

PEACE TALK!

To commemorate our Peace Pole at Gwynedd Friends Meeting

Theme: **June Celebrations of Life & Freedom**

Two holidays this month relate to Peace and Well Being. One is JUNETEENTH, celebrated on June 19th, a day to commemorate the freedom from slavery given to African Americans in Texas in 1865, enforcing what had been proclaimed by President Lincoln 2 ½ years EARLIER. Another important holiday on June 22 is B KINDER, celebrating the life of Australian Billie Kinder, and the good will she shared with animals and people. Born in 2004, Billie loved horses and became a champion in show jumping by age 10. Two years later, she died after an accident while horseback riding. Her family created this holiday to *emphasize kindness which leads to*

happiness which produces oxytocin in the brain and helps to create love.



Juneteenth reminds us that we need to **learn from past mistakes**. Acknowledging our past helps us to understand what all of us must do in community to improve. We need to fight for equal access to education for African-American students, freedom of speech, and non-discrimination in all areas of life. Juneteenth also teaches us that **demonstrating empathy matters**. Most of us can't imagine how horrific it is to have a life in slavery. When Texas finally "freed" their slaves in 1865, it came 30 months after Lincoln's proclamation. Still, even today, America struggles with racial discrimination and the world with human slavery.

Celebrations, usually at African American churches began as early as 1866. Texas was the first state to establish Juneteenth as a state holiday in 1980. In 2021, President Biden declared Juneteenth a federal holiday, after George Floyd was murdered by police and the Black Lives Matter movement became more active in citing the need for this holiday to receive recognition.

Activities:

1. Read a story or biography about the life of a slave or the abolition of slavery. Here are 3:

Narrative of the Life of Frederick Douglass, an American Slave written by himself

Her Stories: African American Folktales, Fairytales, and True Tales by Virginia Hamilton

Get On Board: The Story of the Underground Railroad by Jim Haskins

2. Mindful Meditation

Take three deep breaths: In-Out, Deep-Slow, Here-Now. Close your eyes and be aware that you are free. Free to be, free to think, free to move, free to love. Breathe in each of these freedoms. Breathe out peacefulness each time.

3. Build Your Own Summertime Awareness

Make time near the start of each summer day to reflect on a purpose for the day. What do you want to make sure you do? Start your day with intention.



Do you want to discover something yellow?



Dance with friends?

Resources: <https://nationaltoday.com/juneteenth/>

Values & Visions: A Handbook for Spiritual Development & Global Awareness by Sally Burns & Georgeanne Lamont