

Peaceful Times

Races for Peace, Inc.

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Races for Peace NY Recipient Congratulations Creative Response to Conflict

Races for Peace is proud to announce its very first recipient of our charitable giving made possible by the generosity of participants at the June 18th Rockland Lake Inaugural 5k run/walk event held in Congers, NY. Creative Response to Conflict was

Conflict was part of it! A representative from this organization was on site to host a community table and spread the word about their mission.

Races for Peace plans to offer a charitable grant to local nonprofits with

“Creative Response to Conflict (CRC) is a global nonprofit organization that educates individuals and groups to transform conflict into positive and constructive experiences that contribute to building a just and peaceful world.”

selected among several local candidates for their mission to “educate individuals and groups to transform conflict into positive and constructive experiences that contribute to building a just and peaceful world.” Money for the donation came from the proceeds of the NY race.

It was a great inaugural event and Creative Response to

missions in keeping with their own at every race event we offer. You can help by joining us at a race or donating to Races for Peace. Help us support Peace!

www.racesforpeace.org/donate-now



Guest Speaker Lt. Tim McMillan Stars at Atlanta 5k

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Races for Peace is looking forward to hearing Lt. Tim McMillan speak at our upcoming Choose Peace 5k Atlanta, GA race event! The event will be held Saturday, November 19th at the historic Fourth Ward Park.

Lt. McMillan has recently become a social media sensation by advocating for a human approach to policing and launching The Four Trees Project. Plan to join us for the event and hear his incredible and uplifting perspective on Peace! Register today at www.racesforpeace.org/find-a-race.

5 Ways to Choose Peace

Make Every Day Count!

You may be wondering what we mean when we encourage others to “Choose Peace.”

Here are 5 ways to make Peace a priority every day.

1. **Focus on What You’re For** -

Self-reflection is important and a key question for all of us is “What am I for?” Being for Peace means that you are for it in all situations and for all people. Allow yourself to recognize how being for Peace is a more powerful position than being against violence which depends on the existence of violence to be relevant.

2. **Practice Your Principles** –

It is difficult sometimes to react or reply to others in Peace. Anger and emotion can easily sweep us into a frenzy. When tested, find space to center yourself and reach out to those who will affirm your convictions.

3. **Serve Others** – Seeking

Peace goes naturally with a desire to help others. Benefits include boost in happiness, reduced blood pressure, and longevity.

4. **Attend to Feelings** – Try to

understand others less by their actions and more by

their feelings that led them to act. Acknowledging pain, fear, and loss can help build bridges of understanding.

5. **Seek Truth** – Conflict can

be uncomfortable and many shy away from it. But it can lead to breakthroughs in honesty and understanding. Of course, we must tread carefully and thoughtfully listening more for opportunities to connect rather than casting blame.

Choose Peace every day and make a difference!



Where in the U.S.A. is Races for Peace?



Where We Were:

June 16, 2016

- ✓ Rockland Lake State Park - Congers, NY – Inaugural 5k Run/Walk

Where We Are Going:

November 19, 2016

- Old Fourth Ward Park - Atlanta, GA – Choose Peace 5k Atlanta

Spring 2017

- Robert Allerton Park – Monticello, IL – Choose Peace 5k Allerton Park
- New York or New Jersey – Look for more details to come on our website!

www.racesforpeace.org/find-a-race