



Towards an Unarmed and Disarming Peace



Christ in the Rubble, Kelly Latimore

His first words to us as Pope Leo XIV were "Peace be with you", so it is no surprise his message for this year's World Day of Peace is an invitation for humanity to reject the logic of violence and war, and to embrace an authentic peace based on love and justice. This peace must be **unarmed**, that is, not based on fear, threats or weapons and it must be **disarming**, capable of resolving conflicts, opening hearts and generating mutual trust, empathy and hope. It is not enough to call for peace; we must embody it in a way of life that rejects every form of violence, whether it be visible or systemic. In essence, he promotes an active, holistic approach to peace that demands personal transformation, honest communication, effective diplomacy, and a firm rejection of war and the systems that perpetuate it.

It is important to note where peace begins, it is a "humble path made up of daily actions" that starts in the heart of each one of us. Following are some practical tips for cultivating the inner peace necessary for peace to grow in our hearts and our communities.

Practice Nonviolence: Make active nonviolence a personal way of life, in thoughts, words, and deeds.

Engage in Dialogue and Active Listening: Engage in sincere dialogue, seeking to understand others rather than winning arguments.

Disarm Your Words: Say "no" to the war of words and images by avoiding prejudice, resentment, and hatred in daily communication.

Embrace Forgiveness and Mercy: Cultivate humility, mercy, and a hunger for justice in daily interactions.

Pray and Reflect: Begin each day with a prayer for peace and reflect on scriptures or other sources of spiritual inspiration.

Reject Selfishness: Work to fight personal selfishness and the mentality of "I" over "we," which can lead to conflict.



[Read the last newsletter for UNANIMA International](#)

JPIC Days of Remembrance

January 1

World Day of Peace

January 19

Martin Luther King Jr. Day (USA)

January 24

Foundation Day
Sisters of Bon Secours of Paris

January 26

International Day of Clean Energy

February 1-7

World Interfaith Harmony Week

February 8

International Day of Prayer and

Awareness Against Human
Trafficking

Saint Josephine Bakhita



February 11

World Day of the Sick

Friends in Solidarity Trip to Rome

Sr. Mumbi Kigutha, President of Friends in Solidarity, and Simone Blanchard, Board Chair, traveled to Rome in December for the annual Solidarity with South Sudan General Meeting of supporters. The event was an opportunity to hear about the wonderful work of the Church in South Sudan, the newest country. Religious congregations of women and men gathered alongside ambassadors and Church officials to highlight efforts to train teachers and healthcare workers in a country that has little infrastructure and years of violent conflict hindering its development.

From the impressive ecologically friendly farm in Rimenze that is supporting nutrition needs of young children to the peacebuilding and trauma support that trained pastoral workers provide to internally displaced people and refugees from Sudan, it is clear the Church is bringing hope. Solidarity with South Sudan and its partner in the United States, Friends in Solidarity, are committed to integral human development, supporting the physical, spiritual and emotional needs of this nascent country.

With war raging in Sudan and an influx of refugees continuing to flee to South Sudan, coupled with extreme inflation and dysfunctional government, the situation remains tenuous yet the hope of the people of South Sudan remains constant. It is a reminder of the resilience of the human spirit and the power of community.



JPIC Transitions: Gratitude & Welcome



It's the time of year when we welcome new members to the JPIC committee and give gratitude for the service of those who will be stepping down. Nick Stein and Sr. Gumercinda Cordova Cordova have served the JPIC committee for 3 years. Nick also served as cochair for the USA Area Team for 5 years where his leadership resulted in several integral ecology efforts including multiple retreats. Sr. Gumercinda led many integral ecology initiatives in Los Ranchos Peru resulting in multiple conservation efforts by local residents.

This is an exciting year for our JPIC committee as we welcome two new members - one who was recently hired as the JPIC Coordinator for Ireland-GB. Sr. Gladys and Brid Dunne join the JPIC International Committee representing Peru and Ireland-GB. Sr. Gladys Socorro Rios Yanayacohas worked in community health in Los Ranchos, Huacho, Salitral, Trujillo and even South Africa. Her deep devotion and interest in community health will be a great asset to the team. Brid Dunne joins us after a career in nursing and a recent masters degree in theology where she fell in love with Laudato Si. Her passion for and commitment to living out integral ecology will serve the congregation well..

