

Step by Step

Early morning, empty road.
Dust on feet, hearts unarmed,
No signs to shout. No flags to hold.
Just silence wrapped in calm.

Strangers pass with tired eyes.
World feels heavy, stitched with fear.
But every step, a soft reply
"I'm here...I'm here...I'm here..."

No fists raised,, no blames to say.
Just a prayer in every stride.
When the mind is still, the
world can change from the inside.

Step by step, we walk for peace.
One slow breath, let the anger cease.
No enemies, just souls in pain
learning how to love again.

Step by step, on borrowed land
with open hearts and empty hands.
If peace begins with you and me
then let it start with how we breathe.

Cities talk in screams too loud.
Everyone's got truth to prove.
But barefoot on this beating ground
there's nothing left to lose.

No promise made of instant light.
No claim the road the road will end.
Just faith that gentle acts tonight
will ripple out again.

When the noise fades into sound
and the ego loosens grip,
even hate can soften down
into forgiveness.

Step by step, through sun and rain
through every loss, through every name
If peace begins with you and me
then let it start with how we breathe

Maybe peace won't make the news.
Maybe it won't trend tonight.
But every heart it gently moves
is a small unbroken light.

No finish line, no victory.
Just walking while we can
leaving behind a quieter world
than the one we found.

Step by step, we walk for peace.
Lay down the weight, feel the release
What we heal in you and me
is how the world learns harmony.

Step by step...just stay awake.
Love is the path we choose to take.
If peace is more than words we speak
then let it live in how we walk.

Let it live in how we walk...
step by step...
step by step...

Prayer Leader:

Carolyn Horvath
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Be Peace



Our prayer is characterized by silence ~

Be still and know that I am God!

In that silence we listen for a new word.
God is present in all our lives.
God cares for us, and
our life experiences are a source
of deepening knowledge of God and self.

Inspired by God's Word in the silence
we share from our hearts.

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To Ponder: Bhikkhu Panajarra

May all beings be safe. May all beings be free. We did not walk for recognition or applause. We walked because peace is meant to be shared, and because every single step-witnessed or unwitnessed-carries its own sacred meaning. In those early, solitary miles, we learned a beautiful truth. Peace does not need an audience. It simply needs to be lived, practiced and offered. May this be a reminder for your own life: even when no one is watching, even when the path feels lonely, or when it seems like your efforts go unnoticed -keep walking. Keep choosing peace. Your steps matter more than you know. When we practice loving-kindness, we're not pretending everything is perfect or ignoring real harm. We're simply choosing to meet each moment, each person, with as much warmth and care as we can offer-knowing that kindness doesn't diminish us. May loving-kindness flow freely from your heart today-to those who are easy to love, and to those who challenge you, to strangers whose paths briefly cross yours. And most tenderly, to yourself. May you and all beings be well, happy and at peace.

Reading: Ed Hays

If we want to live as a feather on the wind, we must strive at least once a day to taste the peace of paradise that dwells within us. We need to find some time each day to sit quietly in peace, in stillness, savoring the mystery of God within us. Such silent sitting will not only prepare us to find "eternal rest" at the time of our death; it will help us to find infinite peace in the midst of the problems of life.

Sharing...

a word...

a phrase...

a reflection...

Reminders:

Come on time or **better yet, COME EARLY**

Honor the silence

Share briefly from your prayer experience

Listen to each other

No cross talk during the sharing