



## **A Minute for Peace Quotes (3<sup>rd</sup> Edition)**

Collected by the Rotary Club of Georgetown, Texas, Racial Unity and Peacebuilding Committee

*These quotes are read during our club's weekly Minute for Peace. If you would like to subscribe to receive them in a weekly email, contact us [here](#).*

1. "Peace requires the simple but powerful recognition that what we have in common as human beings is more important and crucial than what divides us." — Sargent Shriver, USA, 1915-2011
2. "I have no hesitation in saying that world peace could be achieved and made permanent if reared on Rotary's firm foundation of friendliness, tolerance, and usefulness." — Paul Harris, USA, 1868-1947, founder of Rotary International
3. "To replace the old paradigm of war with a new paradigm of waging peace, we must be pioneers who can push the boundaries of human understanding. We must be doctors who can cure the virus of violence. We must be soldiers of peace who can do more than preach to the choir. And we must be artists who will make the world our masterpiece." — Paul K. Chappell, USA
4. "The beauty of peace is in trying to find solutions together." — Dekha Ibrahim Abdi, Kenya and Somalia, 1964-2011
5. "Peace is not the absence of anything. Real peace is the presence of something beautiful. Both peace and the thirst for it have been in the heart of every human being in every century and every civilization." — Prem Rawat, India
6. "Building peace is more often about creating space, developing relationships, persevering in spite of overwhelming pessimism, and being flexible enough to respond to emerging opportunities, meager as they may be." — John Paul

Lederach, USA

7. "Peace is not the product of a victory or a command. It has no finishing line, no final deadline, no fixed definition of achievement. Peace is a never-ending process, the work of many decisions." — Oscar Arias, Costa Rica
8. "Unless we teach children peace, someone else will teach them violence." — Colman McCarthy, USA
9. "There is no trust more sacred than the one the world holds with children. There is no duty more important than ensuring that their rights are respected, that their welfare is protected, that their lives are free from fear and want and that they grow up in peace." — Kofi Annan, Ghana, 1938–2018
10. "Peace does not mean an absence of conflicts; differences will always be there. Peace means solving these differences through peaceful means; through dialogue, education, knowledge; and through humane ways." — The 14th Dalai Lama, Tibet
11. "Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal." — Martin Luther King Jr., USA, 1929–1968
12. "Without deep listening and gentle loving speech it is very difficult to move towards peace. Peace will only become a reality, when world leaders come to negotiations with the ability to hear the suffering at the root of all conflicts." — Thich Nhat Hanh, Vietnam
13. "Peace is not the product of terror or fear. Peace is not the silence of cemeteries. Peace is not the silent result of violent repression. Peace is the generous, tranquil contribution of all to the good of all. Peace is dynamism. Peace is generosity. It is right and it is duty." — Oscar Romero, El Salvador, 1917–1980
14. "Peace is not something you must hope for in the future. It is a deepening of the present, and unless you look for it in the present, you will never find it." — Thomas Merton, France and USA, 1915–1968

15. "War is an invention of the human mind. The human mind can invent peace." — Norman Cousins, USA, 1915–1990
16. "Ultimately, we have just one moral duty: to reclaim large areas of peace in ourselves, more and more peace, and to reflect it towards others. And the more peace there is in us, the more peace there will also be in our troubled world." — Etty Hillesum, Netherlands, 1914–1943
17. "When you find peace within yourself, you become the kind of person who can live at peace with others." — Peace Pilgrim, USA, 1908–1981
18. "Peace, to have meaning for many who have only known suffering in both peace and war, must be translated into bread or rice, shelter, health and education, as well as freedom and human dignity." — Ralph Bunche, USA, 1904–1971
19. "The more we sweat in peace, the less we bleed in war." — Vijaya Lakshmi Pandit, India, 1900–1990
20. "If we cannot end now our differences, at least we can help make the world safe for diversity. For, in the final analysis, our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children's future. And we are all mortal." — John F. Kennedy, USA, 1917–1963
21. "If you want peace, work for justice." — Pope Paul VI, Italy, 1897–1978
22. "It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it." — Eleanor Roosevelt, USA, 1884–1962
23. "Peace cannot be kept by force; it can only be achieved by understanding. You cannot subjugate a nation forcibly unless you wipe out every man, woman, and child. Unless you wish to use such drastic measures, you must find a way of settling your disputes without resort to arms." — Albert Einstein, Germany and United States, 1879–1955

24. "The Soldier above all other people prays for peace, for he must suffer and bear the deepest wounds and scars of war." — General Douglas MacArthur, USA, 1880–1964
25. "There can never be peace between nations until there is first known that true peace which is within the souls of men." — Black Elk, Lakota territory—USA, 1863–1950
26. "Until he extends the circle of his compassion to all living things, man will not himself find peace." — Albert Schweitzer, France, 1875–1965
27. "May the people and the government respect the rights of all. Between individuals, as between nations, peace means respect for the rights of others." — Benito Juárez, Mexico, 1806–1872
28. "Peace cannot be achieved through violence, it can only be attained through understanding." — Ralph Waldo Emerson, USA, 1803–1882
29. "Though force can protect in emergency, only justice, fairness, consideration and cooperation can finally lead men to the dawn of eternal peace." — Dwight D. Eisenhower, USA, 1890–1969
30. "Observe good faith and justice toward all nations. Cultivate peace and harmony with all." — George Washington, USA, 1732–1799
31. "First keep peace with yourself, then you can also bring peace to others." — Thomas Kempis, Germany and Netherlands, 1380–1471
32. "The strongest passions, and most dangerous weaknesses of the human breast; ambition, avarice, vanity, the honorable or venial love of fame, are all in conspiracy against the desire and duty of peace." — Alexander Hamilton, USA, 1755–1804
33. "I hope...that mankind will at length, as they call themselves reasonable creatures, have reason and sense enough to settle their differences without cutting throats; for in my opinion there never was a good war, or a bad peace." — Benjamin

Franklin, USA, 1706–1790

34. "If there is to be peace in the world, there must be peace in the nations. If there is to be peace in the nations, there must be peace in the cities. If there is to be peace in the cities, there must be peace between neighbors. If there is to be peace between neighbors, there must be peace in the home. If there is to be peace in the home, there must be peace in the heart." — Lao Tzu, China, 4th century BC
35. "While you are proclaiming peace with your lips, be careful to have it even more fully in your heart." — Francis of Assisi, Italy, c.1181-1226
36. "Nonviolence is the answer to the crucial political and moral questions of our time; the need for mankind to overcome oppression and violence without resorting to oppression and violence. Mankind must evolve for all human conflict a method which rejects revenge, aggression, and retaliation. The foundation of such a method is love." — Martin Luther King Jr., USA, 1929-1968, during his Nobel Peace Prize acceptance address on December 10, 1964, in Oslo, Norway.
37. "Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves." — John Muir, Scotland and USA, 1838–1914
38. "If we are serious about peace, then we must work for it as ardently, seriously, continuously, carefully, and bravely as we have ever prepared for war." — Wendell Berry, USA
39. "Until he extends the circle of compassion to all living things, man will not himself find peace." — Albert Schweitzer, France, 1875–1965
40. "Ignorance is a menace to peace." – Paul Harris, USA, 1868-1947, founder of Rotary International
41. "War may sometimes be a necessary evil. But no matter how necessary, it is always an evil, never a good. We will not learn how to live together in peace by

killing each other's children." — Jimmy Carter, USA, 1924-2024

42. "The road to peace is paved with dignity." — Donna Hicks, USA

43. "People must learn to hate, and if they can learn to hate, they can be taught to love." — Nelson Mandela, South Africa, 1918-2013

44. "Peace is not absence of conflict, it is the ability to handle conflict by peaceful means." — Ronald Reagan, USA, 1911-2004

45. "Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen." — Winston Churchill, United Kingdom, 1874-1965

46. "The diversity in the human family should be the cause of love and harmony, as it is in music where many different notes blend together in the making of a perfect chord." — 'Abdu'l-Bahá, Iran, 1844-1921, founder of the Bahá'í Faith

47. "Peace demands the most heroic labor and the most difficult sacrifice. It demands greater heroism than war. It demands greater fidelity to the truth and a much more perfect purity of conscience." — Thomas Merton, France and USA, 1915-1968

48. "Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there." — Jalāl al-Dīn Muḥammad Rūmī, Afghanistan, 1207-1273

49. "Peace begins with a smile." — Mother Teresa, Macedonia and India, 1910-1997

50. "If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner." — Nelson Mandela, South Africa, 1918-2013

51. "The practice of peace and reconciliation is one of the most vital and artistic of human actions." — Thich Nhat Hanh, Vietnam, 1926-2022

52. "We are each other's harvest; we are each other's business; we are each other's magnitude and bond." — Gwendolyn Brooks, USA Poet Laureate, 1917 - 2000