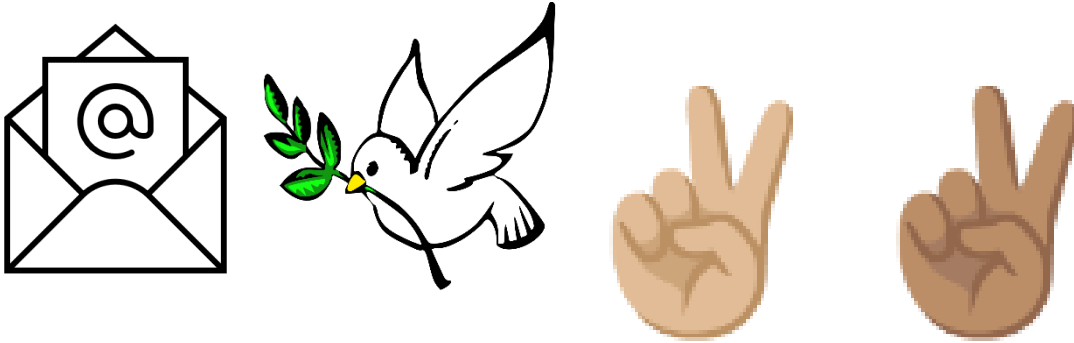


## PEACE TALK!

April, 2024

How can we spread peace everyday?



We can send some peace with every email. We can change our email signatures! How we sign our emails could make a small difference in someone's life. Sending emails is something we do everyday, or every week.

This action brings peace to a person receiving and brings your mind to your action. It makes me smile to hit send, and to be mindful of my words and intentions when emailing with someone this week.

How else can you be intentional in a small space that could truly bring a smile of peace to someone else?

After a recent road trip where my husband gave the "jeep wave" to a driver and we had to explain why (we no longer own a jeep). If you have ever owned a jeep you will know what we are talking about, if not let me inform you. People who own jeeps have a code of courtesy when driving, if you see another jeep you are to flash a peace sign to the other jeep driver. As a quaker, I instantly started smiling, thinking how nice it feels to flash peace to others. A small gesture. As a family, we have started to give peace signs to people as a greeting. My children are working on flashing the peace sign to our neighbors as we enjoy these beautiful spring days.

Can you give your teacher the peace sign this week? Could you wait for your mail person and give them the peace sign and a thank you for their service? Could you teach your sibling the sign for peace, and each night before bed flash each other some peace?

My call to action friends for you is to sign an email using this "with peace, your Name" instead of "thanks" or "sincerely". Enjoy the peaceful moments.

Things we celebrate this month:

*April 26- Arbor Day*

National Arbor Day is always celebrated on the last Friday in April, but many states observe Arbor Day on different dates throughout the year based on best tree planting times in their area. Arbor Day's purpose is to plant more trees in the community, while Earth Day's purpose is to pay attention to the condition the environment is in and what we can do to help it. Arbor Day actually came way before Earth Day, but it eventually lost popularity as Earth Day became more and more popular.

Activity- Visit an Arboreum

Lenape Arboretum includes the scientific, common and Lenape names for Native trees. Here is a link to the website which includes a map:

<https://www.pvsd.org/community/pvwoods/lenape-arboretum/>