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The Peace Abbey Newsletter

Mother Antonia and the Eudist Sisters

October 2009

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**The World March for Peace
and Nonviolence**

Mother Antonia and the Eudist Servants of the Eleventh Hour received the Courage of Conscience Award at the Joan B. Kroc School of Peace Studies at the University of San Diego on September 29th.

Following was the presentation of the Mother Teresa statue sculpted by Lado Goudjabidze and commissioned by Ed Coppola.

• God's Pharmacy! Amazing!

God left us a great clue as to what foods help what part of our body.

A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye... And YES, science now shows carrots

World March for Peace and Nonviolence begins on Gandhi's Birthday

October 2nd at 7PM The Peace Abbey will offer an original presentation with readings and music followed by the lighting of the first vigil candle.

October 3rd. STONEWALK from Sherborn to Natick Common.

Each day for the 90 days of the march people are asked to sign up for one day to come to the Abbey, light a candle and write their name and message in the book. To sign up for a day please email or call in to the office. The list will be posted on the website.

Gaza Update October 2nd 7PM

Join Ridgely Fuller, former long time Sherborn resident for her powerpoint presentation of her recent trip to the Gaza Strip. Ridgely joined the UN sponsored CodePink trip in June for the purpose of documenting the effects of the war and continual siege on the children of Gaza and with the hope of building several playgrounds in the densely populated Strip.

During the time Ridgely lived in Sherborn she made two previous trips to Palestine, one for the three week International Womens' Human Rights March sponsored by Palestinian and Israeli women. In addition, through a program sponsored by the State Department, her family hosted a Palestinian student from Gaza, Khalil Samhadana who attended DS for the 2004-2005 school year.

In the wake of the recently published

greatly enhance blood flow to and function of the eyes.

A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopine and are indeed pure heart and blood food.

Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows grapes are also profound heart and blood vitalizing food.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozen neuron-transmitters for brain function.

Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.

Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female and they look just like these organs.

• A Message from Faithful America

Just yesterday, Harvard Medical School released a study that shows nearly 45,000 people in the United States die each year because they don't have health insurance.

UN report under the auspices of Richard Goldstone, this visual presentation will be especially helpful and timely.

Ridgely, currently a resident of Waltham, is a social worker who received a MSW from Boston College and a MA from Fletcher School of Law and Diplomacy at Tufts University

>Rethinking Afghanistan

On October 13th this movie will be shown at The Peace Abbey sponsored by Metrowest Peace Action and Mass. Military Families Speak Out. For more information www.sarahfuhro.com
<http://rethinkafghanistan.com/press.php>

October 1, 2009
American soldiers killed in Iraq 4,346
American soldiers killed in Afghanistan 853 and the wounded are numbered at over 100,000..

Cost of War....To date
\$902,164,795,179
\$275,000,000. each day.

Quick Links...

- [Peace Abbey Website](#)
- [Combatants for Peace](#)
- [Stonewalk](#)
- [World Peace March](#)

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- [Pakistan and Afghanistan Journey of Hope](#)

Grandmother Love

- [more information](#)
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This staggering statistic is worse than we thought -- nearly double previously reported numbers and greater than the number of deaths from drunk driving and homicide combined.

With new reports coming out every day about insurance companies trying to increase their profits by dropping patients after they get seriously ill and classifying cesarean sections and experiencing domestic violence as "pre-existing conditions," these devastating numbers are bound to grow unless we act.

As a nation, we fail to fulfill our moral duty to love our neighbors, heal the sick and protect the vulnerable if we tolerate a system that kills so many of our brothers and sisters and leaves millions more in danger of dying preventable deaths.

Please call members of Congress and make your voice heard

• Introduction to Vegetarianism and Veganism: A Cruelty-Free Diet

October
18th 1-
3PM

LOVE US, NOT EAT US !



All Lives Are Precious

Interested in becoming a vegetarian or vegan, but unsure of how to do it? Confused about the real meaning behind Local, Organic, Free-Range, and Cruelty-Free products? This workshop is ideal for novices or seasoned dietary-experimenters. We will cover many questions that newcomers to a vegetarian diet pose, including: "How can I get enough protein?" "Will I get a vitamin deficiency?" "What can I cook that my kids will eat?" and "Can vegetarian food ever taste good?"

This workshop will also touch upon

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ways that we can make our diet more in tune with our values of peace and nonviolence, no matter what restrictions we choose.

Suggested Donation \$10

Julia McMillan is a food-loving vegan, and a student of holistic mental health counseling at Lesley University.

• St Francis Blessing of the Animals October 5th 1PM

Bobby blesses the animals on the feast of St. Francis



Have you seen the beautiful white birds flying in a flock over The Peace Abbey? They are the newest guests to bless all the wonderfilled events and visitors who walk the grounds. They live in the barn with the other animals and stay close to home.

• Are You Interested in Chanting? October 6th 7PM

Chanting for Beginners

The class is described as a multicultural chanting program for beginners and is being offered by Irene Antonellis a graduate of Lesley University. **She has chosen a series of three nights in October. The 6th, 13th and 20th.**

The class cost is \$75.

. \$25. for one evening. **Anyone interested should contact the**

**Peace Abbey office to register.
508-655-2143**

- **Metrowest Chapel with the Prayer Book**



- **The Peace Abbey Gift Shop**



We now have Palestinian olive oil again. Also we have books with copies of the long version of The Prayers for Peace, dvd's with the prayers in English and Spanish and copies of the quotes from the Pacifist Memorial along with other items. Please come and visit!

The Peace Abbey Gift Shop

- **Tours, Weddings, Conferences**

A wonderful way to be introduced to the grounds and buildings at The Peace Abbey is to schedule a group tour. Schools and colleges, church groups, community organizations and other groups are welcomed. For wedding and conference



information, please
call the office:
(508) 655- 2143
**\$100 Donation for
Tours**

- **Opportunities Exist to Underwrite the Courage of Conscience Award and the Gandhi Exhibit**

We are interested in having a family foundation, a business or individuals underwrite the Courage of Conscience Awards. Please call the office if you have suggestions. Thank You!

:: info@peaceabbey.org

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