Rising from the Ashes: How Do We Create Peace from Chaos, Confusion, and Conflict?

Jeanette Rankin Peace Center
Peace Un-conference
Saturday, June 13, 2015

Proceedings
Preparing for the JRPC Peace Unconference the Day Before

Keiko Ozeki and Patrick Marsolek offering two of the first three Lightning Keynotes. Lizzi Juda's Lightning Keynote was participatory, rather than a presentation, so no picture.

Kim Maynard offered the final Lightning Keynote.
Participants announce sessions for the Open Space, and then gather to see which to attend.

SESSION 1
- Dancing Between Empathy and Expression (Patrick)
- Peacemaking Circle: How to create inner peace, how to create inclusive community (Keiko)
- Building Resilience: Helping ourselves & others when trauma or stress keep peace at bay. A set of skills. A model for healing. (Dana)
- Making Peace Cranes. (Nancy)
Session Title: Dancing Between Empathy and Expression
Convenor: Patrick Marsolek

Session Title: Peacemaking Circle
Convenor: Keiko Ozeki

Peacemaking Principles:
• Work for the inclusive community
• Work on self, not to change others
• Don't pass your pain to others
• Transform your pain into positive action
• Stand in the fire with others
• Contribute to the wholeness of the community
• Treat others as sacred
• Build trust and relationships before arriving at issues and solutions

Turning to One Another by Margaret Wheatley

There is no power greater than a community discovering what it can do what is possible. For ask, “What is the possible?” not “What is wrong?”

Keep asking.
Notice what you care about.
Assume that many others share your dreams.
Be brave enough to start a conversation that matters.
Talk to people you know.
Talk to people you don’t know.
Talk to people you never talk to.
Be kind to the differences you hear.
Expect to be surprised.

Treat curiosity more than certainty.

Invite in everybody who cares to work on what’s possible.

Acknowledge that everyone is an expert about something.

Know that creative solutions come from new connections.
Remember, you don’t fear people whose story you know.

Real listening always brings people closer together.

Trust that meaningful conversations can change your world.

Rely on human goodness.

Stay together

Do you?

Do you rule your world or does it rule you
Can you see the light as it shines on through
Do you live in the future or do you live in your past
Maybe you live in the moment and your making it last
does your mind like to wonder deep into the dark
Or have you searched within yourself and found your m:
Do you walk around in search of a saviour
Or do you enjoy life and all its flavour
Ask yourself these questions give it time to think
Cause you may need to find your missing link.....
Session Title: Building Resilience  
Convenor: Dana Eisenberg  
Participants:

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<th>Bob Allgier</th>
<th>Ira +Kay Robison</th>
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<td>Steve Williams</td>
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<td>Rusty Dague</td>
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<td>Steve McArthur</td>
<td>Jenny Mish</td>
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<td>N___ (Humphery Fellow from Haiti)</td>
<td>Pat Chamberlin (?) (one of the peace quilters)</td>
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<td>Ginny Therriault</td>
<td>Claudia Brown</td>
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Notes:
Dana presented her passion and motivation for sharing a bit about how the Community Resiliency Model of the Trauma Resource Institution. Folks shared alternative models and questions about how CRM works on a community level. Steve offered to support Dana in doing a training for the Humphry Fellows.
SESSION 2 (LUNCH)

- Neighbors and Neighborhoods (Claudia)
- The role of joy & spirit in responding to confusion, chaos, conflict (Jenny)
- Designating Missoula as a City of Peace (Maggie)
- Understanding and Transforming Apathy & Extremism into a positive Energy for Caring & Change (Sue)
- How education can be changed to help create peace (Regina)
- Can vegan & vegetarian culture subdue violent behavior & controlling culture (Rebecca)

Session Title: Neighbor + Neighborhoods: Building Community
Convenor: Claudia Brown
Participants:

| Thomi Ellsworth | Pat Cross | Paula Parcheta | Rebecca McClellan (JRPC council) | Rain Smith |
Session Title: The Role of Joy and Spirit in responding to Confusion, Chaos, and Conflict
Convenor: Jenny Mish
Participants:

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<th>Joan Bird</th>
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<td>Betsy Mulligan-Dague</td>
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<td>Mike Dunn</td>
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<td>Bob Allgier</td>
<td>Bryony Schwan</td>
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Notes:
- Singing while cleaning, Cleansing energy of bldgs.
- Transmuting energy through creativity – cleaning
- Connecting with & holding space, then naming languaging, then joy comes
- Joy as a spiritual practice, up to me to cultivate and practice
- “may the things that matter the most not suffer at the mercy of the things that matter the least”
- Ringing the bell to shift from depression and self-criticism to accepting imperfection—Joy
- Leave and cultivate space. Violent disservice to ourselves by loading up expectations.
- Struck by the kindness and commonality here. Book: Power Versus Force. Amazing
- Questioning religious ideology of upbringing. Joy is a choice. Heaven is a state of mind.
- Be an example- you can’t force enlightenment on anyone.
- Joy isn’t better than fear- it’s energy. Possibility management (method).
- Celebrating goodness! It's about embracing everything, the whole, as it exists/
- Be wherever we are and hold the highest frequency we can, joy, compassion and gratitude.
- I don’t live in joy as much as I’d like, but peace may be more important. Joy is impermanent.
Acceptance, founded in compassion. Maybe joy comes.
- Grown tremendously from chaos. Thrown in initially, to chaos; peace/joy is natural.
- Need to learn to accept joy in chaos. Contrast between nature and ________
- Difference between joy and peace. Peace in wilderness. Joy of going with dog, who has passed.
- Joy is part of the work of relationships- to be able to share joy.
- Peace and Joy as compassion. Happiness is fleeting, but joy is a foundation, abiding in those who can deal creatively with conflict- making it seems effortless.
- Joy and fear both come in the promise of the unknown.
- Activist many years them took introspective break, came to place of peace – Even Mandela, Gandhi, great ones have still not solved problems- what we can do is to really Love This World, and Do the best you can, turn away from despair.
- Question raised about conflict in the big world – rather than in our personal lives.
- Ringing Cedars (book) : Put in front of you whatever raises your vibration the most
- Conceptually, sorrow and joy are the same vibration
- I live and eat because this country is protected by violence, going into the pain of the world is joy, allowing an honest response using my privilege —letting it pull me out of my comfort. Can’t have joy without sorrow.
- Empathy – we are hard-wired to empathize. There will always be joy and sorrow.
- Don’t have to be an activist to make contributions.

Session Title: Missoula as a City of Peace
Convenor: Maggie Lough
Participants: Carla Abrams, Carol White, Carel Schneider, Caren Swinger, Ann Harwood, Liz Rantz, Harold Shinsato

Notes:
Maggie shared her vision of having Missoula designated as a City of Peace. She holds that many organizations in Missoula contribute to the peace in Missoula (besides JRPC); organizations that focus on animal welfare and safety, on stewardship of the earth, on sustainable lifestyles, on mediation and restorative justice, on teaching tae kwon do, tai chi, aikido, yoga and meditation, running clubs and bike clubs that sponsor races that bring people together in community, at least for that event.

Carel shared about her vision of creating Missoula as a City of Kindness, with people doing random acts of kindness and passing it on.

Others mentioned peace projects in schools, such as Lewis & Clark and Washington, and all the musical groups, and art galleries, and community events.

It was suggested that thank you notes be written to all the above organizations to thank them for contributing to peace in Missoula.
Session: Combined Session on Education (Understanding and Transforming Apathy + How education can be changed ...)
Convenors: Sue Bradford & Regina
SESSION 3

- Grief + Forgiveness = ? Peace?
- Equanimity: When compassion is too much, and not enough. (Miko)
- Global Power Structure and the Role of Suppressed Information: Including:
  1. Energy Technologies
  2. Extraterrestrial Presence
- How do we engage with the global south? Aid, Collaboration, Diplomacy, Humanitarianism (Kim)

Session Title: Grief + Forgiveness = ? Peace?
Convenor:
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<td>Susan Powell</td>
<td>Leslie Handel</td>
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Notes:
Much agreement forgiveness necessary for peace
Experiment – letting go (of objects) – metaphor – a choice – always our choice to let go.

Session Title: Global Power Structure ...
Session Title: How Do we Engage With the Global South
Convenor: Kim Maynard

Participants:

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Notes:
1st going around the room- why here?
From Findhorn
New relationship/dynamics- “new story” for the earth- DRC story – Connections
How do you relate to someone else’s problem connect together as global citizens
What does that look like? How do they live/ engage in each other’s issues?
Need to move away from our privilege.
How do you understand other’s lives. Real conversations/ real people
Personal/ Local efforts the world global citizens
Bring together Asian cultures- what was their vision- big debate—
Keiv- an organization that does microloans.
There is cool stuff to do— “peace direct” org. that connects needs with folks.
Need to be able to ask what people need- it’s not easy.
Phone booth idea
Violence in these communities
Kibya- speaker – shared experiences
Trauma Resource Institute
SESSION 4

- Creating a Culture of Kindness – How? (Bryony)
- The art of self-care: Rest & Relaxation (Nicole)
- Envisioning the World We Want Collage Process (Lizzi)
- Divine Feminine/Masculine Physically BEING your spirit: Sub themes: Rearing children, trauma, programming, inner voice (Maura)

Session Title: Creating a Culture of Kindness – How?
Convenor: Bryony Schwan

Being kind to myself
Valuing ourselves & others
Kindness & gentleness are synonyms
Listening Empathy
Awareness of what is needed & how
Kindness & nice not the same
NICE = Not Into Communicating Emotionally

ACTIONS – IDEAS

- Help reintegrate prison & homeless population back into society
- Listen to their stories & engage with them
- Create challenges in Missoula of ways we could care
- Promps: Signs to remind us how to be kind (pianos are a good examples) & art
- Ask businesses to put signs in their windows
- A place/way where we can show how people are doing acts of kindness
- A raffle or other inventive for reporting an act of kindness
- Pay it Forward Cards
- Find the good and praise it
- Say hi & acknowledge homeless
- Random hugs
- An event where we share food + stories & then share those stories
- Posters/cards of kindness
- Good bumper stickers
- Host a civil, engaged community forum around elections
Session Title: Envisioning the World We Want – Collage Process
Convenor: Lizzi Juda
SESSION 5

- Important of Language for Inclusivity (Liz)
- Embodied Peace and Emptiness (Sono)
- Maintaining Personal Peace by transmuting grief through creative expression & within community of support (Megan)
- Creating Sustainable Communities Holy Vortex Foundation (Jesse)
- How to create cohesiveness in communities amongst great diversity (Sandra)

Session Title: Important Language for Inclusivity
Convenor: Liz Ranz
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Notes:
Conversation moved way beyond topic
*Suggestion identified important gatherings like international spiritual conference Oct, Salt Lake City and send a group (7-10 “) so there would be a core to share experience and how useful for Missoula.
Session Title: Creating Sustainable Community
Convenor: Jesse Christian
Participants: Steve Williams, Maggie Lough, Stephen Smith

Notes:
The principles of the Holy Vortex Foundation for supporting and creating sustainable community are:

- Support sustainable Energy Systems
- Promote Permaculture/Organic Gardening
- Encourage Enlightened Education
- Honor Holistic Healthcare Practices
- Practice Peaceful Communication (NVC)
- Voice Objections Against Violence
- Think Globally/not Locally
- Bottom Line- People Helping People

A Group discussion ensued about each principle of creating sustainable community and how we can apply it in our lives.

Session Title: How to Create Cohesion amongst Diversity
Convenor: Sandra Sitzmann
Participants: Sue Bradford

Notes:
Create more “circles” for improved communications
Read/study the Monastic to learn how to build community.
Use the “Rainbow Gathering” as a model to organize, volunteer for specific required jobs and be peaceful, gather what worked or not.
Have study groups with intelligent meaningful discussions to create connection.
Chai Baha’i- relaxed situation with Tea and talk.
See the bigger picture – we focus instead of only ME
Teach inclusiveness with children.

“Butterfly Conversation Topics”

- The lost art of truth telling (Sue)
- How do we share a vision of inclusive politics/ (without rancor and zero sum games) (Sue)
- More about trauma/stress & Resilience (Dana)
Closing Circle – Kris Bayer and Kim Maynard
After Party – Reception with Music by Lawrence Duncan