



GLOBALNEWSCAST

September 1, 2020 Report from leaders of International Cities of Peace

LATEST NEWS!

As we approach **300 Cities of Peace in 62 countries on all six continents**, we thank the "in situation" leaders who are creating practical initiatives to improve the safety, prosperity, and quality of life for ALL people in their communities. These peacemakers understand what their community need and are putting in place **compassionate and workable programs** to make a positive difference in people's lives. To take care of orphans, to teach young women, to stop the virus' spread, to mediate disputes, to start cottage industries, to feed the hungry, to stop the violence and wars are all profound responsibilities and **awesome tasks that show these leaders as truly couragous.**

In this quarter's Newscast, we show progress on many levels but one of many exciting new Cities of Peace is of special interest. We now have our **first Refugee Camp as a City of Peace**. The Juru Refugee Camp in Uganda is part of Nakivale Camp where more than 110,000 people have escaped from Congo, Somalia, Burundi, Ethiopia, and South Sudan. Most of us believe these camps are temporary but Juru, for instance, has been in continous existence since the late 1950's. **These Camps are legitimate Cities in their own right** and the people in them deserve the same rights to peaceful lives.



The facilitator of the Juru Refugee Camp: City of Peace is Mr. Paulin MUZALIWA, who founded the Social Innovation Center UNIDOS to address social, health and educational needs of refugees that are hungry and sick and in need of education, medical support, and basic services. **Thanks to the UNESCO Chair of Peace in Nanjing, Paulin and his group received a mini-grant for Covid-19 prevention.** These funds provided food for starving refugees, who usually depend on standard NGOs that have pulled back during the crisis. International Cities of Peace was able to help because Paulin was there and knew where there was the most desperate need.

We commend all of the members, leaders, and friends of International Cities of Peace for having the understanding that peace can only come from "in situ" leaders who are committed to community. Please help us achieve our goal of 1000 Cities of Peace by year 2025. **Take care. Be safe. Donate to help. And, above all, work for peace.**

[TO DONATE](#)

NEW CITIES OF PEACE THIS QUARTER!



Memba, Mozambique: 273rd City of Peace

Trienke Lodewijk was instrumental in developing the Nuarro community, which has built schools, educated citizens on the environment and health issues, and much more. The town of Memba is in the Memba District of Nampula Province in north-eastern Mozambique.

[Webpage](#)



L'Escalier, Mauritius: 274th City of Peace

Chelvin Ramsamy is a young peacemaker with global connections and a firm commitment, along with his family and friends, to fostering a culture of peace in this island community. Recently, Chelvin met with the President of Mauritius and hosted a workshop on peace building in L'Escalier and beyond.

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**Baba Dogo, Kenya:
275th City of Peace**

Charles Ouma Owino has over 10 years experience working with youths in informal settlements like Baba Dogo and understands their needs, interests and gaps that exists within the community. Charles wants to leverage his experiences to enhance a ministry of youths to help with the community's gender and cultural heritage and to establish a vibrant city of peace for the prosperity of all in Baba Dogo.

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**Makurdi, Nigeria:
276th City of Peace**

Dorothy Akende is the founder of the House of Hilkiah foundation, a non-profit organization focused on women empowerment, providing formal and informal education for young girls and skills acquisition for youths. The group is using the International Cities of Peace platform to focus on peace-building, human rights and gender equality with special emphasis on the welfare of women and children.

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Juru Refugee Camp, Uganda: 277th City of Peace

The first registered Refugee City of Peace is Juru, which has been in existence since 1958. Many refugee camps have become cities themselves, though without the infrastructure to provide for the welfare of its temporary, and sometimes permanent residents. Paulin MUZALIWA, who founded UNIDOS as a Social Innovation Center in Juru, a free and creative space where young refugees can learn and invest in themselves and share ideas in order to create their own opportunities.

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Dandora, Kenya: 278th City of Peace

Diana Jomo and her colleagues have established Dandora, a suburb of greater Nairobi, Kenya with the largest dumpsite in Africa, as an International City of Peace. Founded and registered by Diana Jomo in 2008, St. Benedict Community Centre strives to offer solutions to problems that children and women undergo in the dumpsite. Children from the dumpsite are rehabilitated, given opportunity to get education in the school run by this centre, others are integrated back to their families but still attend St. Benedict Community Centre school.

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**Bagamoyo, Tanzania:
279th City of Peace**

Joseph Nyabezi is the Director of Honeybadger Safaris and Adventures in the Saadani National Park. He started the organization in 2008 from personal income with idea to save wildlife. "Having opened beaches in Tanzania and Zanzibar," Joseph says, "we are still trying our best to make the organization larger and address the environmental goals." The City of Peace platform will enable Joseph to expand his global network and bring greater awareness of Tanzania's extraordinary beauty to the world.

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**Marriam Colony, Pakistan:
280th City of Peace**

Alyas Rahmat, founding Managing Director of Community Healthy Advocacy Network At Nation (CHANAN), is focused on involvement of youth and women and promoting education, health, democracy and human rights. "There is lack of involvement of youth and women in decision / policy making," says Alyas, "as well as lack of education / awareness regarding health, social and legal, democracy and Human right issues, while discriminatory laws and social customs against women hinders them to enhance their self growth and enjoy equal status in the society."

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**Karu, Nigeria:
281st City of Peace**

John Dara Adekeye is a youth leader who joins with other colleagues in his school and the community to work for peace. Dr. Ayoola-Amale of Lagos, Nigeria: City of Peace and a Board Member of Cities of Peace, Inc., upon attending the local school program, agreed to mentor John and his colleagues. John loves engaging the youth platforms and community elder on issues of child rights, domestic violence and violence in the home and society. He considers himself a passionate community servant with the ability to motivate and inspire children and his community.

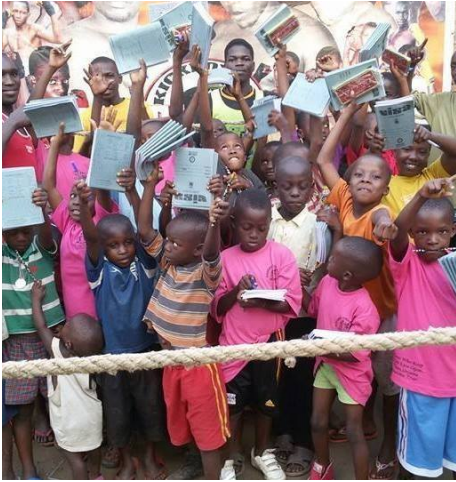
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**Cape Town, South Africa:
282nd City of Peace**

Yasmin Johnson and her team in Cape Town will be working with the larger community as well as parts of the metropolis to ensure unity of purpose as a unity proposition for delivering a true culture of peace. Increased safety, prosperity and quality of life for ALL citizens are the consensus values of peace around the globe and Cape Town will be an excellent City of Peace. Yasmin Johnson is part of a growing Cities of Peace community that is rising throughout South Africa.

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Zzana, Uganda: 283rd City of Peace

Mentored by our colleague Jolanda van Wijk of the Netherlands, Wilberforce Namanya has initiated a peacebuilding effort in Zzana, Uganda, which is under the Makindye Ssabagabo municipality, Wakiso district central Uganda. Wilberforce is a victim of the civil war 1981-86, which claimed his both parents and displaced him together with his siblings. "When I later settled in Zzana, in the early 2000's, I realized the post war violence, child marriages, child labour, street kidding, domestic violence, life in slums, poverty among others which gave me the courage to start Zzana ICP to avoid the reoccurrence of the former atrocities."

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World Unity – A New Level of Peace

*Peace building and actionable steps for all International Cities of Peace
by Lisa & Brian Berman*

The world is in the beginning of a new cycle, a chance for a deeply needed level of unity: inter-faith, inter-generational, inter-racial, inter-cultural, and inter-national. New visions and inspiration are needed for living in a peaceful world community as ONE Global Family, embracing diversity, living and expressing our human values, and utilizing skills in compassionate interaction, conflict resolution and reconciliation.

In each quarterly ICP GlobalNEWSCASTS, Lisa & Brian Berman will submit an article in support of community peace-building. Themes will be:

1. Peace Begins Within
2. Building a Culture of Peace in Your Community
3. The Gift of Listening: How to Suspend Judgment
4. Path of Reconciliation: Listening and Speaking from the Heart
5. Bringing Community Together facing Opposing Challenges
6. Empathy & Compassion as a Necessity for Human Survival
7. Compassionate Action: Practical Action Steps
8. Unity: The Whole is More than the Sum of its Parts

1. Peace Begins within

As a dedicated peace-builder, you have a strong aspiration to contribute to greater peace in your community and the world. Often, we talk about peace building externally. How to be that peace from within? Wise men and women throughout history have reminded humanity that inner peace is the first step to world peace. One guide is found in the two words written over the entrance to the ancient Greek Temple of Delphi "Know Thyself." By learning and practicing skills that help connect with peace within, the more we are able to manage challenges in our lives. Your very presence will invoke peace in your environment and inspire others to join in. Your peace is your power, strength, and living treasure.

These following simple 5 Steps will help guide you to re-connect with your inner peace:

1. Be the Observer - Be present

Sit quietly. Be aware of your thoughts, your emotions, body sensations and your experiences. Be the observer and fully in the present moment. If you get carried away in the mind stream of thinking, notice it and come back to being the observer. This observing is a first incremental step to inner peace.

2. Focus on your breath

Next: Observe your breathing, your inhaling and exhaling. Extend the length of each and feel the calming effect. When you give yourself time to slow down observing your breath, you begin to notice that there is a peaceful space within. Relax into it.

3. Acknowledge and release

Continue being the observer focusing on your breath. Use your awareness, scan your body and release any stress or tension you might feel. Breathe into these areas and with your exhalation feel it releasing. Acknowledge yourself for all that you are holding, what you are responsible for, your stress, worries and concerns. Give yourself as much time for this as needed.

4. Fill yourself with loving kindness and compassion

Continue to observe your breathing in and out. Now focus in the area of your heart. Allow yourself to fill your whole body with loving kindness and compassion. Send your loving compassion to every cell and feel the peace within you.

5. Expand your love and compassion

Bring your inner peace to the whole world. When you feel the fullness of loving kindness and peace, expand your compassionate heart and send it to your family, friends, and community.

Following these 5 Steps, awakens the power of peace within and leads to a more creative and peaceful life. Practice them on a regular basis. Your True Nature is peace, the source of happiness. [Webpage for Awakening Peace](#)



Nanjing Peace Forum

In Nanjing, China there will be a PEACE FORUM, held virtually, in October this year. The Forum will be hosted by our colleague, Professor Liu Cheng, the UNESCO Chair of Peace in China and co-leader of Nanjing: City of Peace. Professor Liu initiated the Covid-19 mini-gra program that helped 34 Cities of Peace in Africa to stop the spread of the pandemic.

The Peace Forum is sponsored by UNESCO, Nanjing University, the Nanjing City Government and others. International Cities of Peace is a partner in the Forum and the Executive Director will be a keynote. To encourage peace between those in all countries, including China, is very important and this Forum is a huge step forward.



Everyone is Invited!

The United Nations sanctions International Day of Peace, sometimes known as World Peace Day, is observed around the world annually on 21 September. Dedicated to the cessation of war and violence, Peace Day was first celebrated in 1981, and for decades huge events, including hundreds by Cities of Peace around the globe, were held in celebration, contemplation, and hope.

HOW DO WE DO PEACE DAY THIS YEAR?

One option is the Global Feast for Peace, a great way for everyone, no matter if you are single or a couple, or a family, a socially distanced group of friends committed to peace. Peace Day is yours to use to deepen your vow to nonviolence and practical peacebuilding.

For info: [GLOBAL FEAST FOR PEACE](#)

There are many other ways, including happenings hosted by several of our Cities of Peace friends. Check out the Peace Day speech by Ambassador Chowdhury, the foremost leader for the Culture of Peace movement taking place at the Rotary EClub of World Peace on Tuesday, September 1 at 6:30 pm (Pacific Time) via Zoom. Contact David Wick at davidwick111@gmail.com.

Or go to Peace Day Philly for more ideas on a virtual activities: [PEACE DAY PHILLY](#)

Check out this year's theme, "Shaping Peace Together" on the U.N. International Day of Peace web page: [INTERNATIONAL DAY OF PEACE](#)





Heartfulness Peace Day Event

“Inner peace creates outer peace.” On the United Nations' 2020 International Day of Peace, September 21st, Heartfulness will present an international online event to help unite humanity in a meditation for lasting peace. "We are very appreciative of the work that you are already doing in this field," said organizer Girish Kulkarni, "and would greatly value your contribution to our cause – to bring lasting peace to all humanity."



Outreach Coordinator and Sytems Analyst join Board of Directors

Congratulations to Lonnie Franks and Nikki de Pina, new Board Members of the nonprofit Cities of Peace, Inc. As an experienced manager in the software industry, Lonnie will be volunteering to help with systems development in terms of accounting, compliance, and database, among other organizational essentials. Nikki has hit the ground running as Outreach Coordinator, facilitating many new Cities of Peace. She has organized South Africa outreach with Countrywide Coordinators Ursula Brown and Patricia Ntombela with Citywide Coordinators Bunny Bhoola in Pietermaritzburg, SA, and Yasmin Johnson in Cape Town. Nikki is paving the way to meet our goal of 1000 Cities of Peace by year 2025!

Volunteer Software App Developer Needed

Do you have experience as an App Developer? We need you big time! In order to reach our goal of 1000 Cities of Peace, the process of becoming a City of Peace must be partially automated. Do you have five years experience in app development? Do you have a strong commitment to peace? The position, like all others working with ICP, is a volunteer-only position. Contributing to global peace may be the only reward, but what a reward it is! Please contact the [Director](#).

[What better way to work for peace? Please donate. Click here!](#)

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