

Beyond the Picnic

LET'S

TALK

PEACE

Table-Talk Series





A community-led interfaith, cross-cultural initiative that brings people together in a spirit of unity, reflection, and hope

What does Peace look like to you?

**How did the events of August 31 make you feel?
Did they shift your understanding of what Peace looks like in Australia?**

Before we can build a peaceful city, what inner qualities do we need to cultivate as individuals? I.e., Responding to racism or divisive speech in the workplace, at school, in your family.

Imagine you walk through Sydney in 10 years: What do you see, hear, and feel that tells you it is the world's most peaceful city?



If we want Sydney to be the most peaceful city by 2035, what steps can we take now?

What can individuals and households commit to?

What can local groups (schools, sports clubs, faith groups) commit to?

What can communities within Sydney commit to?
Think local councils, organisations, agencies



Ideas for Action

Start with yourself: Peace in your heart

Examining the things that happened over the course of the day before bedtime is a good practice. Ask yourself how you responded to conflicts. Did you reach out in friendship and love to others, show kindness or offer or receive forgiveness?

Strength with our loved ones: Peace in your families

Start conversations at the dinner table – how do you each feel about what's on the news? What happened at school or at work? What's bothering you, or making you happy? Hear each other out, in order to see areas of loving support you can give each other.

Engage with others: Peace in our communities

Take action, no matter how small. Build your social connections! Here are some ideas to kick off your thinking:

- Organise a 'Peace Walk' with your neighbours and others in your community. Talk to, listen to and learn about the people you are walking with.
- Start a 'Peace Bookclub' to discuss books with themes of peace.
- Go for a ParkRun, join a Bushcare group – build up your social connections in your community.
- Feeling shattered by conflict and killing in other parts of the world? Reach out to and support members from those ethnic communities. Work with organisations, like Jesuit Refugee Service or House of Welcome, that help refugees or asylum seekers. Prioritise human connection over digital engagement. Share stories, ask people their stories and be prepared to share yours.
- Approach your local school to find out how it educates students to be peacemakers. Are there ways you could volunteer or collaborate?
- If you are a person of religious faith, join an inter-faith group that seeks to foster dialogue and build peace.