



# Vessels of Peace

Women Embodying Peace ...  
Inspired by the Sacred Feminine ...  
Serving Divinity, Humanity, Earth

VESSELS OF PEACE MONTHLY NEWSLETTER  
JANUARY 2004 - ISSUE #4

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## VESSELS OF PEACE WINTER GATHERING 2004!

### MARY MAGDALENE - WHAT WE CAN LEARN FROM HER ABOUT THE PRACTICE OF PEACE

Sunday, January 18<sup>th</sup> 1:30 - 5:30 p.m.  
(Note: snow date will be January 25<sup>th</sup>)

Thanks to the runaway bestseller, "The Da Vinci Code," few of us will think of Mary Magdalene in the same way again. While the central theory of the book cannot be proved, solid evidence does exist that Magdalene was a far more central figure in Jesus's life and work than presented for most of the last two millennia. And while more copies of "The Da Vinci Code" will be sold, it will be books such as "The Gospel of Mary of Magdala," by Harvard scholar Karen King, that will play a more lasting role in transforming her spiritual significance.

But what does all of this have to do with Vessels of Peace? That is what we will explore at our 2004 Winter Gathering on January 18<sup>th</sup>. Our format will include discussion and sharing, contemplation, meditation and ritual. We will learn how teachings in these writings affirm our work of peace embodiment. We will explore how Magdalene conducts herself as both disciple and teacher - and consider how her example might inform our own service to the Divine and to humanity. And finally, we will experience the Universal Sacred Feminine as expressed through the peaceful energy that Mary Magdalene's spirit conveys. I hope you will join us for what promises to be a fascinating and uplifting afternoon!

All women, of all faiths, are welcome at Vessels of Peace gatherings and meditations - so feel free to invite your friends or family! Note that we will pause for refreshments mid-afternoon, so you are welcome to bring a snack to share. If you will be attending, please RSVP by January 14<sup>th</sup> at 717-651-1528 or at [lyndaht@superpa.net](mailto:lyndaht@superpa.net).

Note to those of you living out of the central Pa. area: I would be willing to offer an abbreviated version of this gathering's program via teleconference, at a later date, if enough women express interest. Contact me via the info above, if you would be interested in taking part.

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## **MEDITATION GROUPS INFO/UPDATES**

### **WANT A MEDITATION "BUDDY?"**

I have one VoP woman in the Gettysburg area who would like a meditation buddy (see December issue). She is single parent to a preschooler, has a full-time job, and also helps care for her ailing parents - so chances to get out to a meditation group are limited. If anyone is interested in coordinating a regular meditation time with someone - in person or in spirit - as well as offering mutual inspiration and support for each other's practice, please email me at [lyndaht@superpa.net](mailto:lyndaht@superpa.net). I will put the two of you in touch.

### **HARRISBURG VESSELS OF PEACE MEDITATION GROUP**

Tuesdays, Weekly, 7:15 p.m., Harrisburg (Lynda's place)

Dates for January: the 13th (study session night\*), 20<sup>th</sup> and 27<sup>th</sup>

No meditation on the 6th

For more info: Lynda Terry, 717-651-1528

\*MONTHLY STUDY SESSION. The Harrisburg Meditation Group offers a 45-minute study session on the first Tuesday of each month, after the meditation. Heart offerings accepted. The topic for the January 13th session will be "CHOOSING PEACEFUL ACTIONS." (Note: Those who wish to come for meditation only can do so, then depart before the study session begins.)

### **GETTYSBURG AREA VESSELS OF PEACE MEDITATION GROUP**

Third Tuesday, Monthly, 7 p.m., Carroll Valley

Date for January: the 20th

For more info: Peggy Fitzpatrick, 717-642-6760

## **"GATHER THE WOMEN" WEEK TAKING PLACE IN MARCH**

The 2004 Global Gather the Women week will begin on International Women's Day, March 8<sup>th</sup>, and conclude on March 13<sup>th</sup>. This year's theme is "Weaving a World that Works." The intention of Gather the Women's week events is to activate and mobilize the wisdom and power of women around the world for the benefit of all.

Last year, there were 450 gatherings in 23 countries; this year they would like to triple that number. Events can be as small as three women gathering in a park or a living room or as large as thousands of women gathering in a stadium. It's up to each group to do what feels right for them, knowing that whatever way they choose to participate, they are contributing to a global wave of positive energy!

Here in Harrisburg, we will utilize the weekly meditation on the 9<sup>th</sup> as our opportunity to participate. If you know of - or plan to organize - an event in your area, let me know, and I will put it in the newsletter.

## GREAT FEMININE BEING FOR JANUARY 2004: SADAKO SASAKI

A Harrisburg Vessels of Peace woman sent me the loveliest holiday gift: an origami peace crane hanging ornament. Included with the ornament was the story of Sadako Sasaki, the young Japanese girl who has inspired hundreds of thousands of people to fold paper cranes as a prayerful action for peace. I thought Sadako would be a wonderful choice for this month's GFB because of our study session topic, Choosing Peaceful Actions. Sadako exemplifies how one person's peaceful action can inspire multitudes to choose peace. Here is her story, adapted from the Peace Craft website:

Sadako Sasaki was two years old when the bomb was dropped on her home city of Hiroshima on August 6, 1945. She seemed to escape any ill effects until 10 years later, when she developed leukemia. While she was hospitalized, Sadako was given a folded paper crane by her friend, who told her about the Japanese legend associated with it: the crane lives for a thousand years, and a sick person who folds a thousand paper cranes will become well again. Sadako decided to fold 1,000 cranes, but added another intention to her action. "Paper Crane, I will write peace on your wings and you will fly all over the world," she said.

Sadako folded cranes throughout her illness, the flock hanging above her bed on strings. When she died in 1955, she had folded 644 cranes. Classmates folded the remaining 356 cranes, so that 1,000 were buried with Sadako. In 1958, with contributions from school children, a statue was erected in Hiroshima Peace Park, dedicated to Sadako and all children who were killed by the atom bomb. Each year on August 6<sup>th</sup>, Peace Day, thousands of paper cranes are placed beneath Sadako's statue by people who wish to express their hopes for a peaceful world. Their prayer is engraved on the base of the statue: "This is our cry, this is our prayer; peace in the world."

Sadako's decision to fold the cranes not just for her health, but as a prayer for peace, inspired and influenced people in her country and throughout the world. Though not yet a woman, she clearly was a Great Feminine Being. Let us offer our peaceful actions this month in honor of Sadako and her contribution as a vessel of peace.

To find out more about Sadako Sasaki and the Peace Cranes, click on these links:

<http://www.peacecraft.cc>

<http://www.sadako.com>

Note: In each newsletter, we honor a Great Feminine Being - either a Vessels of Peace woman or any woman whose life and/or work resonates strongly with what we are about. She can be a woman who is well-known and/or a woman no longer with us in form. Who would you like to see recognized and why? Send nominations to [lyndaht@superpa.net](mailto:lyndaht@superpa.net)

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## TENDING THE VESSEL: INSPIRATION, SHARINGS AND SUPPORT

This space is for sharing experiences, thoughts, favorite quotes, etc. that speak to our day-to-day intention to embody peace. Please send your contributions to me at [lyndaht@superpa.net](mailto:lyndaht@superpa.net)

### EMAIL SHARINGS:

Here are two responses to a question asked by Linda (NJ) in the "Choosing Peaceful Words & Speech - Session 2" email. She wanted suggestions for how to talk peacefully about upsetting and negative world problems, events and issues.

From Jena Laske (Pa.), a grad student in the International Peace and Conflict Resolution Program at Arcadia University.

"The person dropping metal balls into the bucket was trying to bring understanding about what it means to have nuclear proliferation ...to bring awareness, not to express anger or make people feel guilty. I think that makes the difference. It is how we present our truths, in peace or in conflict, that really matters. I write letters to the editor of newspapers about the war in Iraq. Although I would rather not bring up the negative aspect of killing, it is in fact what happens in war. Many innocents die. It is important to bring that understanding to people so they get a fuller picture of reality and what is truly happening (or at least more pieces that connect to the puzzle of truth). People need reminders. They need others to say what they believe and see, not only because it provides a fuller perspective of a situation, but because that also gives them free rein to do the same. It's my personal opinion that if we Americans took a personal tour of the sites in Afghanistan where children have been killed and families destroyed, we would no longer be assuaged by the war on terror. It is important that people [contain] as full of an understanding as is possible so they can break through the fog of ignorance into the realm of enlightenment - where they can begin to effect change for the better. If that means calling attention to the uglies of life, so be it."

From Stephanie Seigh (Pa.), an interfaith minister and trained peace consultant through Unity's Ministry of Peace-Making:

"In reading Linda's question, I was once again reminded of how we judge words/situations as negative or positive. The person dropping the balls in the bucket was simply illustrating the reality of the numbers, i.e., "there are 'x' amount of bombs now in the world." To get upset with the presenter for being "negative" when he was simply illustrating the reality of the situation is kind of like shooting the messenger. Beyond the judgements, what are we willing to do about the situation? It's so much easier to debate the proper/improper use of words than to take action and reduce the number of bombs in the world!"

Note: We will come back to Linda's question again - and to Stephanie's, regarding what actions do we take - in a future issue. This dilemma is one of the toughest aspects of being a vessel of peace: how to talk about and react to, as Jena says, "the uglies of life," in a way that is honest, yet positive, helpful and peace-affirming.

From Karen Latvala (Colo):

"I loved the piece about Pema Chodron and Tong-Len. I listened to her tapes a few months ago and started practicing Tong-Len, and it's been a wonderful addition to my life, a way to stay peaceful in the midst of others' pain. It's something I can easily do anytime, anywhere. In fact, I used it when we came upon a fatal motorcycle accident on a trip through Wyoming, and I was able to offer comfort to his friends at the time and for days afterward, just breathing in their pain and breathing out comfort."

Note: I want to affirm Karen's experience by sharing a similar story. I taught my son a variation of Tong-Len when a former girlfriend of his was critically injured in an auto accident the Friday before Thanksgiving. I also focused on her in a similar way in my daily meditations. At last report, she is in good condition and progressing in her recovery. I know the energy of the practice contributed in some way to support her healing. Just as important, being able to do something like this also helped my son with his worry and emotional distress.

Gettysburg VoP Carol Donovan hosted their December meditation group for the first time and offers this share and request:

“Last night’s meditation was special. Of course, every gathering of VoP IS special, but I felt honored to have VoP women present in my new home. It was Blessed. I think the meditation for everyone was very deep. For myself, it was an opportunity to turn away from distraction and return to mantra. I had a lot of physical pain last night, but I was steadfast in returning to peace and mantra. I made a special connection to Sophia, Divine Wisdom. ... I meditated, prayed for wisdom in the upcoming month especially, and became calm in the knowledge that all I need do is to honor and receive, and it will be so. I am grateful for your encouragement and felt your presence especially with us last night.”

Note: Carol had surgery on December 22<sup>nd</sup> and requests healing energy be sent her way as she continues to recover over these next weeks.

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### **PURCHASE VOP GUIDED MEDITATION CD!**

The Vessels of Peace Guided Meditation CD is a wonderful way to do peace embodiment practice, to connect with the energy of the Sacred Feminine, and to connect with the collective energy of Vessels of Peace women everywhere! To order your copy, email me at [lyndaht@superpa.net](mailto:lyndaht@superpa.net) or call 717-651-1528. Cost: \$15.

### **PURCHASE LYNDA’S CD!**

My guided meditation CD/tape, "Meditating for Life - One: Breath Meditation," is available from me and also, at The Inner-Connection Bookstore, 308 Market St., New Cumberland, Pa. 17070. To purchase directly from me, see contact information above. For the Inner-Connection, stop in to purchase or you can call them at 717-774-4874 to order by mail. CD: \$15. Tape: \$10.

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### **COMING SOON! VESSELS OF PEACE WEBSITE!**

We hope to get the new Vessels of Peace website going by the end of January. Keep checking <http://www.vesselsofpeace.com> The more you click on it, even if it’s just the Coming Soon page, the more search engines will be likely to include it - and we want it to be easy for women to find! We welcome suggestions for content and services you’d like to see there - so let us know!

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### **SUBSCRIBE/UNSUBSCRIBE TO VESSELS OF PEACE NEWSLETTER**

To SUBSCRIBE, email Lynda Terry at [lyndaht@superpa.net](mailto:lyndaht@superpa.net) with subscribe as the subject. Please also put your name, email address, and city/state in the message. To UNSUBSCRIBE, send an email to [lyndaht@superpa.net](mailto:lyndaht@superpa.net) with unsubscribe as the subject.

### **FOR MORE INFORMATION ABOUT VESSELS OF PEACE**

Vessels of Peace is an informal network of women committed to choosing peace in all areas of their lives. For more information, contact Lynda Terry at [lyndaht@superpa.net](mailto:lyndaht@superpa.net)