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THANK YOU to all who contributed to the Furnace Fund!

The Peace Abbey Newsletter

December, 2011

IMPORTANT NEWS

Greetings to all,

[Put up a tent in your front lawn!](#)

As we enter this holy season we are reminded that 99% of the people in this country are feeling the effects of unemployment, foreclosure, homelessness and in many cases poverty.

[Insight on Healing by Marcia Reddington-Lawton](#)

[Vegetarian/Vegan Assisted Living Facility](#)

[Blessing of the Holy Season](#)

Update from the Founder

Over the past few months, we have posted in the newsletter our desire to find a like-minded organization to purchase the Peace Abbey property and continue to offer retreat space and programs that promote nonviolence and social justice.

While we continue to hold out hope that such a group might come forward, we are broadening our efforts to sell the property through the real estate agency, Rutledge Properties.

Not for sale are: The Pacifist Memorial, Emily's Sacred Cow Animal Rights Memorial and CO Hill which will remain under the care and ownership of the Peace Abbey in perpetuity. Once one or

both of the buildings are sold, all interest-free loans made by shareholders will be repaid in full, as well as the bank mortgage, and donations made to the furnace fund will be

We are asking people to continue to support the occupy movement in two ways: put a tent in your yard and a tent bumper sticker on your car (see Esther's article below).

Consider calling your US Representative to co-sponsor HR 2990: the NEED Act that will stop the Federal Reserve from printing more money for the banks.

We have heat in the Peace Abbey Conference Center! The old boiler has been removed and the new one was installed last week.

A big (warm!) THANK YOU to Meghan Maxfield for organizing this project and everyone who contributed to the Furnace Fund! (properly Boiler Fund, of course!)

Since then we have had two successful fundraising events, which combined, brought in over \$4,000!!!!!!

We would like to give a special thank you to Mare Tomaski and Roots and Wings Yoga and Healing Arts and to Steve Baer who organized ChickenPeace.

To everyone who helped with these efforts and to the many people who continue to support our mission we give our heartfelt gratitude and blessings during this holy season.

• Put up a tent in your front lawn!

Dear Friends,

As you may be aware, the Occupy Movement encampments in several cities have recently been shut down. Cold weather and other factors have shrunk the permanent resident populations at Occupy Movements across the country. At this moment of social awareness and compassion, a symbol has arisen to embody the movement: a tent.

The Peace Abbey has been in solidarity with the Occupy Movement from its creation, and is searching for a way to show support. We have lent our nine-foot statue of Gandhi statue to Occupy Boston, and it has become a sign and landmark.

Gandhi is an appropriate symbol as he spent his life struggling against greed and oppression in a peaceful way.

This is the same statue we used on October 28, 2010 when volunteers at the Peace Abbey and members of the Life Experience program brought Gandhi to protest the Goldman Sachs offices in Boston.

They chained off the front doors and put Gandhi in the revolving door, blocking



returned to the Peace Abbey account. The resident animals living at the Abbey will find homes in a sanctuary to live out their lives in peace.

The Peace Abbey plans to relocate its programs to a college campus in the Boston/Cambridge area where its mission will continue and expand within an environment that is more accessible to students and the general public.

Nothing could ever replace our current location, but the reality of the economy and our growing debt require such a move.

These are difficult times, but be assured that our work will continue, and to the best of our ability, our spirit will reflect a sense of optimism that comes with change as we put into practice, the Buddhist principle of non-attachment.

Thank you for all your continued support and blessings as we move into the future that is full of opportunities and challenges.

May the spirit of The Peace Abbey guide us, as we allow its mission to take on yet another expression of service and kindness, acceptance, gratitude and love.

Have a wonderful Holiday Season and keep the Abbey in your prayers.

the building for several hours. They used a sign saying "the world holds enough for everyone's NEED but not for everyone's GREED".

Please read this article documenting the protest last fall:
<http://www.quakerearthcare.org/Publications/QuakerEcoBulletin/QEBArchive/QEB-PDF/QEB-11-1Right-Goldman-Sachs-web.pdf>

Now, in order to keep support for the Occupy Movement visible and relevant, the Peace Abbey is issuing a challenge: place a tent in your front yard to show solidarity with the Movement.

Our goal is to match the number of tents taken down with tents in neighborhoods. Be a part of the 10,000 supporters we need! Show you are a part of the 99% as authorities try to break down the camps. Adopt the symbol in your yard and put up a tent!

If a tent is not available to you, the Peace Abbey is ordering bumper stickers with a picture of a tent as well as lawn signs. Place the lawn signs instead of a tent and a bumper sticker on your car!

Send us a picture of a tent in your lawn! Show solidarity and be a part of the 10,000!

Send pictures to: info@peaceabbey.org Or mail it in: The Peace Abbey Two North Main Street Sherborn, MA 01770

Thank you,

Esther Brandon, Brandeis University
 Peace Abbey Intern

• **Insight on Healing by Marcia Reddington-Lawton**

Return to Joy

For the past twenty five years, the Peace Abbey has brought to our consciousness the cost of war not only in monies but in the lives of civilians and soldiers. Many of soldiers return with post traumatic stress disorders and other serious physical injuries

Healing involves addressing the war within.

Science now tells us that the war within, often called chronic stress, is the number one cause of disease.

The number one indicator used to reflect our state of dis-ease or well-being is Heart Rate Variability. HRV is driven by the emotional state we live in.

Disempowering emotions such as fear, anxiety, depression, etc., create dis-ease.

Empowering emotions that align us with our own nature, i.e. patience, gratitude, and love, improve our immune system and bring us to a higher state of wholeness and joy.

 Marcia Reddington-Lawton was invited to the Peace Abbey to share and teach what she has learned professionally and personally in her own journey to balance and joy.

Her programs will directly address science- and spirit-based paths back to joy.

All the best,
Lewis M. Randa

December Programs

**December 8th
7:15-8:45
and remaining
Thursdays in
December**

Oneness Blessings

The intention for the blessings is awakening into oneness and deepening connection with the divine.

Other Deeksha Givers will come and assist with the blessings.

There is no charge for the Oneness Blessings but a basket will be placed for donations to the Peace Abbey as a gift of gratitude.

**December 21st
Winter Solstice Druid
Ritual**

6PM Ritual followed by a potluck supper.

Christmas Presence

December 20th 7-9PM

This unique, meaningful, interactive retelling of the story of the first Christmas puts you in the story to explore and experience the dark and the light of this season and of your own life. You journey into your heart where you discover your gift to give to the world.

• Vegetarian/Vegan Assisted Living Facility

Pyareo Home is a vegetarian assisted living facility in New Hampshire. There are seven residential spaces. No meat is prepared in the kitchen or anywhere else on the grounds. They can accommodate vegan diets. Pyareo is located in the quiet mountain woodlands of the NH Lakes Region in the town of Sanbornton. For more information, please see their website <http://pyareohome.org/> or call them at (603) 934-2300.

• Blessing of the Holy Season

May you have the gladness of this season which is hope;

The spirit which is peace;

The heart which is love.

And may you share this love with family, friends and all you meet.



• NEW Items at The Peace Abbey Gift Shop

We are in the process of re-ordering new items for the gift shop, including some beautiful newly-designed mugs arriving any day now!

We also have books with copies of the long version of The Prayers for Peace, DVDs with the prayers in English and Spanish and copies of the quotes from the Pacifist Memorial along with jewelry items.

Please come and visit!

• Tours, Weddings, Conferences

A wonderful way to be introduced to the memorials on the grounds and the buildings at The Peace Abbey is to schedule a group tour. We have retreats for individuals and groups. Schools and colleges, church groups, community organizations and other groups are welcomed. For wedding and conference information, please call the office: [\(508\) 655- 2143](tel:5086552143)

\$100 Donation for Tours



• Opportunities Exist to Underwrite the Courage of Conscience Award and the

No matter what you believe or feel about Christmas, this event has the power to touch and transform you and your world.

This evening of silence, singing, movement, affirmation, play and discovery. is my gift to you and your love offerings will be a gift for the Peace Abbey.

Dorian Hunt, facilitator

Please register by
Dec. 18th

For information, please
call [508-339-8399](tel:508-339-8399)

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Return to Joy

Thursdays 6:30- 8PM

**Dec 8th, free intro
1 PM and 6:30 PM**

Return to Joy is an eight-week course led by Marcia Reddington-Lawton dedicated to the education and support for individuals, community, couples and corporations.

This program is offered to those who recognize it is a time for change within and are ready to reclaim well-being, wholeness and Joy as expressions of their own true nature.

Chronic stress disempowers and separates us from our own empowering experience of Self.

Re-aligning with the nature that created us and is within returns us to "the flow" we have all experienced

Gandhi Exhibit

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

• Do your friends know about the Peace Abbey?

We would like to invite people who are your friends and have never visited the Peace Abbey to arrange a date and time for you to bring them over.

when in a state of love
and inspired living.

Marcia Reddington-
Lawton has been a
nurse for four decades
focusing on
empowerment through
Natural Healing Arts.

She has practiced
energy medicine in the
operating rooms of
leading hospitals
including Boston's
Children's Hospital.

Marcia is a Reiki Master
Teacher, Licensed One
on One provider of
HeartMath, Oneness
Blessing Giver, and
Access Consciousness
Practitioner

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**Free Yoga classes at
the Peace Abbey!
Tuesdays at 10:30AM**

Come to the Peace
Abbey on Tuesdays at
10:30AM for a class in
yoga and meditation. All
levels are welcome!

Led by our wonderful
Harvard Divinity School
student intern and
veteran yoga teacher,
Rachel Bairstow, these
classes will focus on
connection to the body
and breath, deep
relaxation, and self-
reflection.

Quick Links...

- [Peace Abbey Website](#)
- [Blog by Abbey Guest](#)
- [BVS](#)

Grandmother Love

- [more information](#)
-

STONEWALK 1999-2007

- [pictures and information](#)
-

Quick Links

- [A Wonderful NEW video about Emily and Vegan lifestyle](#)
-

Quick Links

- [The Life Experience School](#)
-

For contact use
abbeypeace@aol.com or
dwalsh@peaceabbey.org

- [Our Website](#)
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Try it FREE today.