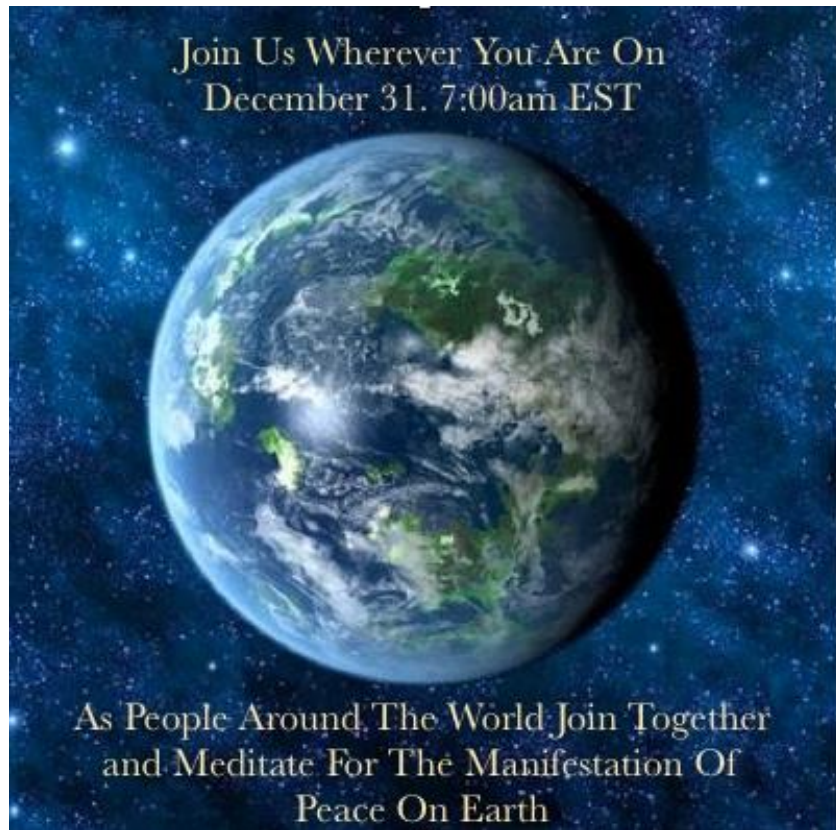


Opportunities for Online Participation in the 2024 International Hour For Peace



****You may want to begin your experience with beautiful music.**

[Deep Peace - New Thought Choir Music - by Bill Douglas \(traditional Gaelic Blessing\) - Bing video](#)

[Reiki music for world peace: Meditation music, reiki music, healing music, peaceful music 31603R - YouTube](#)

The next two songs from the album "God Speaks!" by 2 Healing Hearts Ministry were performed at the 2019 Hour For Peace. See lyrics at the bottom of this document.

[After the Storm - YouTube](#)[After the Storm - YouTube](#)



1 AFTER THE
STORM.mp3



11 SING MY SONGS
W INTRO.mp3

[Sing My Songs \(God Speaks\) - YouTube](#)

Hour For Peace NoCo 2024 Theme

CULTIVATING A CULTURE OF PEACE

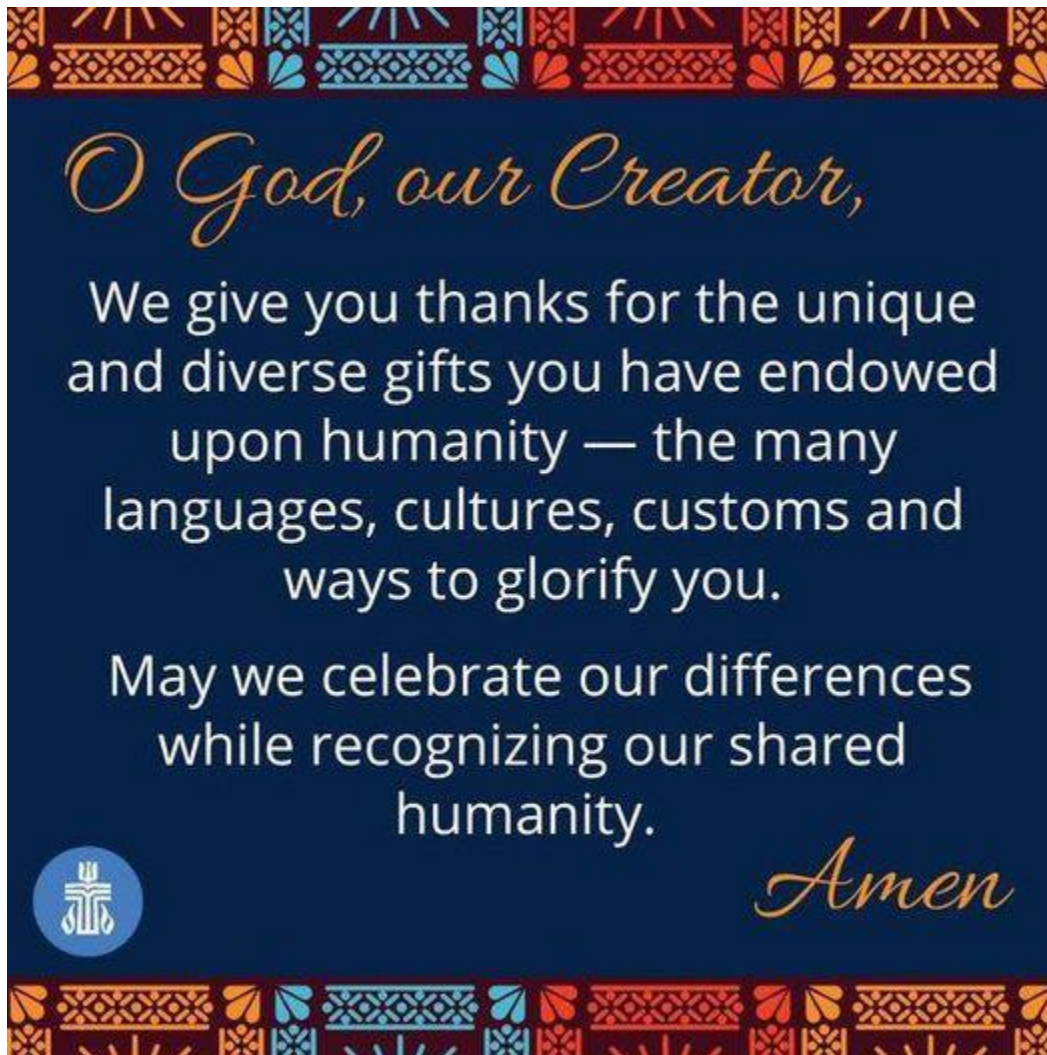


We are pleased to continue our tradition of using the theme of the United Nations's September 21st International Day of Peace. 2024 is the 25th anniversary of the United Nations General Assembly's adoption of the "Declaration and Programme of Action on a Culture of Peace". The UNA chose the theme "Cultivating a Culture of Peace" and with all the "culture wars" in our country, we think it's especially pertinent.

In that declaration, the United Nations' most inclusive body recognized that peace "not only is the absence of conflict, but also requires a positive, dynamic participatory process where dialogue is encouraged, and conflicts are solved in a spirit of mutual understanding and cooperation." In a world with rising geopolitical tensions and protracted conflicts, there has never been a better time to remember how the UN General Assembly came together in 1999 to lay out the values needed for a culture of peace. These include: respect for life, human rights and fundamental freedoms; the promotion of non-violence through education, dialogue and cooperation; commitment to peaceful settlement of conflicts; and adherence to freedom, justice, democracy, tolerance, solidarity, cooperation,

pluralism, cultural diversity, dialogue and understanding at all levels of society and among nations.

For more details, visit the United Nations site, [International Day of Peace | United Nations](#) and the site of the Culture of Peace News Network [2024 Theme for the International Day of Peace: Cultivating a Culture of Peace - CPNN \(cpnn-world.org\)](#)



The 2024 Hour For Peace NoCo is dedicated to Carol Skylark who found Eternal Peace April 10th at 79 and Bob Stucklen who joined her August 16th at 89. Carol filmed and presented at the Hour For Peace NoCo for over 17 years, including presenting the Pre and Post Meditations at the 2023 event. A member of the Fort Collins Quakers, Bob and his wife Deb sponsored and helped with the Hour For Peace NoCo for over 18 years. Please visit the Hour For Peace front page for links to their Memorials.

****Watch the 2023 Hour For Peace, enjoy Carol's presentations, and join the meditation at <https://www.youtube.com/watch?v=UEfAynIcUkg> .**

****World Healing Peace Meditation with Michelle Medrano & Chris Plym
Tuesday, December 31, 5 - 6 a.m. Mountain Standard Time.
Hosted by Mile Hi Church in Lakewood Colorado, join via Zoom.
World Healing Peace Meditation - Mile Hi Church**



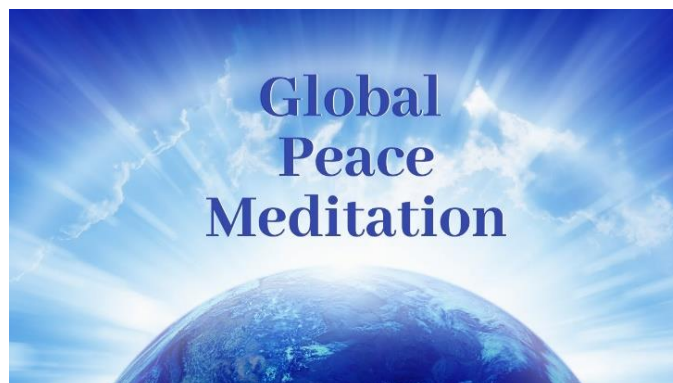
Created by John Randolph Price in 1986, this event is celebrated all over the world at 12 GMT (5 a.m. MST). Join more than 500 million people from an array of faith traditions and philosophies, across seven continents, meditating and praying for peace simultaneously. We begin at precisely the same moment all around the world in all the many languages to pray in the ways of their own traditions. We each affirm peace and commit to doing our part to heal the world. It is truly an amazing experience to sense the consciousness and the presence of hundreds of millions of people sharing in this meditation.

Go to: [World Healing Zoom – Mile Hi Church](https://us02web.zoom.us/j/85210786073); <https://us02web.zoom.us/j/85210786073>

****For Catholics, this Holy Hour for Peace model from the U.S. Conference of Catholic Bishops is based on the ritual book “Holy Communion and Worship of the Eucharist Outside of Mass”. [Holy Hour for Peace | USCCB](#)**

****Prayers for Peace from many faiths: www.hourforpeace.org/prayers.html**

****Peace in Many Languages - www.hourforpeace.org/languages.html**



More Guided Meditations

****Guided Meditation for World Peace by Selomen**

“This guided meditation will allow you to find peace within yourself and peace worldwide. There are several scientific experiments which has shown that many people meditating on peace can make a difference in local communities and globally.

Join the movement for world peace!

<https://www.youtube.com/watch?v=LBBMRfjxH5k>

****Silent Unity Meditations: Inner Peace**

“You are invited to relax, take a deep breath, and pause in this moment as you allow Spirit to restore your natural balance.”

<https://www.unity.org/prayer/silent-unity-meditations/inner-peace>

****Meditation for World Peace by Sarah Hall**

“Join me in this meditation to lift our spirits towards personal and collective peace on earth. You have the power to effect real change in this world simply by playing the instrument of love that is your own heart.”

<https://www.youtube.com/watch?v=OdnU2esw8Tk>



“After the Storm” Lyrics

By Wahni Kay Santore and Rev. Dr. Victoria Gardner

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Verse 1

After the storm, there is New Light. After the storm, we’re alright.
After the storm, we find release. After the storm, there’s healing and peace.
After the storm . . . Hallelujah! After the storm . . . Hallelujah!
After the storm Hallelujah!

Bridge 1

In the midst of the storm, we were falling apart.
But in the midst of our suffering, and broken hearts
Jesus was there with His Love and Care. Jesus was there with His Love and Care.
He is our Refuge and Shelter in the storm! Oh,
Hal . . lelu . . . jah! Hal . . lelu . . . jah! Hal . . lelu . . . jah!

Verse 2

After the storm, He opens our eyes. After the storm, we see New Life.
After the storm, we find new strength. After the storm, we find new hope.
After the storm . . . Hallelujah! After the storm . . . Hallelujah!
After the storm Hallelujah!

Bridge 2

In the midst of the wind, raging waves, and rain;
In the midst of our sorrow, anguish, shame, and pain;
Jesus is with us all the way. Jesus is with us, come what may.
He calms the storms on the sea, and calms the storms in you and me!
Oh, Hal . . lelu . . . jah! Hal . . lelu . . . jah! Hal . . lelu . . . jah!
After the storm . . . Hallelujah! After the storm . . . Hallelujah!
After the storm Hallelujah! Hallelujah! Hallelujah! Hallelujah!



Sing My Songs (God Speaks) Lyrics

By Rev. Dr. Victoria A. Gardner, 6-18-2016

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Chorus:

Sing My Songs for all the ages. Sing My Songs for all the sages.
Sing My Songs of Love for all the earth.
Sing My Songs for all My children so they will know I love them.
Sing My Songs for all the ones who hurt.
Sing My Songs of Peace and Unity, of Beauty and Harmony,
My Songs of Truth for all the earth.
Sing My Songs for all the nations. Sing My Songs for all Creation.
Sing My Songs and know how much you're worth.
Sing My Songs. Sing My Songs. Sing My Songs.

Verse:

Leaves realize they're on the same branch.
Branches know they're part of the tree.
Trees know they're part of the same forest
And the forest and the earth are part of Me.
Each tiny drop of rain becomes part of the river,
And rivers always run to the sea.
All parts of Mother Earth connect to each other,
And you are all connected to Me.

Repeat Chorus

Last Chorus

Sing My Songs for all the ages. Sing My Songs for all the sages.
Sing My Songs of Love for all the earth.
Sing My Songs for all My children just to let them know I love them.
Sing My Songs for all the ones who hurt, and hurt, and hurt, and hurt.
Sing My Songs of Peace and Unity, of Beauty and Harmony,
My Songs of Truth for all the earth.
Sing My Songs for all the nations. Sing My Songs for all Creation.
Sing My Songs and know how much you're all worth.
Sing My Songs. Sing My Songs. Sing My Songs. Sing My Songs.

“Sing My Songs” was inspired by these scriptures:

“Let the heavens be glad, and let the earth rejoice; Let the sea roar, and all the things it contains; Let the fields be jubilant, and everything in them; let all the trees of the forest sing for joy.” Psalm 96:12

“Let the trees of the forest sing; let them sing for joy before the Lord.” 1 Chronicles 16:33

“Let the rivers clap their hands; Let the mountains sing together for joy and delight.” Psalm 98:8

“All the rivers flow into the sea, yet the sea is never full. To the place where the rivers come from, there they return again.” Ecclesiastes 1:7

“O sing to the Lord a new song; Sing to the Lord, all the earth!” Psalm 96:1

“Let us come before His Presence with a song of thanksgiving; Let us shout joyfully to Him with songs.” Psalm 95:2

“You, Lord, are my hiding place; You will protect me from trouble and surround me with songs of deliverance.” Psalm 32:7

“The Lord will save me, and we will sing with stringed instruments all the days of our lives in the house of the Lord.” Isaiah 38:20

“The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; He will quiet you with His Love; He will rejoice over you with singing.” - Zephaniah 3:17

