful opposition.
May this world be based on one word:
peace. As God has shredded Himself into all
souls and piece by piece we get together into
this beautiful world. May we pray in our
hearts this day for world peace. Sat Nam.
**Sikh tradition Taken from a blog of Sikh Dharma
International**

I desire neither earthly kingdom, nor even
freedom from birth and death. I desire only
the deliverance from grief of all those
afflicted by misery. Lead us from the unreal
to the real; from darkness to light; from
death to immortality.
Hindu Peace Prayer