



Issue 10 - May 2010

Dear fellow-members of the TS and TOS around the world,

This issue is packed with news from groups around the world, sharing ideas about dynamic service projects in their communities. You'll meet members from several TOS groups in India, from Australia, France, Spain and Tanzania. We bring news of TOS events at the Theosophical Society World Congress in Rome and celebrate the publication of two new books that will be of interest to TOS members. There is also information about a campaign to stop the rape trade and suggestions for ways that you could use two UN days celebrated in the coming months as a focus for service activities. Our article in this issue is Radha Burnier's explanation of why TS conventions have a vegetarian diet. The visual contribution is from an outstanding international photographer, known for his thought provoking images.

Thank you for being part of our 'in-touch' community. Together we can make a real difference to every person, animal and plant whose lives we touch with joy and compassion.

Remember that the newsletter is designed to be read while you are connected to the internet.

Please consider sending photographs of your TOS activities and news items that might be of interest to fellow TOS members. We would welcome your contributions, either through your National TOS Director/President/Coordinator/Correspondent or directly to the editors at: carolyn.tosinternational@gmail.com

The TOS at the TS World Congress in Rome

We are happy to let you know that a TOS panel is included on the programme of this event. The overall theme of the Congress is "Universal brotherhood without distinctions: a road to awareness". The theme of the TOS panel will be "Service as a road to awareness". [Read more](#) <http://international.theoservice.org/news/201005-congress.html>

New publications

A brand new Quest book will be available in Rome - or shortly thereafter at <http://questbooks.net/>. It is Joy Mills' **Reflections on an Ageless Wisdom: A Commentary on The Mahatma Letters to A.P. Sinnett**. We also announce with a fanfare a new TOS publication that we hope to be ready to release at the Rome Congress: **Helping the Dying**, by Nelda Samarel. [Read more](#)

An energetic AGM in Assam & Arunachal Region, India

As has been reported before, the TOS in India has over one hundred active TOS groups divided into 20 regions. Are the Annual General Meetings of these groups and regions rather classic, not to say dry affairs where administrative reports are read, votes taken and then tea served? Let us see for ourselves by reading this description of the AGM of Assam & Arunachal Region. [Read more](#)

TOS news from around the world

Find out about recent TOS activities in Australia, the Delhi Region of India, France, Spain and Tanzania. [Read more ...](#)

Dynamic work in Orissa, India

Under the efficient leadership of TOS Secretary, Mrs Deepa Padhi, the Mahabharat TOS Group in Orissa, India, continues to be very active, running educational, health and welfare programs for the destitute, particularly women. [Read more](#)

What's new on the International TOS website?

So far, screening for vision impairment has been carried out in five schools and two slum areas of Chennai, totalling some 8,500 school children and slum dwellers. In the **Featured Project** we bring an update on the **Seeing Eyes for Everyone** Project coordinated by the Chennai TOS. His Holiness, Tenzin Gyatso; The Fourteenth Dalai Lama provides us with practical

suggestions for nurturing our sense of compassion for all around us in the new [Featured Article: Compassion and the Individual](#). There are also additions to the TOS photo gallery and the Inspiration section. Go to <http://international.theoservice.org>

Help for women's cooperative

After the tsunami, two self-help groups were established and helped to set up paper recycling plants as ecologically sound employment opportunities, principally for the wives of fishermen whose livelihood had been lost. The Annai Theresa group has recently benefited from the donation of a motorised pulley to lift the paper to a raised drying area, through the generosity of a New Zealand member. [Read more](#)

The reason why *by Radha Burnier*

A question occasionally arises about the dietary norm adopted at theosophical centres, conferences, summer schools, and so forth, where only vegetarian food is made available. Now and again a member remarks that HPB herself was not a vegetarian, implying that Theosophy and vegetarianism are unconnected. [Read more](#)

Help stop the rape trade

Did you know that millions of women and girls are sold for rape every year – 2 every minute. Avaaz, a web-based global social action community, is currently campaigning on a number of fronts to stop the rape trade. [Read more](#)

UN International Days for community activities

We feature two International Days:

August 12 International Youth Day
September 21 International Day of Peace

For information and ideas for activities in which TOS groups could engage, [Read more](#)

A thought provoking photograph

Are animals aware of what is happening to their family members? A famous photographer asks this question with his evocative photograph. [View the photograph](#)

Would you like to receive this on-line newsletter automatically?

- To sign up, you only have to send a message telling us which country you live in to tos.intouch@gmail.com with 'Subscribe TOS e-newsletter' in the subject line.
- If you do not want to receive future newsletters you can easily unsubscribe. All that is needed is a blank message to tos.intouch@gmail.com with 'Unsubscribe TOS e-newsletter' in the subject line.

With best wishes,

Carolyn and Diana

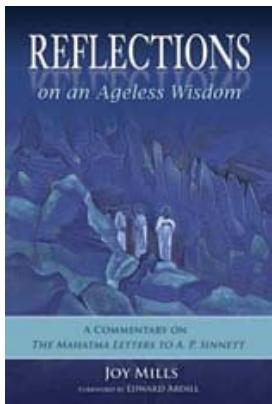
Diana Dunningham Chapotin is the International Secretary of the TOS and Carolyn Harrod is the National Coordinator of the TOS in Australia.

One has to forge oneself into an instrument of service. This involves a radical reorganisation of the whole nature, a work which lies less on the outer plane than on the planes of one's inner being. This reorganisation amounts to a spiritual rebirth, and Brotherhood is its basis. - J. Krishnamurti



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New publications



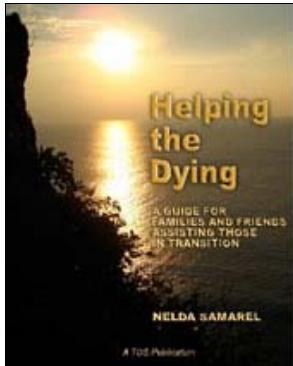
A brand new Quest book will be available in Rome – or shortly thereafter at <http://questbooks.net>. It is Joy Mills' **Reflections on an Ageless Wisdom: A Commentary on The Mahatma Letters to A.P. Sinnett**.

Now why is a book on the Mahatma Letters being announced in a TOS newsletter, you may ask. Await our end-of-September newsletter to find the answer!

Joy is a long, long (!)-standing member of the TOS and has some interesting memories of her involvement in service work and in social reform. We will publish an interview with her in our end-of-September newsletter, a week or so before her 90th birthday on October 9. ("Dear Joy, what do the Mahatmas have to say about service and the spiritual path?") We are very proud to count Joy as one of us and will be publishing a **BIG**, loving birthday greeting for her along with the interview. Perhaps she is our oldest active TOS member anywhere in the world?! Would anyone like to challenge her on this?



Joy Mills



Speaking of pride, we announce with a fanfare a new TOS publication that we hope to be ready to release at the Rome Congress: **Helping the Dying**, by Nelda Samarel. This Guide, intended for those assisting the dying in their transition, will soon be featured on our website. Here is the back cover statement:

Dying often requires assistance, not only for those in transition but also for their families and loved ones. This Guide is intended for those who are helping. It discusses how to meet the dying person's physical, emotional, mental and spiritual needs through all phases of the dying process, offering not only an understanding of the experiences of the dying, but also practical suggestions to assist them through their final transition.

We will let you know shortly how to order a printed copy of the Guide or simply to read it on line.



Nelda Samarel

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An energetic AGM in Assam & Arunachal Region, India

As has been reported before, the TOS in India has over one hundred active TOS groups divided into 20 regions. Are the Annual General Meetings of these groups and regions rather classic, not to say dry affairs where administrative reports are read, votes taken and then tea served? Let us see for ourselves by reading this description of the AGM of Assam & Arunachal Region held at the beginning of April.



Regional President, Jatindra N. Patowary writes:

"Given that our region is tucked away in the easternmost part of India, we were lucky to have not one but three out-of-state guests with us for our AGM: Mr B.L. Bhattacharyya (National Director of the TOS in India), S.K. Agrawal (National Secretary) and P.S. Mital (former National Secretary), all outstanding TOS workers and excellent speakers. Their first duty was to be ready to set out at 7.30 a.m. for the outlying village of Bhadra-Arora. The team included the Regional President, the Regional Secretary Ramesh Chandra Dev Sharma, the Secretary and Assistant Secretary of Pragjyotishpur Theosophical Lodge, the Vice-President of the Assam Theosophical Federation and a member of the local lodge, veterinarian Dr S.R. Talukdar. Bhadra-Arora is an impoverished village where medical help in time of need is hard to find."

"To mark our AGM, a special session of free medical check-ups was arranged by the TOS in co-operation with the Mobile Medical Unit of Nalbari District led by Dr Biren Talukdar. 280 patients were treated by a large team of volunteer doctors and nurses, including the taking of X-rays, E.C.G.s, the administration of injections and of course the distribution of free medicines. A complimentary lunch was served for all. In the afternoon, our three special guests delivered talks entitled *TOS – What and Why* and *What is service and why is it required?*. Afterwards 15 garments for ladies and 20 shirts for men were presented to needy villagers. We then returned to Guwahati.

"The next day we started out at 7 a.m. for the village of Morangabari in another poorly served rural area where veterinary doctor, Pranjeet Baruah, and his staff were waiting. Immediately a livestock clinic was started at which 110 cows were treated. Free medicines were also distributed to the villagers in accordance with their medical needs. The cost of all these activities was covered by the TOS. At 2.30 p.m. on this second day, our formal AGM was held. Yes, administrative reports were read and voting took place but no tea followed! Instead, another meeting was conducted at which the Shreecharan Barua Memorial Lecture was delivered by Dr Jyotsna Bhattacharjee, M.A. (Kolkata), M.A. (Oxford), Ph.D., former Head of Philosophy at Cotton College, Guwahati. Dr Bhattacharjee delivered a rousing talk on *World Crisis and Spirituality* which was enthusiastically received. This was followed by talks to a packed auditorium from our three other special guests. The subjects of these talks were *Life is Service* and *How the TOS can help the TS grow*. Before the closing of the meeting, gifts were presented to individuals nominated by the Vocational Rehabilitation Centre for the Handicapped (Ministry of Labour and Employment, Government of India): four tricycles, four wheel-chairs, three pairs of crutches, two elbow crutches and five hearing aids. A life member of the TOS, Mrs S. Patowary, also donated six complete school uniforms for students of a north Guwahati educational establishment. The AGM was closed with a sweet song by a young boy, Abhinab Rishi, followed by a vote of thanks and a prayer delivered by the Regional Secretary."

For Westerners, this kind of AGM is certainly different, isn't it?

Mr Patowary extends a warm invitation to come to his region – and he'll even provide visitors with a cup of tea!



A wheelchair is presented to a mentally handicapped child.



Tricycles are presented to the handicapped.



*Medical clinic at Bhadra-Arora village
in Nalbari District, Assam*

*TOS National Secretary, Srikanth Agrawal, delivers a talk
on how the TOS can help the TS to grow.*

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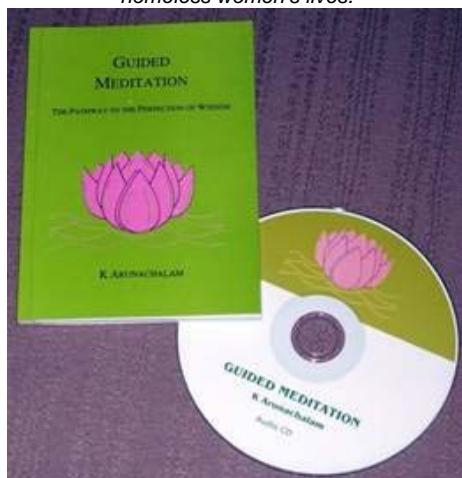
TOS news from around the world

TOS in Brisbane, Australia



Lynette Muller (Brisbane TOS President), Robyn Rizzo (project coordinator) and Tina Fiedler (Vice-president) pack bags to brighten homeless women's lives.

The Brisbane TOS supports one of the city's refuges for homeless women. Throughout the year the TOS group provides bags of non-perishable groceries and personal care items for women who are moving from the refuge into long-term housing. The groceries are accompanied by a small recipe book for healthy eating. This gift not only makes each woman feel special but also lessens the financial challenge of the first weeks of independent living.



A book and CD on Guided Meditation have recently been written and published by Dr K Arunachalam. 'Aru' has taught meditation at the Brisbane Theosophical Society for many years and is an active member of the TOS.

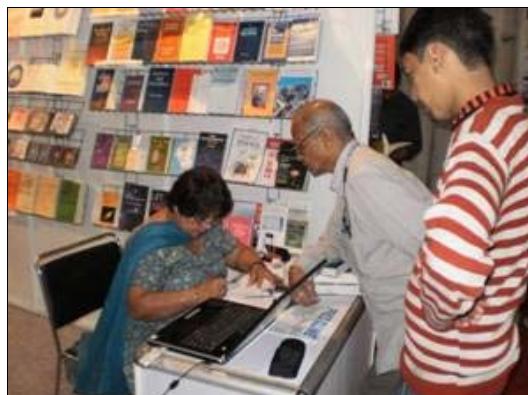
Aru has generously donated his work to the Brisbane TOS to help raise funds for the National TOS Projects. The set of book and accompanying CD sells for A\$12.

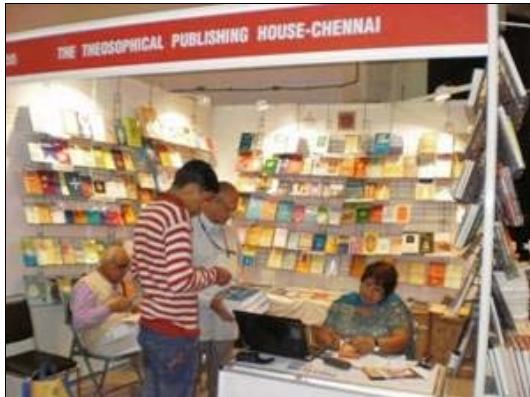
For further information email the Australian National Coordinator at: tos.australia@gmail.com

TOS in the Delhi Region, India

In order to bring Theosophical literature to the attention of the wider community, the TOS Delhi NCR Region and the TS Delhi Federation organised a Theosophical Literature Stall at the World Book Fair, held in Delhi from 30 January to 7 February 2010. They promoted books published by the Theosophical Publishing House in Adyar as well as books on related subjects from other sources. A range of books were available for sale at discounted prices!

In addition to these bargains, readers and retail sellers were able to browse and purchase rare books and research literature, including vernacular books.





The TOS Delhi NCR Region has also established another vocational centre, "BRAHMSAKTI MAHILA PRASHIKSHAN KENDER" in the village of Raipur, Noida, as part of their ongoing support for rural women.

This Centre is one of a series of Vocational Training Centres for women in the rural areas of Noida. It is the fifth Centre, with other Centres established in the villages of Barola, Mangroli, Palwali and Sikendrabad.

In the first phase, a mix of ten hand- or foot-operated sewing machines with ancillary equipment have been provided to start low technology training for dress designing, cutting and tailoring. A qualified teacher has been employed for this purpose.



The project was inaugurated on 27th March 2010 by Brother M L Gupta, National Lecturer, in the presence of TOS members, local villagers and the beneficiaries. Aum Baal Suraksha Aandolan trust, Noida, donated the machines and other equipment.

In subsequent phases, the TOS intends adding more vocations such as beauty therapy, embroidery, knitting, etc. Adult education is also being planned. There are plans for a Theosophical Lodge to be established at the Centre in the near future.

TOS in France

Meet some of the members of the TOS in France which held its Annual General Meeting in Paris in April. In total, there are 88 members.

The TOS sponsors the education of some 130 pre-school, primary, secondary and tertiary students within India, including a number of Tibetan refugees in Dharamsala. It also supports several projects in Chennai:

- those of the Olcott Education Society;
- the "Seeing Eyes for Everyone" operation of the TOS that ensures sight checks for thousands of children and slum dwellers (see elsewhere in this newsletter);
- a retirement home for widows without children.

In addition, it participates with pleasure in the Kern Foundation matching grant challenge in favour of the Golden Link College in the Philippines. Finally, it collects and delivers clothes, toys, etc. to one or two charitable associations within France.



At the French TOS's AGM, plans were made to collaborate with the Liberal Catholic Church on a new educational project in the French-speaking country of the Democratic Republic of the Congo in West Africa. There was enthusiasm all round!

TOS in Spain

Every year, the National Director of the TOS in Spain, Fernando Pérez Martin, organises a weekend gathering for TOS members. This year it took place in April. Even though fewer members were present than usual, some of the participants told Fernando that it was the best gathering ever!



Fernando Pérez Martin,
National Director of the TOS in
Spain



The central theme was "Socio-environmental questions in the light of Theosophy" and it was discussed under these sub-headings:

- Environmental protection including the vegetable and animal kingdoms
- Education for peace and brotherhood
- Human rights and the rights of some other kingdoms of Nature
- Social assistance and help
- Living in harmony with Nature
- The Practice of Theo-Sophia

The six sessions were very fruitful. Comments were consistently constructive and practical. Certain ideas growing out of theosophical principles were agreed upon for action within the TOS in Spain in the coming years.

TOS in Tanzania

Deepa Kapur, TOS National Co-ordinator for Tanzania, tells us that the Heart Babies project has again been in the news, this time with international and national recognition.

Dr Kanabar, the Chairman of Regency Medical Centre Hospital and a pioneer of the project, was honoured by the Indian Government in January 2010 and awarded a medal and certificate by the President of India, Her Excellency Mrs Pratibha Patil, for his outstanding medical work and fostering Indo-Tanzanian relations most especially through the Tanzania Heart Babies Project.

Dr Kanabar also had a meeting with the Prime Minister of India, Mr Manmohan Singh.

A reception was held in Dr Kanabar's honour by the former Prime Minister of Tanzania, Mr Salim Ahmed, where he was given a certificate. Guests included the First Lady of Tanzania, H.E. Mrs Salma Jakaya Kikwete, former President of Tanzania, H.E. Mr Benjamin Mkapa and his First Lady Mrs Anna Mkapa. Deepa and her husband were also present and a beautiful and moving film on the Heart Babies, made by Deepa's husband, was shown.



Dr Kanabar with the Prime Minister of India, Mr Manmohan Singh.



Dr Kanabar receiving his award from the President of India, Her Excellency Mrs Pratibha Patil.

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Dynamic work in Orissa, India

Under the efficient leadership of TOS Secretary, Mrs Deepa Padhi, the Mahabharat TOS Group in Orissa, India, continues to be very active, running educational, health and welfare programs for the destitute, particularly women. In recent years, house-keeping, home nursing and computer training have been offered to help slum ladies toward self-confidence and economic independence. In early 2008 a major health check was organised at Mission Ashra, Janla, a home for destitute women rescued from the streets. A team of psychiatrists, gynaecologists, dermatologists and dentists examined all 120 residents.

The National Director of the TOS, Mr B.L. Bhattacharyya, recently came to town to inaugurate a new program of vocational training for the slum ladies, conducted in collaboration with Jana Shikhyana Sansthan, a government organisation. Through learning to make incense sticks and soap, twenty-five women have been helped toward independence.



During the same visit, Mrs Deepa Padhi presented Bro. Bhattacharyya with a cheque for 10,000 rupees to provide relief for victims of Cyclone Aila in West Bengal.



Animals should be viewed as non-human persons and members of the moral community and should not be used as food, clothing, research subjects, or entertainment. At Venkateswar English Medium School where the TOS provides free medical checkups, this is the message conveyed by a rally organised last October to celebrate the International Day for Animal Rights. The students carried placards and donned masks to increase awareness that animals should be able to live their lives free of exploitation and abuse. The Mahabharat TOS Group is also linked to an animal help-line. Whenever necessary, the members phone the veterinary surgeon and pay for the treatment of stray dogs and other animals. Their current project is to organise an essay competition at college level on "The Rights of Animals". The three best essay writers will be awarded prizes at a special event.



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Help for women's cooperative

When the TOS in Chennai, directed by C.V.K. Maithreya, engaged in its extensive tsunami relief operations starting in December 2004, two self-help groups were established: the Annie Besant Ammaiyar Coastal Women's Federation and the Annai Therasa Coastal Women's Federation. Both were helped to set up paper recycling plants as ecologically sound employment opportunities, principally for the wives of fishermen whose livelihood had been lost.

The Annai Therasa group, which works in the little coastal town Pazhaverkadu, north of Chennai, recently ran into rough weather, when the land they were being allowed to use to dry the paper after manufacture was reclaimed for construction. The women were therefore trudging all the way to a nearby cemetery to dry the paper.

It came to the notice of the TOS in Chennai that the terrace of the existing building could be an alternate place for drying the paper. The women tried carrying the paper upstairs to the terrace, but they were simply not strong enough. The self-help group could not afford a motorised pulley to lift the material. We published an appeal for donations in the September issue of this newsletter and a New Zealand member came forward with the modest sum needed. We are happy to say that the project is now complete, to the benefit of the health of the women in the cooperative. We feel that it is important to follow up on the projects we helped start in the first place, especially brave and innovative ones like these.



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The Reason Why

by Radha Burnier

*An extract from 'On The Watch Tower' in 'The Theosophist' journal August 1996
Also reprinted in the TOS journal 'The Service Link'*

The Theosophical Society imposes no restrictions on the lives of its members; they are free to adopt any lifestyle that suits them. The obligations members take upon themselves, voluntarily of course, are indicated by the Objects of the Society to which they subscribe while enrolling themselves.

A question occasionally arises about the dietary norm adopted at theosophical centres, conferences, summer schools and so forth, where only vegetarian food is made available. Now and again a member remarks that HPB herself was not a vegetarian, implying that Theosophy and vegetarianism are unconnected.

Theosophy, however, is the recognition, followed later by full realisation, of life as one indivisible whole. For the smallest as well as the greatest forms of life, there exists only one form of sustenance and energy, by whatever name it is called. The unitary nature of life is the basis, not only of the First Object of the Society, namely universal brotherhood without any distinctions whatsoever, but also of the other Objects. The heart of every great religion is unity which when lived, is love. All the profounder perceptions in the fields of philosophy and science are also converging towards this central truth. And as each person enters deeply into his or her own consciousness and understands how Nature works, the truth and beauty of the unbreakable whole illuminates human consciousness.

Therefore, when arrangements are made for conferences and other events on behalf of the Society, in accordance with the foundational principle of the oneness and sacredness of all life, food that causes the least injury and harm is chosen.

In *The Key to Theosophy* HPB says:

When the flesh of animals is assimilated by man as food, it imparts to him physiologically, some of the characteristics of the animal it came from. Moreover, occult science teaches and proves this to its students by ocular demonstration, showing also that this 'coarsening' or 'animalising' effect on man is greatest from the flesh of the larger animals, less for birds, still less for fish and other cold-blooded animals, and least of all when he eats only vegetables.

The enquirer retorts, "Then he had better not eat at all?", to which the answer of the Theosophist is stated by HPB:

If he could live without eating, of course it would. But as the matter stands, he must eat to live, and so we advise really earnest students to eat such food as will least clog and weight their brains and bodies, and will have the smallest effect in hampering and retarding their inner faculties and powers.

There is thus good reason why at officially organised gatherings of the Society, the food provided is vegetarian. The minimum harm is done to other creatures; and respect for life – the life which is not 'ours' or 'theirs', but one – is maintained. Plants do not have a nervous system and do not suffer pain in the same way as more evolved creatures which do have it. One day, if some other form of food derived from minerals, or even air, is at hand, that may be preferred at officially organised functions! Oriental traditions suggest this possibility.

All the while, individual members remain free to follow their own course in diet, for a lifestyle based on unity must be the result of intellectual conviction or intuitive realisation and not of dogma.

Conditions were very different in HPB's days. The enormous cruelty of intensive farming and profit-oriented genetic manipulation did not exist then, nor did the vast and urgent ecological issue of expending grain and water on breeding animals as a business. The intellectual reasons against systematic practice of cruelty, ecological imprudence and wrong notions about health care are strong. It is to be hoped that increasingly TS members and others will come to intuitive recognition of the unity of all life as the only sure basis of universally beneficent action.

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Help stop the rape trade

Did you know that millions of women and girls are sold for rape every year – 2 every minute.

Avaaz, a web-based global social action community, is currently campaigning on a number of fronts to stop the rape trade. Their website shares the story of one victim of this trade:

Amita was a sweet 9-year-old girl who loved her family. One day, she was kidnapped, taken to a city far away and put in a cage. She was forced to have sex with dozens of men per day, and brutally beaten when she cried or refused. Five terror-filled years later, suffering from sexually transmitted disease, she died from a beating at age 14.

Amita's story is about the worst nightmare imaginable, but millions of women and girls are traded for rape every year – one of the most evil problems in our world today. The best way to tackle it is to expose the rape traders and kill their profits.

In January Avaaz members voted to make this a top priority for 2010, so they are beginning work across the world with expert teams, local campaigners and investigators to shut down these brutal and shadowy businesses.

Here are some of the actions being planned:

Supporting a team of expert sting operators to pose as sex customers, working with local law enforcement to expose the rape trade one location at a time, breaking trafficking rings, freeing the women and girls and hurting the profits of the rape traders.

Publicly shaming complicit officials and politicians in countries where official corruption is part of the rape trade. The ads would name and shame individuals and campaign for their removal and reform.

Partnering with sex work activists, who have deep understanding of the business, to expose the violence and take on the traffickers.



Running a global day of action outside slave houses – exposing locations across the world where trade victims are being sold and raped. This shocking violence is often going on just down the road from our homes and schools.

Lobbying elected leaders to make this issue a priority and use the full resources of our governments to stop it, including passing better legislation to protect and provide for the women caught in the rape trade.

Tracking key trade routes and blocking ships carrying kidnapped girls and women in key transit ports.

Going after rape traders directly by publicly exposing them with WANTED billboards in their communities.

To find out more or to support this campaign go to:
https://secure.avaaz.org/en/fight_rape_trade/?vl

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UN International Days for community activities

The United Nations was built on spiritual principles and universal values such as peace, human rights, human dignity and worth, justice, respect, good neighbourliness, freedom, respect for nature and shared responsibility.

In our last newsletter we featured three International Days that could provide opportunities for partnership activities within our communities: **World Environment Day** on June 5, **UN World Refugee Day** on June 20 and **World Day for International Justice** on July 17, 2010.

We feature two more International Days in this issue.

August 12 International Youth Day

Young people deserve our full commitment – full access to education, adequate healthcare, employment opportunities, financial services and full participation in public life. On International Youth Day, we can renew our pledge to support young people in their development.

The World Program of Action for Youth works in ten main fields – starvation, poverty, education, employment, health, drug exploitation, childhood felony, recreation events, young women and children, and environment.

You can get involved in many ways:

- Team up with key groups in your locality to focus on what has been done to further the World Program of Action for Youth.
- Organise forums, public discussions and information campaigns in support of young people focusing on youth issues and how they can be addressed.
- Celebrate the achievements of young people in your community, highlighting their rich and varied skills, interests and aspirations.
- Plan practical action to further encourage the empowerment and participation of youth in the processes and decisions that affect their lives.



For more ideas and information go to: <http://www.un.org/esa/socdev/unvin/iyouthday.htm>

September 21 International Day of Peace

The International Day of Peace (*Peace Day*) provides an opportunity for individuals, organisations and nations to create practical acts of peace on a shared date. It was established by a United Nations resolution in 1981 to coincide with the opening of the General Assembly and was launched with these words:

Peace Day should be devoted to commemorating and strengthening the ideals of peace both within and among all nations and peoples... This day will serve as a reminder to all peoples that our organisation, with all its limitations, is a living instrument in the service of peace and should serve all of us as a constantly pealing bell reminding us that our permanent commitment, above all interests or differences of any kind, is to peace.

Anyone, anywhere can celebrate Peace Day. It can be as simple as lighting a candle at noon, or just sitting in silent meditation. Or it can involve getting your TOS group engaged in a larger event, either on its own or in partnership with other organisations. The impact of millions of people in all parts of the world, coming together for one day of peace, is immense.

International Day of Peace is also a Day of Ceasefire – personal or political. Take this opportunity to make peace in your own relationships as well as focusing on the larger conflicts of our time.



For more ideas, go to: <http://www.internationaldayofpeace.org>

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A thought provoking photograph



Its author, the Italian photographer Tommaso Ausili, won an international award for it.

It makes us think, doesn't it!

Are animals aware of what is happening to their family members?

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