

## WFWP Ohio, USA: Peace Starts With Me - Tea With Intention

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On November 22, Ohio held its PSWM *Tea with Intention* gathering from 10:00 to 11:30 AM. Despite careful preparation, the turnout was smaller than expected, with 10 participants. Some members were unavailable due to work commitments or last-minute changes, and several guests were unable to respond in time. Nonetheless, we were encouraged that one new guest joined and made a meaningful contribution to the discussion.

### Session Highlights



### Defining Peace

The session began with sharing 2–3 quotes on humanity's desire for peace, sparking small group discussions. Participants reflected on prompts such as:

- “What would a peaceful world look like?”

- “What is peace the presence of?”

Groups captured key ideas visually and common themes were highlighted for all participants. The discussion emphasized that peace is more than the absence of conflict—it is the presence of love, care, and conscious action.

### Why Peace Is Rare

We explored why peace is not always visible in our world, communities, or families. Participants shared examples of societal efforts that, despite good intentions, sometimes create division or overlook internal transformation. The group categorized reasons for the lack of peace into **internal factors** (personal attitudes, habits) and **external factors** (systems, circumstances). This reflection reinforced that lasting peace begins within each individual.



### Personal Reflection

Participants were invited to consider how cultivating inner peace could positively impact others. A brief story shared by the host illustrated how inner peace can strengthen relationships. Attendees wrote down one practical way they could foster peace in their own lives over the coming week.

### Call to Action — Joining Forces

We concluded by reflecting on the power of unity using parables about collaboration, emphasizing that individuals are powerful, but together they are unstoppable. Everyone was encouraged to commit to bringing guests to future sessions and to take concrete steps to make peace a reality in their communities.

### Participant Reflections

#### Valinda (Guest)

*“I’m grateful for the opportunity to spend time today with so many women who possess remarkable hearts and minds. I hope to make a positive impact on this community by inviting more individuals to our peace-centered meetings and sharing their insights.”*

#### Michie Hayasaka

*“I have attended other WFWP events before, but today’s gathering was especially impressive. I’m looking forward to the next session with enthusiasm.”*

#### Yoko Becker

*“Even with only one guest today, expressing our thoughts openly created a welcoming environment. This motivates me to make a greater effort to invite guests next time.”*

#### Stella

*“All the topics discussed were remarkable, uplifting, and inspiring. Issues in the world related to peace can only be resolved when we realize that Peace Starts With Me.”*

Although turnout was smaller than anticipated, the session successfully engaged participants in deep reflection on peace—both personal and communal. Everyone left with practical insights and commitments to cultivate inner peace and invite others to future gatherings. The next session will build on these discussions and focus on concrete actions to strengthen peace in our community.