

# FIRST PEACE MEDITATION GATHERING



“The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness with the universe and all its powers, and when they realize at the center of the universe dwells the Great Spirit, and that its center is really everywhere, it is within each of us.” — **Black Elk**

At the heart of all that exists is the Universal Unified Creative Force, called by many names: Father/Mother, Allah, Yahweh, Great Spirit, and Vishnu, to name a few. From this ground of all being emanates love, life, harmony, first peace.

We gather together in meditation to consciously connect with the center of our being, to rest in love, harmony, first peace.

Because we are all connected on this deep level, by resting in first peace, vibrating with the love and harmony at the center of all creation, we can help the vibration of love and first peace spread and resonate in all beings in our communities and around the world.

Please join us for the first of many ongoing First Peace Meditation Gatherings. We will meet in our Zoom kinship circle and will have an in-person kinship meditation circle meeting outdoors at the Plymouth Community Arts Council at the same time. (Bring a chair or yoga mat!)

**When: Saturday, September 5, 2020, 3:30 pm EDT** Questions? Contact Friends of Unity at [friendsofunity.org](http://friendsofunity.org) or 734-224-LOVE