

A recipe for peace

The following address was given at the Perth Centre District Annual Meeting last May by president Marg Engeland. 1986 was International Year of Peace and so the topic was quite timely. However, striving for peace is an ongoing task, and readers may be interested in Marg's ideas.

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Although a recipe for peace has always been sought after, as nations hope for some magic formula to outweigh the news of fighting we hear every day, to date, no such recipe has evolved. 1986 has been designated the year of peace, so let us make sure we do our part. Yes, each of us CAN contribute an ingredient to change the world.

Peace is a positive force. You can clear a plot of land of all its noxious weeds, but that certainly doesn't make it a garden — only a barren field. That plot only becomes a garden when flowers and plants are growing there in fruitfulness. If we are to have peace in this world, hate, suspicion, and fear have to be rooted out. Love, joy, patience, and understanding must be planted and cultivated.

Peace is something to be made. Peace isn't always the absence of conflict, but the ability to cope with it. The place to begin making peace is within ourselves.

When you bake, do you always put the ingredients into the bowl in the exact order the recipe lists them? Well today let's start at the bottom and work up.

ENTHUSIASM

* all you can muster *

"Teach us to put into action, our better impulses straight forward and unafraid." The key word is better. When we have better ideas do we let others know about them? Are we bold enough to enthusiastically promote our ideas? Enthusiasm is infectious and if channelled in a positive manner it does make a difference.

CONSIDERATION

* in heaping spoonfuls *

How easy it is for us to be knives and forks cutting and piercing as we criticize people and their ideas. Before we realize, a rebellious let's get even

Guest Editorial

Marg Engeland



attitude has developed and someone is ready to fight back. It would be better to be big spoons dishing out love, consideration, hope, cooperation and smiles. Did you know everyone smiles in the same language? Yes, "let us be done with fault-finding and leave off self-seeking. May we put away all pretense and meet each other fact to face without self-pity and without prejudice. May we never be hasty in judgement and always generous."

Now let's add ATTITUDE.

"Grant that we may realize that it is the little things that create differences, that in the big things of life we are one."

How true that is! No matter who you are, or in what country you live, people want to live in peace. However in little things, our greed often takes over. The Middle East, Central America, and South Africa are often termed hot spots. Where is there peace on earth? There is emotional war everywhere. Person after person struggling with emotions; families torn apart; people committing suicide. There is also spiritual warfare — good versus evil. And there is another kind of war. This time the enemies are poverty, disease and

despair. Somehow an attitude of respect and caring must prevail.

ENERGY

"Let us take time for all things. Make us grow calm, serene and gentle."

Have you ever seen a rambunctious pre-schooler, an exuberant elementary schooler, or an energetic teenager, and then heard someone comment "If only I had that energy" or "If only they'd use that energy constructively". To make peace requires energy but the challenge is to use it in a calm, serene, gentle way — in a well-planned order.

Our final ingredient is one all of us are called to give but often find difficult.

PRAYER

* daily *

Prayer can change things. With prayer the impossible doesn't exist. Try to remember this truth — Without God, man cannot. Without man, God will not.

Now our recipe is complete. Mix well for we need an even blend for success.

We Women's Institute members can be proud that we have this recipe for peace. We have the Mary Stewart Collect, a secret formula just waiting to be used. Now I challenge you, don't just repeat this recipe at your next meeting and then file it away. Put it into action! Use your recipe of enthusiasm, your attitude of caring and respect, your consideration for others, your controlled energy and prayer and you will have peace within yourself that can spread to others.

In your next

HOME & Country

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Learn why and how to lobby, as well as where to research the information behind your lobbying attempts.

TEXTILE UPDATE

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FITNESS

Perhaps you've heard of power walking, or perhaps you haven't. Read all about this fitness activity in the April, May, June issue, and get your sneakers out, ready to try it.

NATIONAL FARM

WOMEN'S CONFERENCE

The 1987 conference is in Saskatchewan. Read about what's on the program and who will represent Ontario.