

# MENU FOR PEACE

## A RESOURCE FOR FACILITATING CONVERSATIONS ON PEACE



### STARTERS

Start by reading, or having 2 persons read, the following 2 Arabic proverbs:

“Wisdom consists of ten parts: nine parts silence, and one part a few words.”

“Examine what is said, not who is speaking.”

**A BIG tip for deepening the conversation:**

Listen. Then, listen longer. This is the only way you will

- a) find out what the other person is thinking and feeling about the topic and
- b) motivate those who may be threatened by your ideas to reciprocate by listening to you.

**Ask the participants to agree to 3 things:**

Listen with respect to person who is speaking; no interrupting.

Everyone will have an opportunity to speak; no one HAS to discuss every question.

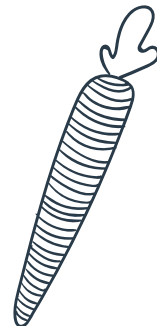
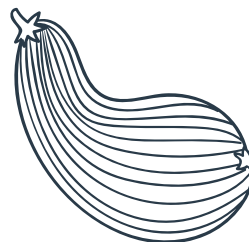
We are here to learn from each other and consider new thoughts,  
not have our ideas necessarily reinforced.

### SHAREABLES

Welcome everyone to the space + review the plan for the gathering.

Go around the room for a quick round of intros (keep this brief):

Say your name + where you are from + what are you bringing to the conversation?



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### ENTRÉE/MAIN COURSE

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**Invite someone who is directly impacted by this issue to share their experience**

OR

**Read aloud (or ask someone with a strong voice to read) "No One Leaves Home" by Warsan Shire**

Are there other stories in the room that need to be shared? (Keep these brief)

#### **Pair activity sharing emotional responses:**

Ask people to pair up. Each person gets 3 minutes to express what she/he feels after listening to the story/stories or poem, without questions or interruptions. Then switch.

#### **Whole group sharing: ask for a sample of people's reactions (4 or 5). Restate as needed:**

"I'm hearing a lot of uncertainty about..." OR "The media coverage has been making people feel..."

#### **Questions for Whole Group Discussion, Popcorn Style (not going around in a circle):**

What are YOUR fears in our current situation?

How do we peacefully challenge Islamophobic questions or statements in a personal conversation?

What public actions can we do to combat Islamophobia and/or prejudice against Syrian and Iraqi refugees?

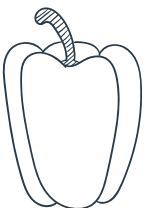
### DESSERT

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**Whole group read-around: as a sweet ending, have people read one proverb each from the handout.**

Then warmly thank everyone for attending, and give them a few minutes to fill their

"Take Out Box" with reflections to take home and maybe share with others.

Don't forget your take-out box!



#### **Give people a piece of pink paper to write a reflection:**

What are you taking away from this conversation to digest at home?

