

*What Pax Christi
members can do to
help spread the message of
peace*



*people putting
peace into action*

Be part of a worldwide community of peace

Get to know other Pax Christi members in your area. Tell us if you are happy for us to share your contact details and we can put you in touch with them. We can also let you know the name of your diocesan Justice and Peace representative.

Use the *Pax Christi Daily Prayer* and unite with others who also say this prayer.

Join in with the friendship and solidarity opportunities we create - such as sending cards around the world for International Women's Day, messages to Bethlehem at Christmas, and to Japan for Hiroshima Day.



Look at the Pax Christi International website to see what members are doing in other countries. (www.paxchristi.net)

Promoting peace

Organise a monthly peace stall in your parish - or review a publication in your newsletter. Pick a theme - *Reconciliation, Education for Peace, Spirituality and Peace, or Celebrating Peacemakers* - and we can send you a selection of suitable publications.

Run a stall at a diocesan or local community event. We can provide you with the Pax Christi exhibition, as well as a range of our free and saleable materials. *(We can offer Sale or Return for orders over £30.00. There are also plenty of resources to download from our website.)*

Support us financially

Save your Pennies for Peace! A simple and easy scheme for individuals, families, schools and parish communities. We provide you with labels for jars. You collect the pennies. Make this a group project. Collect lots of jars and invite others to take them, handing out leaflets about Pax Christi's work.

Share something that is important to you by offering a Gift Subscription to Pax Christi for a family member or friend. We will also send them a gift of either *Peacemaking Day by Day* or *Taste for Peace* - recipes and reflections.

When you yourself, or other family members, are making a Will, think about leaving a legacy to Pax Christi to benefit our world with a more peaceful future. [Visit our website](#)



Become your parish promoter for Peace Sunday. This involves speaking to your parish priest before Peace Sunday each year, and suggesting that it be celebrated in the parish. We will send you our resources in advance to give you a head start (bidding prayers, sermon notes, children's activities, bulletin inserts, prayer cards).

See if you could set up a peace corner or chapel in your church - with a display, prayer intentions, saints and peace-makers, pictures and information, which change through the liturgical year.

Passing on a passion for peace

Encourage your primary school to try out some of the resources or ideas (such as the *Peace Garden* or the *Advent Crib Project*) offered in the *Celebrating Peacemaking* leaflet.



Offer the *Pax Christi Peace in Action* leaflet to your local secondary school, letting staff know that you can provide free copies for students who want to learn more about the work of a peace organisation for their coursework.

Find out if teacher friends would like to receive regular news from Pax Christi's schools and youth worker - and if so pass on their name and email address to education@paxchristi.org.uk

Peacemaking in the home

- ◆ Use one of our booklets for personal or family reflection during Lent or Advent.
- ◆ Entertain the children by trying out some of the co-operative games in our popular collection *Winners All*.
- ◆ Order some Pax Christi cards which can be used for birthdays, confirmations, get well, and other greetings.



Finding out more about the issues

Keep newspaper cuttings and magazine articles about topics that concern you. (Very helpful when writing to MPs or newspapers).

Bookmark computer links to websites which can keep you up to date with expert opinion and research. These are just some which members tell us they find useful:

Open Democracy, www.opendemocracy.net

Scientists for Global Responsibility, www.sgr.org.uk

International Campaign to Abolish Nuclear Weapons

www.icanw.org.uk

Campaign Against Arms Trade, www.caat.org.uk

War Resisters International Prisoners for Peace

www.wri-irg.org

B'tselem, Israeli information Centre for Human Rights,

www.btselem.org

Watch a film with family, friends, or a group you belong to. Pax Christi has some excellent DVDs and videos which can be bought or borrowed. Some are on issues such as the arms trade; others are about particular people or campaigns.

Learn more about the skills and processes for challenging violence. We can work with you to create some tailor-made training for your group/ parish/ community through our programme called *In the direction of nonviolence*.

Campaigning and speaking out

Use our *Monthly Action for Peace* (on our website) as a prompt for prayer and action marking a special anniversary e.g. International Women's Day, Hiroshima, Human Rights Day. Put news inserts in your parish / community newsletter to involve others in what you are doing.

Write letters to

- ◆ people in prison, especially peace protestors and conscientious objectors, to those on death row or at Guantánamo. (The legal charity "Reprive" has names and details on their website www.reprive.org.uk).



- ◆ your local newspaper offering a nonviolent perspective on events that are often covered, such as Remembrance Day ceremonies, the participation of armed forces at charity functions and career fairs.
- ◆ your MP, explaining your views on (for instance) warfare versus welfare, alternatives to war, strengthening the United Nations, the right to protest, the depiction of violence in our culture, peace education for young people...

Ensure that we have your email address. You will be kept in touch with calls for prayer and action on a regular basis.

Help Pax Christi to keep up with various campaigns by offering to be our representative on a particular interest group. Let us know if you have expertise or knowledge of a specific issue – or practical skills that might help our organisational work (eg website, legal, design and illustration, finance, etc.).

How can I make any difference?

is an honest question when our world is obviously in such dire need of peace and justice. Pax Christi's answer is "You're not alone! There are more of us out there who think like you. Let's pool our efforts and do something about it."

In this leaflet we suggest dozens of small steps that individuals can take at home, in their neighbourhood, at church or school, on their own or with a few friends. All of them have been tried out by members of Pax Christi and with a bit of planning can produce encouraging results.

However modest, they can help to inform and involve those around us, shape attitudes, influence political leaders, and strengthen the chances of peacemaking when violence so often seems to have the upper hand.

Get together with others and use your power for peace. Join Pax Christi if you're not already a member. We hope the suggestions here will spark your imagination and encourage you to think "I could do that!".



St Josephs
Watford Way
London NW4 4TY
T: 0208 203 4884
www.paxchristi.org