



Peace Committee Activities supported by COERR

- Their routine activity is to meet monthly for coordination and activity planning
- Other social activities of Peace Committee comprise
- Visit to the sick at home, clinic, dormitories, prisons, etc.
- Activity for the Elderly e.g. the Elderly Day, etc.
- Activity for the World Peace Day
- Sport Competition Day
- Friendship Day planning



“Forgiveness and Reconciliation”

- TOT Training in Ban Mae Surin Camp “Forgiveness and Reconciliation” on January 20, 2012
- Objectives
- Awareness of significances of “forgiveness and reconciliation”
- Guidelines towards “forgiveness and reconciliation” management
- Critical thinking skills in “forgiveness and reconciliation” management

Forgiveness and Reconciliation in Religious Perspective



1. Spirituality aspect: Forgiving is to have mercy and become in unity
all religions teach people to have mercy towards others and end the conflicts between two sides in order that they can unite
2. Self aspect: Forgiving others will bring peace, calmness and reconciliation to ourselves too
3. Social aspect: Reconciliation with people around us as a reflection of justice, mercy, respect and love
4. Ecological aspect: Treating nature in a friendly and respectful way so our good ecology system will remain

PEACE BUILDING



- Peace building is a long term prevention and solution process. Peace in oneself, family and community will prevent as well as cure social problems so that community members will live in peace.

Family problems: HOW TO FORGIVE

Forgiveness – needs to come from deep inside the heart of the person. It takes a lot of time and efforts through many leanings and factors till “forgiveness” comes out.



DRAWING ACTIVITIES

- Telling your stories : Each participant made one drawing and painting in anything representing their grieves, sorrows or pains
- Then discuss and exchange in pair about the feeling and emotion in the painting



Reconciliation

- Reconciliation is caused by apology and forgiveness and living together in harmony and happily
- Avoid conflicts
- Process of Forgiveness and Reconciliation



Techniques in Forgiving Others

1. Immunization through Humbleness and willingness to forgive others to create the following outcomes:
 - to love others more and to be cared
 - to give more to others and you will receive more
 - to forgive others and you will also be forgiven
2. Using more wisdom and consciousness to overcome anger
3. To be more considerate in what to do and decision making
4. To do aerobic exercise such as jogging, etc. to release endorphin and to imagine the happiness when forgiving others comparing to unhappiness when not forgiving
5. To admire oneself for willpower to forgive

Forgiveness is a Great Offering

- A story was told like this..

Two friends travelled together in the desert. One day they happened to disagree and quarrel.

A man then slapped his friend. The latter endured pain and wrote these on the sand

“Today, my friend slapped me on the face” Then the journey continued.

Later, they arrived at an oasis. While both were taking a bath, the man who had been slapped suddenly got drowned. Fortunately, his friend rescued him. With gratefulness, he carved in a big rock “Today.. My best friend has saved my life.” His friend asked in astonishment, “Why did you write in the sand when I slapped you and carve in a rock when I help you?”

His friend replied,

“When a friend hit me, I should write it on the sand to let the wind of forgiveness blow it away. However, when a good thing like this happens I would like to carve it in the rock so this memory will remain in my heart and however strong wind could not blow it away.”

Environmental Awareness and Preservation

1. Speaking your mind with sincerity
2. describing impact
3. guiding how to solve the problems

Overview: Speaking truth, with proper reasons, for mutual benefit



