"Peace It Together"
at the 2017 Peace Party

Sunday, October 15, 3-7 pm
Missoula Fairgrounds
Home Arts Building

Raffle items include: Bitterroot Float trip for two with lunch, a night away in Hot Springs, $100 gift certificate to the Good Food Store, or one to Cafe Dolce, a massage or Cranial Sacral session.

And get your mouth watering to bid on one of these dinners: Greek, Indian, Thai, Irish, Whole 30, Lobster, Around the World, Fair Trade and more!!

Tickets and More Information at jrpc.org

Contact us at peace@jrpc.org to make a donation
or sign up to help at volunteer@jrpc.org

Peace building through strengthening our hearts

It is challenging to listen to the news and not feel agitated, frustrated, a sense of futility or fear. If we, as a nation, start another war or restrict one group's right to free speech, it will impact us personally. If we care and engage with the challenges in our lives we can become overwhelmed. For myself, I know sometimes I need to turn off these information streams. I need to find my own sense of quiet and peace. It is essential, even if we are passionate activists, to take some time for self-care, to nurture and nourish ourselves.

At the same time, there is another way to respond to the discomfort we feel that can also lead to a sense of empowerment. The Nonviolent Communication (NVC) model proposes that when we are stirred up, it is a signal that something is alive in us, a need or a value that we hold dear that is 'asking' for some attention. To find what that need is, we have to cultivate a willingness to sit in the discomfort, long enough to sense what that need is. To do this takes practice and a willingness to stretch a little. In fact I would say that when we listen to the news and have these feelings stimulated it is so that we can wake up to who we are.

The anger I feel seeing others trying to shut off other people's expression is alive in my body. It isn't comfortable and it's easy to react to it with outward judgment or even self-criticism. But, if I hold it with my awareness and ask what am I needing, I may begin to see it is my need for respect, freedom, creativity or even connection that is triggered. When I identify a need, and it rings true to what I'm feeling, the anger softens and I feel more integrated. Knowing I'm feeling a need for respect, for example, I then can more consciously do something effective to meet that need. I can act at a personal level in my own life doing something I value and feel worthwhile. I can also begin to pursue actions that may also have a broader effect nationally. The gift of the anger, when I take the time to find it, is a clearer purpose.

We don't get that gift of our uncomfortable feelings if we don't go step further and seek to understand what needs are driving us. That ability is like a muscle we can strengthen. With practice, it gets easier to dive into life, be stimulated, and respond more effectively to what life brings us. That's the same muscle that also then allows us to empathize with the people we see doing these things that anger us or stimulate our fear. In the NVC model, this is empathy; connecting around feelings and needs. The person who feels threatened by the expression of a minority group also has feelings and needs. When I can recognize they have similar needs, they become less the enemy and more like myself. When we see each other as similar, we can truly begin to move towards peaceful understanding of the needs on both sides of an argument.

So, I encourage you to stretch and strengthen your own emotional muscles. Do the work to uncover the needs driving you and those who challenge you. Then cherish ALL the beautiful needs that enlarge our lives. The challenge is to bring in all your creativity as to how to meet them!

Patrick Marsolek, info@patrickmarsolek.com

I urge you to check out Patrick's upcoming workshop on October 14 and 15 (and leave in time for the Peace Party on the 15th!!) and also his practice groups on the 2nd and 4th Wednesday of each month at 12 noon at JRPC.
Calendar

Sunday, October 1, 2-4 and 3-5 pm, Historical Museum Internment Camp area, Fort Missoula. Join us for a unique tour of the Fort Missoula internment camp with special presentations by Julie Cajune, Bob Knight, Diane Sands and Satsuki Ina, speaking of the lives disrupted by Fort Missoula and confinement of Japanese men and families during WWII. Sponsored by the Missoula League of Women Voters and Historical Museum Fort Missoula with grants from Humanities Montana and MCAT. Tours are free, but limited to 40 spots per tour due to space limitation. Please click to reserve your spot:

- 2-4 pm - http://whozin.com/M3Y-9XX-HH3H, or
- 3-5 pm - http://whozin.com/JN9-JDU-NTYJ

Sunday, October 1, 3-6 pm, The Wilma. A celebration of the life of Esther Chessin. To participate in a meal train, please go here. You can also make a donation to the Isabella Johnson Benefit Account at the Missoula Federal Credit Union.

Tuesday, October 3, 5 pm, UM. “Human Rights in Mexico: How US Policies Affect State Violence, Militarization, and Displacement. Mendoza Pérez will speak on the current socio-political and economic issues affecting communities in Mexico, which are directly linked to US policies. Sponsored by Witness for Peace NW. For more information on a specific event, please contact Kris (kris@witnessforpeace.org or 208.771.3527 call or text) or visit http://witnessforpeace.org/northwest/

Tuesday, October 3, 7:00 to 9:30 pm, Roxy Theater. Screening of the award-winning documentary From a Silk Cocoon (the account of a family confined at Tule Lake Segregation Center during World War II) followed by commentary with and Q & A with Dr. Satsuki Ina, the film's producer and camp survivor. Refreshments and free admission (no ticket needed; come early). This film is co-sponsored by the Missoula League of Women Voters (LWV) and the Historical Museum at Fort Missoula, and funded in part by a grant from Humanities Montana - an affiliateof the National Endowment for the Humanities. For more information, go to the Roxy website at: http://www.theroxytheater.org

Thursday, October 5, 6:30-8:30pm, JRPC. Standing Alongside Americas Muslims, SALAM, invites you to join us in the first of four discussion held in conjunction with a community read of Out of Darkness into Light: Spiritual Guidance in the Quran with Reflections from Jewish and Christian Sources co-authored by Ann Holmes Redding. The focus of this first discussion is Spiritual guidance. The reading and discussions are leading up to a November 1 and 2 visit by the author, Ann Holmes Redding to Missoula. Ann is a former Episcopal priest who was defrocked for having become Muslim and has spent years addressing issues of interfaith, peace, race and gender. It’s not necessary to have read the book to come and participate in these stimulating discussions. Other dates are:

- Thursday, October 12, 6:30-8:30 pm, Emmaus House (538 University Ave.) on the Mysteries of Life
- Thursday, October 19, 6:30-8:30 pm, Har Shalom (3035 S. Russell St.) on The Path of
Surrender

- Thursday, October 26, 6:30 to 8:30 pm, St. Paul’s Lutheran Church (202 Brooks St.) Final Discussion & Potluck

Thursday October 5, 7:30-9 pm, Open Way Mindfulness Center (702 Brooks). Mindful Community Conversations Series will feature a discussion on Anorexia & Bulimia led by Amy K. Struggling with anorexia and bulimia for over 30 years, she has found relief from the addictive behaviors for two years. Amy will share with you from her own personal experience how the practice of mindfulness has been a foundation for helping her remain sober with food, body weight and shape. Format: Sitting meditation (10 minutes), Speaker (30 minutes), Open sharing/questions. 549-9005 or openwaysangha@gmail.com

Saturday, October 7, 9 am-3 pm, C’mon In, Bozeman. Dismantling Hatred – Skills and Strategies You Can Use, hosted by the Montana Racial Equality Project. $56, scholarships available. info@themtrep.org to enroll

Tuesday, October 10, 3-4:30 pm, Todd Building, UM. Jeannette Rankin: Myth and Reality, with Jim Lopach and Jean Luckowski, authors of the book Jeannette Rankin: A Political Woman (University of Colorado Press, 2005).

Wednesday, October 11, 12 noon, JRPC (also September 27). Patrick Marsolek leads a free practice group for those interested in learning to use Nonviolent Communication Techniques more effectively. 2nd and 4th Wednesday each month. Join him to learn more about this critical skill. www.InnerWorkingsResources.com

Saturday-Sunday, October 14-15, 10 am-5 pm, Second Chance, Potomac, MT. Getting to the heart of our differences: from chaos to connection, a two-day Nonviolent Communication Workshop. Cost: Full workshop: $100 Saturday Only: $65. Register online here: http://www.innerworkingsresources.com/Connection. For more information, contact Patrick: 406-443-3439 or info@patrickmarsolek.co

Sunday, October 15, 3-7 pm, Home Arts Building at the Fairgrounds. Save the Date for our annual Peace Party. Call us if you have ideas or want to help with planning!

Tuesday-Thursday, October 17-19, 5:30-8 pm, Payne Family Native American Center at UM, Missoula Urban Indian Health Center Presents the Fall 2017 Historical Trauma Conference Agenda: Interventions for Promoting Historical Resiliency. Tuesday will focus on Historical and Current use of Traditional Games-Defining Resilience and Wednesday on Historical Trauma Historical Resilience. Contact Lida at (406) 829-9515 or LRunningCrane@muihc.org

Wednesday, October 18, 5:30-7:30 pm, 1535 Liberty Lane (Solstice Building), HomeWORD Conference Room. The International Rescue Committee will be holding a training for folks interested in becoming a family mentors to incoming refugee families as well as other volunteer opportunities. The family mentor training is held the 3rd Wednesday of every month, on November 15 and December 20. For more information or to sign up, contact Becca at rebecca.burgmeier@rescue.org or (406) 926-1982

Friday-Sunday, October 20-22, 2017. Reflections of the Revolution: The October Revolution and Global Order, 1917-2017, is an international conference to be held at the University of Montana, This conference commemorates the 100th anniversary of the 1917 October Revolution in Russia. Presentations and discussions will focus on revolutions of the past as well as explore the possibility or impossibility of revolutionary scenarios today. Paper proposals are being accepted through February 20, 2017. Visit the conference website for more information: www.umt.edu/sell/cps/revolution/default.php.

Sunday, October 29, 5:30 pm, Har Shalom (3035 S. Russell). Dances of Universal Peace a spiritual community that is experience-based, from the heart and soul, not focused on beliefs or heady discussions. Join them every two months on last Sundays at 5:30pm at Har Shalom (except First Night): December 31 (they hope to be at First Night 2017), February 25 and April 29

Wednesday-Thursday. November 1-2. UM. SAI AM is partnering with the University of
Wednesday, Thursday, November 12, UM SALAM is partnering with the University of Montana’s DiverseU event to bring Ann Holmes Redding, author of *Out of Darkness into Light: Spiritual Guidance in the Quran with Reflections from Jewish and Christian Sources* who will be speaking at the DiverseU banquet on November 1st and will also be leading a free workshop titled “Making Peace with Religion” on November 2nd. Watch for times and locations. The goal of *Out of Darkness into Light* is, as the authors write, “to lead from the first impulse to seek spiritual direction to the final stage of a soul peacefully surrendered in service to the Holy One by whatever name you wish to use. Quranic verses are supplemented by sayings of the Prophet Muhammad, the words of Rumi and other Sufi poets, and relevant quotations and insights from Jewish and Christian sources. The book also offers practical suggestions for expanding and strengthening one’s spiritual sinews.”

Thursday November 9, 7:30-9 pm, Open Way Mindfulness Center (702 Brooks). Mindful Community Conversations Series will feature a discussion on **Self-Harming** led by Linds Sanders. Format: Sitting meditation (10 minutes), Speaker (30 minutes), Open sharing/questions. 549-9005 or openwaysangha@gmail.com

Saturday, November 18, 9am-5pm, Payne Family Native American Center. Missoula Urban Indian Health Center Presents: **Community Resiliency Model (CRM) Workshop** with Dana Eisenberg, Trauma Resource Institute Educator. Free and open to clients, community, and professionals. Breakfast Provided-Potluck Lunch. Professional CEU’s Offered: Contact Lida to make $25 payment in advance. Questions? Contact (406) 829-9515 ext. 110 or email Lrunningcrane@muihc.org

Thursday December 7, 7:30-9 pm, Open Way Mindfulness Center (702 Brooks). Mindful Community Conversations Series will feature a discussion on **Grief and Loss** led by Greg Grallo. Format: Sitting meditation (10 minutes), Speaker (30 minutes), Open sharing/questions. 549-9005 or openwaysangha@gmail.com

**Action Opportunities**

Take part in SALAM’s community book read of *Out of Darkness, Into Light: Spiritual Guidance in the Quran with Reflections from Jewish and Christian Sources* in preparation for one of the author’s, Ann Holmes Redding, visit to Missoula in November. Along with the reading, there will be four discussion meetings throughout October. More information can be found on a Facebook event [here](https://www.facebook.com/events/1746412590044630/) or contact salammissoula@gmail.com

Visit the **Missoula Resistance Library** for all your resistance needs and great reading lists. [https://missoularesistancelibrary.wordpress.com/](https://missoularesistancelibrary.wordpress.com/)

We accept nominations for peacemaker throughout the year. Now accepting for the 2018 award. Go to [https://jrpc.org/programs/peacemaker-award/](https://jrpc.org/programs/peacemaker-award/)

**Fair Trade News**

Come say hi to our new Fair Trade Store Manager Jennifer Zaso and let her know your ideas!

Check out our **online store** at [http://the-olive-branch.shoplightspeed.com](http://the-olive-branch.shoplightspeed.com)

**Ongoing Events and Meetings**

**Women in Black** Fridays, North end of the Higgins Bridge, 12:15-12:45 pm. missoulawib@montana.com

**Balanced View Clarity Online Call** every Sunday, 11am-noon MT time. Contact: CheyenneRivers@BalancedView.org.

**Veterans For Peace** first Monday of each month (September 11), 4-6 pm, JRPC. 406-363-6150 or pvaughan184@gmail.com

**Citizens Climate Lobby** 2nd Monday of every month, 6pm, Imagine Nation Brewery. Contact Scott at sebovard@gmail.com

**JRPC Coordinating Council** Third Monday of every month, 5:30 pm at JRPC. All are welcome to attend!

**350Missoula Coal & Renewables Committee** third Monday of each month, 5:30 pm, Imagine Nation Brewing. leemet@bigsky.net
**Women in Black of Polson**  Mondays, 12-12:30 pm, Polson courthouse.  c211p110@earthlink.net  

**Knitting For Peace**  every Tuesday, 1–3 pm, JRPC.  543-3955.  

**Nonviolent Communication Practice Group**  Second and Fourth Wednesdays, 12-1 pm, JRPC  info@patrickmarsolek.com  

**The Cranium**  creates origami delights Wednesdays, 1:15-3:15, JRPC.  bonnie@bonnietarses.com  

**Time Bank Orientation**  Contact info@missoulatimebank.org  for individual and group orientation for new members at a location TBD.  

**Missoula Moves To Amend**  Contact Sue at 543-3254  

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**Articles Of Interest**  

**THE INEVITABILITY OF PEACE**, by Norman G. Lavery, Ph.D., Mediator, Founder and President of Community Circles and Author of **The Power of Circles**. Security and respect are of paramount importance to individuals, families, communities, and nations. If people do not feel secure and respected, they will try to balance the scale of power, usually by doing something harmful—be the entity a teenager or a nation. Citing a current example, North Korea feels that its security is threatened by the United States—with the conduct of war games on its border, positioning our ships off its coast, and talk of our power to annihilate. It's time for us to put an end to the nonsensical mind-set of the inevitability of war, and focus instead on the inevitability of peace. It's time to engage in dialogue with those with whom we disagree, and to learn what they feel can ensure their security and sense of respect. Dialogue has worked well for thousands of years in indigenous cultures to resolve difficulties. The indigenous Circle process, put forward in the recently published book The Power of Circles, provides guidance in using dialogue to address many seemingly intractable situations. The United States has the opportunity at this important point in history to provide true leadership—by guiding all countries to acknowledge the importance of security, respect, and dialogue so we can rest well at night, and reach our full potential as human beings.  

Have you read an article that inspired you? Share it with us so we can share it with others!!  

Check out the Library at JRPC for lots of great resources. Donations are always welcome!  

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**Ways to Help JRPC**  

1. We are desperate for some storage space. Do you have some we can use? If so call us at 543-3955.  
2. Want to be of service? JRPC is looking for board members. Call Betsy to discuss this opportunity.  

Jeannette Rankin Peace Center has been in Missoula since 1986, working to build non-violence, social justice and sustainability. We are pleased to be a member of the Montana Shares Network, a partnership of Montana-based nonprofit groups devoted to improving the quality of life in communities throughout the state. Give to JRPC through your workplace.  www.montanashares.org  

The JRPC e-newsletter is sent to our listserv each Thursday. Deadline for calendar items is noon, Wednesday. We always appreciate your contributions, comments and suggestions. If you would like to be taken off our mailing list, please unsubscribe below. To sign up, click this link.  

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