

News Release for Week of January 4, 2016

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Many Ways of Peace in downtown Eagle River offers two new programs to the public in January—one addressing the fear and uncertainty generated by terrorism in Paris, San Bernardino, and the world; and the second exploring the topic of forgiveness.

“These two programs are related in the sense that both terrorism and forgiveness are not easy topics,” according to Mary Jo Berner, founder of Many Ways of Peace. “The work of forgiveness is not easy, nor is it easy to look into the misperceptions that divide us as individuals, groups, and nations and learn how to calm our minds and emotions.”

Berner will present two sessions on forgiveness—Forgiving Ourselves, Forgiving Others: Moving Our Healing Journey Forward--on Thursday, January 14 and the following Thursday, January 21, both from 10AM to Noon. “I am well aware from my own forgiveness journey that forgiving and seeking forgiveness are not easy, but it is the path to healing, to being freed from the past, to finding peace, to how we become whole again, to paraphrase Nobel Peace Laureate Desmond Tutu in the book, “The Forgiving Life” which he wrote with his daughter Mpho, ” Berner said.

“Calming the Fearful Mind: a Zen Response to Terrorism” is the primary resource for a study circle on fear and terrorism starting Tuesday, January 12 from 2-4PM. Written by Zen Master Thich Nhat Hanh, a Buddhist monk, this book looks at the roots of terrorism and fear, and offers step-by-step instructions for calming the mind and looking into our own misperceptions to help us see how terrorism can be transformed and uprooted, according to Berner. Copies of the book are available from the Many Ways of Peace library or from Amazon or Parrallax Press.

To sign up for these programs, call Many Ways of Peace at 715.480.4697 or by email, mjberner@manywaysofpeace.org. Many Ways of Peace is a project of the MJ Berner Foundation for Peace and Justice, Inc., Eagle River, WI. More information is available at manywaysofpeace.org.