

SACRED CONVERSATIONS
PRACTICAL PEACE:
Supplemental Resources

Compiled by Krista Westervelt for:



Partners in
HEALTH
and
WHOLENESS
Mindful Together

SACRED CONVERSATIONS

PRACTICAL PEACE:

Supplemental Resources

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"Seek peace and pursue it."

- Psalm 34:14 (NIV)

DISCUSSION SPARKS

- What new insights have you gained about the ways in which health-focused justice work is the work of peace?
- Consider ways that the conflict between belief that our shared understanding that “All people are God’s beloved children, made in God’s image, and deserving not only of personal well-being, but of dignity and equality” and the way in which our broader culture and our institutions treat members of our community plays out in our own communities and congregations
- What are tangible ways we can move from identifying the problem to engaging with those most affected by the conflict to develop a shared vision that fits the local community’s needs while maintaining and creating a culture of “well-being, dignity and equality”?
- Who in our congregations and communities could be engaged to share the load and sustain the work in the longer term to avoid burnout or discouragement?
- What are some achievable near term goals and steps to make way for the longer term work?
- Where are some pivot points where conflict has been avoided and where it may need to be constructively escalated towards change?

CONFLICT ANALYSIS

- Use the table below to identify cultural, structural, and direct forms of violence that necessitate and complicate the work for positive peace.

Cultural	
Structural	
Direct	

YOUR VIEWS OF PEACE & CONFLICT

- A sampling of audience insights from the "Sacred Conversations: Practical Peace" event:
 - What is peace? What are some words you think of when you think of peace?
 - Wholeness
 - Happiness
 - Tranquility
 - Shalom
 - Healing Wholeness
 - Contentment
 - Intellectual, spiritual and emotional safety
 - Inclusion
 - What is conflict? What are some words you think of when you think of conflict?
 - Tension
 - Disagreement
 - Opportunity for Growth
 - Injustice
 - What are the benefits of conflict?
 - Awareness of an issue that needs attention
 - Folk often reveal their truth in conflict.
 - True understanding
 - Sometimes things just need to end or be reimaged.
 - Broadened perspective by confronting contradictory experiences of others
 - What are the pitfalls of avoiding conflict?
 - Letting things fester rather than address them
 - Continued negative feelings in relationships
 - Disconnection
 - Oppression for groups of people
 - Other insights:
 - A peacemaker is a co-creator of Shalom, co-creator of wholeness with God, creating hope and healing in the world.
 - I don't think peace should be the responsibility of the oppressed, everyone should take responsibility.

CAPACITIES & SKILLS FOR ADDRESSING INTERCULTURAL CONFLICT

- A sampling of skills from Conflict Across Cultures by LeBaron and Pillay.

Overview of Capacities and Skills for Intercultural Conflict Resolution

Capacities	Skills
Flexibility	Interrupting Patterns Sitting with Discomfort Dancing with Surprises
Creative Engagement	Metaphor Storytelling Ritual
Momentum	Revealing Uncertainty Pausing Intuition

Table 6.1 (LeBaron & Pillay, 2006, p. 113)

From "Flexibility: Interrupting Patterns," pages 116-118:

"We can interrupt patterns by simply asking a set of questions. Before you consider the questions below think of a belief or perspective you hold strongly...

- Why do you hold this belief or view?
- How does this belief influence you and your life?
- Now, assume the completely opposite view to the one you hold. What is it? How does it make sense for those who hold this view? What can you imagine might reinforce this view for those who hold it?
- With this alternative belief, what would your world look and feel like now?

...As we ask these questions we practice suspending judgment and finding alternative ways of understanding others... [This can enable us] to work with [those with opposing viewpoints] constructively without adopting [their] beliefs."

CAPACITIES & SKILLS FOR ADDRESSING INTERCULTURAL CONFLICT (CONTINUED)

From "Momentum: Pausing," pages 129-131:

"Pausing allows us to rest a little, get a change of scenery, or do something completely different. When we return to our work, we may come with fresh eyes... When we are in the grips of conflict, we can sometimes be so focused on holding on to the thin yarns that stand between us and significant loss or disappointment that we are very resistant to pausing. Paradoxically, it may be the best thing we can do."

"Pausing should not be used for avoidance in difficult situations or when there is lack of progress. We should, however, monitor ourselves so that we don't continue momentum when the motion is part of a downward spiral. Conflict can spiral up into transformative learning experiences, but it can also spiral down into despair and lasting damage. Pausing may help us discern the direction of our relational spirals."

Source: LeBaron, M. & Pillay, V. (2006). Conflict Across Cultures: A Unique Experience of Bridging Differences. Intercultural Press.

*"Be still, and know
that I am God."*

- Psalm 46:10 (NIV)

"I have walked that long road
to freedom... But I have
discovered the secret that after
climbing a great hill, one only
finds that there are many more
hills to climb. I have taken a
moment here to rest, to steal a
view of the glorious vista that
surrounds me, to look back on
the distance I have come... my
long walk is not ended."

- Nelson Mandela

RESOURCES

- Peace & Conflict
 - Conflict Styles Assessment: <https://www.usip.org/public-education/students/conflict-styles-assessment>
 - Beyond Intractability - Resource for Constructive Conflict materials and education: <https://www.beyondintractability.org/>
 - US Institute of Peace - Catalog of Global Campus Courses (currently free and online): <https://www.usip.org/academy/catalog-global-campus-courses>
 - “Harmonizing Religion and Human Rights” from the Carter Center (video): <https://youtu.be/pRR6ZcK1zaY>
 - Conflict Across Cultures: A Unique Experience of Bridging Differences, (book): Michelle LeBaron and Venashri Pillay
 - The Little Book of Circle Processes: A New/Old Approach to Peacemaking, (book): Kay Pranis
 - The Little Book of Dialogue for Difficult Subjects: A Practical Hands-On Guide, (book): Lisa Schirch & David Camp
- Engaging at Grassroots Level
 - Asset-Based Community Development Institute - Toolkit: <https://resources.depaul.edu/abcd-institute/resources/Pages/tool-kit.aspx>
 - Faith Based Tools from the Asset-Based Community Development Institute: <https://resources.depaul.edu/abcd-institute/resources/Pages/Faith-based-Resources.aspx>
- Aging-Related Resources
 - Reframing Aging: <https://www.reframingaging.org/>
 - Diverse Elders Coalition: <https://www.diverseelders.org/>
 - Reframing the Response to COVID-19: Applying Reframed Language to Counteract Ageism (video): <https://youtu.be/iD2u4bLwMIw>
- Alzheimer's & Dementia Resources
 - Teepa Snow's Positive Approach to Care (YouTube channel): <https://www.youtube.com/user/teepasnow/featured>
 - Teepa Snow's TikTok Channel (helpful short videos for caregivers of people with Alzheimer's or other dementias): <https://www.tiktok.com/@teepasnow?lang=en>

RESOURCES (CONTINUED)

- Rest and Avoiding Burnout
 - "A Crucial Ingredient in Justice Work: Rest" <https://sojo.net/articles/crucial-ingredient-justice-work-rest>
 - The Case for Community Care by Ijeoma Oluo: <https://ijeomaoluo.substack.com/p/is-it-self-care-or-is-it-capitalism>
 - 8 Practices for a More Emotionally Just Organization: <https://rockwoodleadership.org/8-practices-emotionally-just-organization-guest-post/>
 - Stronger Together: When Self-Care Becomes Community Care: <https://www.healthline.com/health/when-self-care-becomes-community-care>
 - Breaking Isolation: Self Care and Community Care Tools for Our People: <https://alp.org/breaking-isolation-self-care-and-community-care-tools-our-people>
- Communication
 - Nonviolent Communication: A Language of Life (book): Marshall Rosenberg
 - As was noted in the event chat, there are criticisms of this book and some of the power structures that it assumes.
 - A sampling of some of the critiques:
 - <https://www.facebook.com/notes/nvca-for-empathy-requests-support/helpful-critique-of-nvc/217963308252441/>
 - <http://eddiejudehareven.com/nvc-and-the-problem-with-the-right-way-to-communicate/>
 - <https://www.collectivelyfree.org/nonviolent-communication-privileged/>
 - <https://www.uua.org/leadership/library/nvc-culture-power>

*"Peace I leave with you; my peace I give you...
Do not let your hearts be troubled
and do not be afraid."*

- John 14:27 (NIV)

STAY IN TOUCH

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