101 Ways
to Stop the War on Iraq

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The war has started. The struggle continues.
All over the world, there is grief, sorrow, fear, and anger.
We must show determination, and vision.
We must move on, beyond war.
We can win without war.
We are united for peace.

Updated Sunday March 23rd,
As the bombs are falling.

WE ARE MILLIONS
For an incredible collage of the Feb. 15 peace marches in cities all around the world,
See www.usgreens.org and www.lmno4p.org and www.peacepix.org

For a powerful video from Brazil, see
www.cambito.com.br/paz/no_war.swf

"Now there are two superpowers: the US and the merging voice of the people of the world. All around the world, people are waging peace. It is nothing short of a miracle, and it is working - despite what you may see unfolding right now in the news."
- Dr. Robert Muller

NEW: 10 Things You Can Do Right Now, when War has Started

Ten Ways to Stop the War with Your Email
Ten Ways to Stop the War with Your Pen
Ten Ways to Stop the War with Your Signs
Ten Ways to Stop the War with Your Body
Ten Ways to Stop the War with Your Mind
Ten Ways to Stop the War with Your Spirit
Ten Ways to Stop the War with Your Friends
Ten Ways to Stop the War with Your Heart
Ten Ways to Stop the War with Your Organization
Ten Ways for the Whole World to Stop the War
One Way to Stop the War for All of Us

I. Take to the Streets. There are actions of non-violence, resistance and determined love being organized all over the world. Over 1,000 people have been arrested in San Francisco. For local organizing contacts, check these websites:
* United for Peace: www.unitedforpeace.org
* Win without War: www.winwithoutwarus.org
II. Tell the World to “Unite for Peace”. Urge every Government to use UN resolution 377, known as “Uniting for Peace”, that empowers the General Assembly to step in when the Security Council cannot reach consensus, and there is a threat to peace or an act of aggression. This would empower the General Assembly to order a halt to the invasion of Iraq. See www.westbynorthwest.org/artman/publish/article_363.shtml.
For a complete email listing of every nation at the UN, see www.prop1.org/2000/un-email.htm

III. Sign the Move-On Citizens Declaration to continue to seek peace through international cooperation. See www.moveon.org/declaration . Join the moveon.org email list (with 600,000 others), so that they can keep you informed about new peace initiatives. See www.moveon.org

IV. Write to Congressman Dennis Kucinich, and pledge your support for his bill (H Con Res. 101) to nullify H.J. Res. 114, the Authorization for Use of Force in Iraq. “The President's case for war is a sham. It is based on untrue, unfounded and disproven allegations. The Administration has repeated these untruths in order to whip sentiment to launch an unprovoked attack against Iraq. The country has been misled and deceived.” His email form is at www.kucinich.us/contact.htm

V. Sign a pledge to boycott American products - see www.adbusters.org/campaigns/boycott_america/pledge.php

VI. Wear a Black Armband. If everyone who opposes this war wears a black armband when they are in public, we can identify each other, and create spontaneous demonstrations or vigils for peace. See www.arafiyan.net/arafiyan/bilkent/02/0329.html

VII. Create a Vigil for Peace, where people can leave signs, messages, and candles. And check out these photos of Basra, to see the beauty that is being bombed: www.transnational.org/sitemap.html

VIII. Pray for Peace. If you belong to any church, or place of worship, suggest to your pastor, priest or minister that you pray or meditate for peace together. For details, see #51-#60 below.

IX. Fax or Email the “Coalition of the Willing”, the 30 Nations that are supporting the US war on Iraq, and implore them to withdraw. Here are their email addresses, fax numbers and ambassadors:
* Afghanistan, afghanistan@un.int
* Albania, albania@un.int
* Australia, australia@un.int , (212) 351-6610, Mr John Dauth
X. Tell all your friends.
We are millions. We need to become hundreds of millions. This is not just about stopping this war - it is about the way we stop all future wars. This is the first war ever when the world has mobilized in such a huge way before the war even started. Now we can speak. Now we can mobilize. Now we can end all wars.

Ten Ways to Stop the War with Your Email
The shorter, the sweeter. Speak from the heart, in one paragraph. Speak with kindness, not anger. We want peace, not more belligerence. Individual addressing is better than CCing; BCC is better than CC.

1. * Sign the Move-On Citizens Declaration to continue to seek peace through international cooperation. See www.moveon.org/declaration
   * Send an email to Spain's president, President Jose Maria Aznar Lopez, urging him to stop lining up behind George Bush: jmaznar@presidencia.gob.es.
   * Send an email to the French Ambassador at the UN, thanking them for upholding their commitment to veto the US proposal to go to war on Iraq: france-presse@un.int.
   * Send an email to Jean Chretien, Canada’s Prime Minister, thanking him for supporting the call for the UN to solve the Iraq problem, and not the US alone: pm@pm.gc.ca
   * Send an email to President Jacques Chirac of France, thanking the French for their global leadership for a peaceful solution: www.elysee.fr/ecrire/index.htm
   * Send an email to Gerhard Schroeder, Chancellor of Germany: gerhard.schroeder@spd.de thanking him for not lining up behind George Bush.
2. **Send 400 emails all at once** to UN members, the US government and the Canadian government: g-macagainstrwar@mcmaster.ca. This service has been set up by the good folks at McMaster University Science for Peace. For Germany at the UN, fill in the form at: www.germany-info.org/UN/contact.html

3. **Send an email to Britain at the UN**, urging Tony Blair to stop the war, and to work instead with France and Germany to make Saddam destroy his weapons of mass destruction: uk@un.int

4. **Send an email to George and Laura Bush** at The White House: president@whitehouse.gov. Urge them to come to their senses. Send the same email to Colin Powell, Secretary of State, at http://contact-us.state.gov/ask_form_cat/ask_form_secretary.html

5. **Call the Iraq desk in Ottawa** 1-866-880-4378 to thank Jean Chrétien for his refusal to join Bush’s war. Tell them you are proud to be Canadian as a result of the PM’s firm stand. They will faithfully take your comments and convey them to Chrétien's office.

6. **Send an email to every member of Canada’s Parliament**, thanking them for opposing this war. For all emails at once, see www.earthfuture.com/CanadianMPs. If you want to email just a few, send your email to Jean Chretien: pm@pm.gc.ca, with a cc to John Manley Manley.J@parl.gc.ca, John McCallum McAllum.J@parl.gc.ca, and Bill Graham Graham.B@parl.gc.ca.

7. **Vote to impeach George Bush**. This is a proposal from former Attorney General Ramsey Clark. The votes submitted will be delivered to the House Judiciary Committee and the leadership from both parties on the committee. See www.votetoimpeach.org

8. **Sign an online petition against the war**. There are many good online petitions and pledges that are properly designed. Try these sites for a valid petition:
   - The Iraq Peace Pledge: www.peacepledge.org
   - Campaign for Peace and Democracy statement of opposition to war against Iraq: www.cpdweb.org
   - outlining an alternative, democratic U.S. foreign policy: www.cpdweb.org
   - Amnesty International Petition: www.amnesty.org/go/iraq
   - To President Bush and Congress: www.moveon.org/nower
   - Time to Move beyond War Petition: www.PetitionOnline.com/iraq123
   - To President Bush and Congress: www.PetitionOnline.com/iraq/petition.html
   - To Jean Chretien, Canada’s Prime Minister: www.ploughshares.ca
   - To Tony Blair (for British residents): www.PetitionOnline.com/cndstwc/petition.html
   - To the US Congress: www.votenowar.org
   - One Voice for Peace Petition (Australia): www.onevoiceforpeace.org
   - To Tony Blair: www.oxfam.org.uk/iraqactnow
   
   Ignore any petition that asks you to add your name and send it off when it reaches 50, or 500. This kind of petition is useless – dump it as soon as it arrives.

**Send an email to all your friends**, telling them about 101 Ways to Stop the War on Iraq. www.earthfuture.com/stopthewar

*Not a Solution, but who can resist?*
Amuse your friends by offering them these artistic contributions to peace:

Bush Speaks:  www.bushfordummies.com
We Shall Not Exonerate Saddam:  http://traprockpeace.org/oil.jpg
The Grinch Revisited:  http://mystic.schism.ca/musings.html
If You're Happy And You Know It, Bomb Iraq, by John Robbins  
www.commondreams.org/views02/1216-06.htm

I’m losing patience with my neighbours, Mr. Bush, by Terry Jones (of Monty Python fame):
www.observer.co.uk/iraq/story/0,12239,882526,00.html
Follow President Bush’s nose!  www.stopesso.com/funstuff/nose.html

Ten Ways to Stop the War with Your Pen
A personal letter is ten times more powerful than an email. The more effort you invest, the more effect it will have. That’s the way the world works.

11. Write to your political leaders in Washington. We elect our leaders, and it is up to us to tell them what we think. For addresses at the US Congress, see www.congressmerge.com. Here’s a sample letter:  www.globalexchange.org/campaigns/iraq/IraqActionAlert.html. For your Senator’s address, see www.senate.state.mi.us/SenatorInfo/find-your-senator.htm For your Member of the House of Representatives, see www.house.gov/writerep

12. Write to the Rt. Hon, Jean Chretien, Prime Minister of Canada, Langevin Block, 80 Wellington St., Ottawa ON K1A 0A2, urging him to work for peace, and uphold Canada’s tradition of being an independent, peace-making country. No stamp needed inside Canada. For MP addresses, see www.parl.gc.ca/information/about/people/house/PostalCode.asp?Source=SM

13. Write to the People of Iraq, c/o Iraqi Mission to the UN, 14 East 79th Street, New York, N.Y. 10021 Telephone: (212) 737-4433, Fax: (212) 772-1794. Share your thoughts, and your love.

14. Write to George and Laura Bush, The White House, 1600 Pennsylvania Avenue NW, Washington, DC 20500, USA. (Tel: 202 456 1414; Fax: 202 456 2461) . There’s another White House number – 202-456-1111, where you can leave a message between 9-5 EST. Some suggest sending a handful of rice, with the message – “If your enemies are hungry, feed them (Romans, 12, 20).” See www.whyagain.com and www.cta-usa.org/iraq.html. There’s another campaign to send stinky socks, with the message “War Stinks!” – see www.wendypolyploidy.com/socks.

15. Write to the Rt. Hon Tony Blair, Prime Minister, 10, Downing St, London SW1A 2AA, UK, urging him to come to his senses. Or quicker – send him a FAX:
   Inside the UK: 020-7925-0918
   From outside the UK, 01144-20-7925-0918

16. Write to Colin Powell, Secretary of State, U.S. Department of State, 2201 C Street NW Washington, DC 20520, urging him to stop this awful thing. Send him a prayer.

17. Write a letter to the Editor of your local paper. There’s a first time for each of us. You’ll feel good when you see it in print. The Washington Post’s email for Letters to the Editor is abramowitz@washpost.com. The New York Times is executive-editor@nytimes.com

18. Write an “Op-Ed” (Opinion-Editorial) piece for your local paper. Make it around 800 words, and ask a friend to critique it before you send it off. There’s nothing wrong with writing three, five or even ten drafts. We all do it.
19. **Write to your Mayor and Council**, City Hall (address in the Blue Pages in the phone book), urging them to pass a motion against going to war on Iraq. For details, and a sample motion, see [www.citiesforpeace.org](http://www.citiesforpeace.org). Hundreds of city and towns councils are doing it, including Toronto, Vancouver, Chicago, Washington DC, Santa Fe, and Austin Texas. For a list of US cities that have signed, see [www.ips-dc.org/citiesforpeace/resolutions.htm](http://www.ips-dc.org/citiesforpeace/resolutions.htm). Many Canadian cities have signed too.

20. **Write a cheque**. All this campaigning costs money, and people are dipping deep into their own pockets to fund their costs. Write a cheque to a peace organization that needs it. They’ll really appreciate it, and it’ll help them to work more effectively.

   MoveOn needs urgent financial help: [www.moveon.org/support.html](http://www.moveon.org/support.html)

   So does United for Peace: [www.unitedforpeace.org](http://www.unitedforpeace.org)

**Ten Ways to Stop the War with Your Signs**

21. **Download a poster** to display in your window: [www.anotherposterforpeace.com](http://www.anotherposterforpeace.com)

   United for Peace stickers, bumper signs, posters, lawn signs: [www.unitedforpeace.org/article.php?id=592](http://www.unitedforpeace.org/article.php?id=592)

   The powerful “Not In Our Name” poster of the Earth: [www.notinourname.net/org_materials.html](http://www.notinourname.net/org_materials.html)


   More posters: [www.progressiveportal.org/resources/flags.html](http://www.progressiveportal.org/resources/flags.html)

   More posters: [www.icujp.org/home.shtml#posters](http://www.icujp.org/home.shtml#posters)

   “Not In Our Name” T-shirts, bumper stickers, buttons, pins, Pledge of Resistance posters, cards, and Earth flags: [www.notinourname.net/org_materials.html](http://www.notinourname.net/org_materials.html)

22. **Make your own bumper sticker**. Print out the words, seal it with stick-on book-cover paper, and put your “duct-tape to make the world a safer place” to good use by taping it to your bumper. NO WAR ON IRAQ. SAY NO TO WAR. NO WAR FOR OIL. PROTECT CHILDREN, NOT OIL. DUCKED APE FOR PEACE.

   Or buy one from [www.progressiveportal.org/resources/flags.html](http://www.progressiveportal.org/resources/flags.html)

23. **Light a candle** and leave it in your window, with the word PEACE written large beneath it.

24. **Buy a Peace Flag**, and fly it bravely and free.


   Also here: [www.peacemamas.com](http://www.peacemamas.com)

   The classic Earthflag: [www.earthflag.net](http://www.earthflag.net)

   Earth from Space flag: [www.progressiveportal.org/resources/flags.html](http://www.progressiveportal.org/resources/flags.html)

   Pray for Peace, Act for Peace flag: peace.mennolink.org/resources/prayflag.html

   More Peace Flags: [www.peaceflags.org](http://www.peaceflags.org)

   More Peace Flags: [www.worldpeaceflag.org](http://www.worldpeaceflag.org)


25. **Wear a Peace T-shirt**.

   Coffee House Teach-In T-shirts, hats and shopping bags: [http://scartserver.com/2.0/stopuswars](http://scartserver.com/2.0/stopuswars) and [www.stopUSwars.org/catalog.htm](http://www.stopUSwars.org/catalog.htm)

   Quaker Family Peace T-shirts: [www.afsc.org/qsb/02fa/02fa08.htm](http://www.afsc.org/qsb/02fa/02fa08.htm)


   Ladybug peace T-shirt, from New Zealand: [www.frog.co.nz/peace.html](http://www.frog.co.nz/peace.html)

   Steve Nash, the Canadian basketball player, wore a jersey saying Shoot for Peace. "I believe the U.S. going to war would be a mistake. I think it's something we need to be very careful with."
"Being a humanitarian, I believe war is wrong in 99.9 per cent of all cases." (Steve Nash, Montreal Gazette, Feb 11th 2003)

26. **Make a sign to hang on your gate.** It just needs paper. And words. And colours. And string. And hope. Or hang it on a public railing somewhere, where it can grow into a peace shrine; see www.ontherailings.org.uk

27. **Get serious!** Get together with some friends and make a BIG sign – see Solution #61.

28. **Organize an Art for Peace event,** when people come together to paint umbrellas, jackets, gumboots, and posters, make papier maché puppets, and generally get creative, ready for the next peace march.

29. **Carry a sign on your skin,** your clothing, your face, your T-shirt, your jeans, your jacket, your behind. Stand in front of one of those “Vox Pop” TV boxes that some TV stations have on the street, and speak your peace, holding your sign.

30. **Print 100 copies** of one of the posters listed above, and give them away to your friends and colleagues.

### Ten Ways to Stop the War with Your Body

31. **Use your voice!** Phone your Senator or Representative, and tell them what you feel. To connect to your elected officials' offices, call the Capitol Switchboard at 202-224-3121. Canadians – call your MP in Ottawa. For contact details, see www.gc.ca/directories/direct_e.html

32. **Pay them a visit.** Organize a carload of people to visit the offices of your senator, representative or MP. For US contact addresses, see www.globalexchange.org/campaigns/iraq/IraqActionAlert.html (scroll down to the bottom). For Canadian MPs, see www.gc.ca/directories/direct_e.html

33. **Join the next big day of global peace marches,** whenever it is. Sign onto the email list at www.moveon.org – they have 600,000 people on their list, and this is the best way to keep in touch. (Bottom left, on their website)

34. **Distribute flyers.** Judging by the opinion polls, most people will be really pleased to hear from you. Good locations include shopping malls, subway stations, grocery stores, college campuses, libraries, churches, and bus stops. Go to www.unitedforpeace.org and print a ready-made flyer. There’s another ready-made flyer at www.peace-action.org/home/iraq/getactive.html

35. **Go without food** for a day, or a week. Fasting is a very old and powerful way of sharing your feelings. Tell the media. Just ring them up and tell them. Someone will be interested.

36. **Do a silent vigil** somewhere in public, with a placard. Invite people to join you. They will. On Sunday March 16th, over 6,000 vigils were held worldwide – see www.globalvigil.org. There may be more – keep a track on this website. And tell the media. In January 1991, when it was apparent that the United States was going to start bombing Iraq, a lone individual started holding a nightly vigil at a gas station near Lake Merritt, near Oakland, California, holding a sign that read No Blood for Oil! Richard and Emma, two Lake Merritt neighbors, were walking home from the grocery store one evening & saw him. They decided that something should be done to help this one brave soul who was demonstrating against war. From this one man’s effort has sprung Lake Merritt Neighbours Organized for Peace, who have an incredible website at www.lmno4p.org/indexORIG.htm. They also have the world’s most beautiful logo.
37. Go on strike. Refuse to work for fifteen minutes every day. That’s what Richard Lawson, a British doctor, is doing every Monday from 9 to 9.15 each morning until the war on Iraq ends. See www.greenhealth.org.uk.

38. Sign the Pledge of Resistance, and use non-violent civil disobedience. See www.peacepledge.org and Solution #89. For civil disobedience resources, in the tradition of Martin Luther King and Gandhi, see www.civildisobedience.org.uk

39. Put your body on the line. For thousands of years, humans have used violence to deal with their frustration, and achieve change. Today, we are creating something different – a way of seeking urgent change while remaining peaceful and loving. We cannot rid the world of violence if we commit violence ourselves. Peace is the way. If you are involved in an action, and anyone starts to use violence in any way, surround them peacefully with your bodies, and do everything you can to stop them. Violence in anti-war demonstrations will undermine everything we seek. Iraq Peace Pledge of civil resistance: www.peacepledge.org/resist/default.shtm Austin Against War calls for non-violent civil disobedience: www.austinagainstwar.org Brandywine calls for non-violence resistance: www.nowarnj.org/brandywine_community_pledgeofresistance.htm Coloradans call for civil resistance for peace: www.rmpjc.org/2003/mar15rally.html Pax Christi urges civil disobedience: www.peaceonearth.org/paxchristiurgescivildisobedience.htm United for Peace calls for non-violent direct action: www.unitedforpeace.org National Lawyers Guild supports acts of civil disobedience:
“The National Lawyers Guild will seek to provide legal support for individuals and groups practicing non-violent civil disobedience regarding the ‘necessity’ defense, which is conduct that an actor believes to be necessary to avoid harm to himself or to another. Such behavior may be justifiable, provided that the harm sought to be avoided by such conduct is greater than the harm which the law defining the offense seeks to prevent: www.nlg.org/news/statements/iraq_cd.htm

40. Go to Iraq. They are in Iraq, right now, with Human Shield Action - see www.humanshields.org and/or www.humanshieldaction.org. They are there with Voices in the Wilderness— see www.nonviolence.org/vitw. Since September 2002, seasoned nonviolent activists have been on the ground in Iraq standing in solidarity with the people of Iraq while working to prevent a US attack. See www.iraqpeaceteam.org. For one woman’s journey to Iraq, see www.iraqpeaceteam.org. NOTE: This Way is no being left here out of respect and compassion for all the Human Shields who are still in Baghdad, under the bombing. You are in our thoughts.

Ten Ways to Stop the War with Your Mind

41. Educate yourself. Your arguments will be more powerful if you study what’s happening.
   * What is the Project for a New American Century? This is the scary reality behind the war. See http://truthout.org/docs_03/022803A.shtml and www.newamericancentury.org, and click on “A Statement of Principles” at the top of the page.
   * Read Michael Renner’s superb article The New Oil Order - Washington’s War on Iraq is the Lynchpin to Controlling Persian Gulf Oil from Foreign Policy in Focus: www.corpwatch.org/issues/PID.jsp?articleid=5529.
   * Watch the slide show www.usgreens.org again, and note the data at the end.
   * How can we be so sure Saddam has weapons of mass destruction? The US companies that sold them to him kept the receipts. See www.cbc.ca/insite/COMMENTARY/2003/2/20.html

42. Develop Clear Arguments. They will help you enormously in any kind of debate.
   Top Ten Reasons Why the US Should Stop its War on Iraq: www.globalexchange.org/campaigns/iraq/invadeIraq082702.html
Fifteen Arguments Against the War on Iraq: [www.eclipse.co.uk/exeter/stopwar/15args.shtml](www.eclipse.co.uk/exeter/stopwar/15args.shtml)

Seven Arguments Against Bombing Iraq: [www.alternet.org/story.html?StoryID=13898](www.alternet.org/story.html?StoryID=13898)

The War on Iraq – the Debate Summarized: [www.greenhealth.org.uk/IraqDebate.htm](www.greenhealth.org.uk/IraqDebate.htm)

Scott McLarty's "64 Reasons to Oppose George W. Bush's Planned Invasion of Iraq". See [www.themoderntribune.com/60_reasons_not_to_go_to_war_with_iraq_-_iraq_war_-_war_on_iraq.htm](www.themoderntribune.com/60_reasons_not_to_go_to_war_with_iraq_-_iraq_war_-_war_on_iraq.htm)

The moving speech of Charlotte Alderbran, a 12-year old from Maine: [www.commondreams.org/views03/0218-05.htm](www.commondreams.org/views03/0218-05.htm)

43. **Learn by reading.** Here are some books you can order from your library or bookshop:


44. **Learn from the Internet.** Here are some useful reading places:

TruthOut: [www.truthout.org](www.truthout.org)

Common Dreams: [www.commondreams.org](www.commondreams.org)

ZedMagazine: [www.zmag.org](www.zmag.org)

The Nation: [www.thenation.com](www.thenation.com)

Alternet: [www.alternet.org](www.alternet.org)

Pacific News: [www.pacificnews.org](www.pacificnews.org)

End the War: [www.endthewar.org](www.endthewar.org)

War on Iraq: [www.contextbooks.com/waroniraq](www.contextbooks.com/waroniraq)

Lawyers Against the War: [www.lawyersagainstthewar.org](www.lawyersagainstthewar.org)

Forum and live chat site against this unjust war: [www.real-humanity.com](www.real-humanity.com)

45. **Learn about depleted uranium.** Look at the photos of horribly deformed babies born in southern Iraq, and ask yourself, “Is this right?” You’ll find the location for the photos in the EcoNews article: [www.earthfuture.com/econews/du](www.earthfuture.com/econews/du)

Helen Caldicott on Depleted Uranium: [http://traprockpeace.org/caldicottondu.html](http://traprockpeace.org/caldicottondu.html)

46. **Read some good speeches.** Start with “This reckless administration may reap disastrous consequences” by Senator Robert Byrd” [www.wagingpeace.org/articles/03.02/0213byrd_speech.htm](www.wagingpeace.org/articles/03.02/0213byrd_speech.htm)

47. **Call your local radio station** whenever they have a phone-in or open phone-lines, and speak your mind.

48. **Exchange your US dollars for Euros.** This fits here, because it takes some clear thinking to get your mind around it. The core of the argument is that the US has enjoyed economic primacy through the US dollar for the past 50 years. This has allowed the US to run enormous deficits and accumulate...
an enormous debt, based on the belief around the world that the US dollar is the world’s most secure currency. The current US national debt is $6,416 billion, growing by $1.29 billion a day (see http://brillig.com/debt_clock). In November 2000, Saddam started selling Iraqi oil for Euros, instead of dollars, and the rumor is that the US government is alarmed that if other countries followed, the flow of dollars needed to sustain the debt would dry up, causing a collapse in the value of the dollar. For more on this, see www.whatmatters.nu/wmeletters/wmeletters26.html.

49. **Set up a local debate**, and invite representatives from politicians who support the war to pitch their case, in dialogue with those who oppose it. Tell the media.

50. **Prepare a public talk** based on the “Ten Reasons Why We Should Stop the War in Iraq”, and offer to present it to local schools, colleges and clubs.

**Ten Ways to Stop the War with Your Spirit**

51. **Pray for Peace**. You don’t need a church, or a prayer book. You don’t even need to be religious. If you have any sense that there is a greater reality, a greater being, or a greater purpose in this world, take a moment of silence, and give words to your thoughts. If you would like to draw on the words of ages, there is a beautiful collection of prayers for peace from every religion at www.peaceprayer.org/iraq.html. If you have never prayed before, all you need do is choose the words that feel comfortable, and say “Dear (Lord, Creator, Spirit of the Universe) - I don’t know how to pray, but please hear my words.” And then speak from your heart. Don’t be shy to ask for the biggest blessing you can imagine, to help turn this world from war to peace, from dominance to cooperation. St Francis of Assisi’s Peace Prayer: www.americancatholic.org/Features/Francis/peaceprayer.asp

52. **Organize a Prayer Service for Peace**. Light candles, sing hymns, write letters, offer petitions. All religions peace prayers: www.peaceprayer.org/inclusive.html

- Anglo-Catholic Socialism prayers for peace and justice: www.anglocatholicsocialism.org/prayers.html
- Bahai peace prayers: www.peaceprayer.org/bahai.html
- Baptist peace prayers: www.peaceprayer.org/buddhist.html
- Children’s peace prayers: http://lrs.ed.uiuc.edu/students/mhudson/prayers.html
- Christian peace prayers: www.peaceprayer.org/christian.html
- Church of England peace prayers: www.invitationtoprayer.org
- Episcopal Peace Fellowship: www.episcopalpeacefellowship.org/home.htm
- Hindu peace prayers: www.peaceprayer.org/hindu.html
- In the Philippines: www.tinig.com/v26/v26stand.html
- Jewish peace prayers: www.peaceprayer.org/jewish.html
- Muslim peace prayers: www.peaceprayer.org/muslim.html
- National Council of Churches peacemaking resources: www.ncccusa.org/iraq/iraqlinks.html
- Native American peace prayers: www.peaceprayer.org/native.html
- Orthodox Peace Fellowship peace prayers: www.incommunion.org/misc/daily.asp
- Pax Christi (Catholic) actions and peace prayers: www.paxchristi.org.uk/Iraq.html
- Peace Liturgy: www.ucc.org/justice/peace.htm
- Pope declares war a defeat for humanity: www.globalexchange.org/campaigns/iraq/20030114_522.html
- Prayer for Peace: www.peaceprayer.org
- Prayer vigils for peace in the Middle East: www.pepm.org/PrayerVigil/PrayerVigilPrayers.htm
- Prayers for peace in the Middle East (Jewish, Christian, Muslim): www.ncccusa.org/iraq/peacemakers.html
- Sikh peace prayers: www.peaceprayer.org/sikh.html
53. **Meditate for Peace.** Choose a quiet place, light a candle, and find your inner peace. Visualize Iraq in your mind, and picture a hundred candles for peace being lit there, in people’s homes. Now picture a candle for peace being lit in every Iraqi home. Now visualize Washington in your mind, and repeat the process. Expand that, to the whole of America. Now visualize people all over Iraq and all over America, with their candles, turning to look towards each other. Feel their desire for peace; feel them sharing it. Visualize them opening their hearts to each other, and asking their God for help. Visualize the prophet Mohammed and the saviour Jesus reaching out their hands to each other in heaven, sharing their compassion, and their desire that the people on Earth should stop, listen, and work together for peace. (It was for his skills as a peace-maker and mediator that the prophet Mohammed first came to his people’s attention.) Visualize them reaching down to Earth together, responding to the prayers of their people. Visualize the whole Earth responding. Visualize everyone in heaven responding. Visualize everyone, in every home in every nation, saying “Teach us how to live in Peace.” When you feel complete, breathe in deeply, and stretch your fingers and toes. Hold your hands over your heart, to ground your meditation, and bring your consciousness back to the present. Give thanks to all who might have been present, in whatever dimension. Repeat daily.

54. **Hold Them in the Light.** In your prayer or meditation, or during a quiet moment in the washroom, take a moment to hold the key world leaders in the light. Visualize George Bush sitting quietly on his own, taking a moment to reflect. Invoke the deepest peace you can imagine, and invite it to descend upon him, surrounding him with love. Visualize it filling him with faith, instead of fear. Visualize it filling him with compassion, instead of hostility. Visualize him opening to the possibility that together, as a world community, we can solve this problem. Visualize him letting go of his fears, and saying no to the big financial interests who are goading him into war. Visualize him turning into a truly great leader, choosing the path of peace. Repeat the exercise for Saddam Hussein.

55. **Say Grace for Peace.** Every time you sit down for a meal, whether alone or with your family and friends, say a brief prayer for peace. Ask that the people of Iraq and the people of America may break bread peacefully, in the hope that one day, they may be able to break bread peacefully together.

56. **Dance for Peace.** If you are alone, clear away the furniture, and put on some appropriate music. Light a candle, and dedicate your dance to peace in the world, peace in Iraq, peace in the hearts of Americans. The let your body dance its wisdom, as your spirit soars free. If you have friends, do the same together. If you have confidence, take your dance into a public place. Tell the media.

57. **Share Poems for Peace.** Go to the Nth Position website, and download their book of 100 Poets Against the War. Choose one of the poems each day, and send it with a suggested email action to all your friends. See [www.nthposition.com](http://www.nthposition.com). Organize a Poets for Peace reading in your public library – see [www.unitedpoets.org](http://www.unitedpoets.org).

58. **Sing for Peace.** Get together with your friends and sing songs for peace. If you are a singer, or if you belong to a choir, folk club, rock group, or chanting circle, include peace songs in your next concert. Suggest that all the singers in town come together for one big peace concert. Mennonites singing for Peace: [http://old.mbherald.com/40-24/news-6.html](http://old.mbherald.com/40-24/news-6.html)
New Songs for Peace: [www.newsongsforpeace.org](http://www.newsongsforpeace.org)
Songs for peace in Korea: [www.korea-np.co.jp/pk/048th_issue/98062405.htm](http://www.korea-np.co.jp/pk/048th_issue/98062405.htm)
Peace songs recordings: [www.people4peace.net/songs](http://www.people4peace.net/songs)
Raffi’s songs “Turn This World Around”: [www.turnthisworldaround.org](http://www.turnthisworldaround.org)
Artists United to Win Without War: [www.artistunitedwww.org](http://www.artistunitedwww.org)
59. **Paint for Peace.** Invite your city’s artists to come together with their paints, chalks, and crayons in a big “Paint for Peace” event. If you know someone who runs a pub or restaurant where they have colours and paper napkins, suggest they hold a “Paint for Peace” evening – every night. Colfax, California, paints for peace: www.californiaartwalk.com/artwalks/colfax

60. **Make a Personal Invocation for Peace.** In the morning, when you get up - or whenever it feels right - turn to the Universe, and say HERE I AM. I'M READY TO SERVE. SING THROUGH ME. DANCE THROUGH ME. LET ME BE YOUR FLUTE. SHOW ME HOW I CAN HELP STOP THIS WAR, AND CREATE PEACE ON EARTH. Then prepare for miracles.

### Ten Ways to Stop the War with Your Friends

61. **Create a banner** together, and hold it over a bridge or overpass. Here’s how to make the banner: www.traprockpeace.org/bannerpainting.html. And tell the media!


63. **Write letters** together. Get together with your friends to write letters to world, political, media, business and artistic leaders. Sign each letter together, to give it more power.

64. **Make plans** together. Get together with your friends and neighbours and discuss what you can do. For a step-by-step guide to organizing a new group, see www.stopUSwars.org/organize.htm. Global Exchange has a superb organizing toolkit – see www.globalexchange.org/campaigns/iraq

65. **Hold a silent vigil together.** Choose a prominent place, and maybe all wear the same colour – black, white, pink, green. Be creative. Women in Black hold their silent vigils to protest war, rape as a tool of war, ethnic cleansing and human rights abuses all over the world. See www.womeninblack.net. If you don’t want to wear black, and you’re a woman, wear pink! There are Code Pink vigils happening all over the place. See www.codepink4peace.org/support.html

66. **Bare witness for peace.** Get some friends and join in - it’s happening everywhere. See Baring Witness: www.baringwitness.org and www.baringwitness.org/Australia-ByronBay.htm. Wendy Polyploidy and her friends win the medal for bravery – they’re naked in the snow together in a very public place in New York City’s Central Park at Bethesda Fountain - see www.wendypolyploidy.com/nobush/index.html for this and many other Baring Witness photos. They’re doing it in Britain - see www.barewitness.org. They’re doing it in Salt Lake City: http://pages.ivillage.com/aspenmoonda. They’re doing it everywhere.

67. **Persuade your City.** Work together to persuade your local city, town or county council to pass a motion opposing the war on Iraq. For details, and a sample motion, see www.citiesforpeace.org. Hundreds of city and towns councils are doing it, including Toronto, Vancouver, Chicago, Washington DC, Santa Fe, and Austin Texas. For the full list, see www.ips-dc.org/citiesforpeace/resolutions.htm

68. **Collect signatures.** Get together, and go door-to-door, collecting signatures to one of the various petitions. You can download a petitions and pledge-forms from www.votenowar.org and www.peacepledge.org
69. **Women** – get together with your friends and form a Code Pink group. It’s just an incredible partnership of sharing and action. See [www.codepink4peace.org](http://www.codepink4peace.org) For personal stories about what groups of women are doing, see [www.codepink4peace.org/comments.lasso](http://www.codepink4peace.org/comments.lasso)

70. **Children** – get together with your friends, and organize a protest together. Go for 24 hours without food; collect signatures to the peace pledge; write protest letters; tell the media. Ask the world “What are you doing with our world?”

### Ten Ways to Stop the War with Your Heart

71. **Visit your local mosque**, to meet Muslims in your community. Go with an open heart, and a spirit of friendship.

72. **Build friendships.** Look in the phone book to see if there is an Intercultural Association, or an Iraq Friendship Society in your community. Call them up, and ask if you can come and visit. Seek to build friendships.

73. **Organize a Stop the War Peace Meal** in your home, and invite a local Iraqi family to attend.

74. **Assemble a Relief Kit** to give to the Iraq Families at Risk Fund, organized by the Mennonite Central Committee. See [www.mcc.org/respond/rapid_respond/iraq](http://www.mcc.org/respond/rapid_respond/iraq) The MCC is working directly in Iraq.

75. **Contact the Peace Action delegates in Iraq.** There are 40 Voices in the Wilderness Peace Action delegates who have gone to Iraq to be peace witnesses. They can be contacted at the hotel where they are staying – see [www.iraqpeaceteam.org/pages/current_delegates_in_iraq.html](http://www.iraqpeaceteam.org/pages/current_delegates_in_iraq.html). Call them up, and talk to them. Share their words through your local paper or radio station. Arrange for your local radio station to interview them. Members of the Iraq Peace Team are available for interviews at 773-784-8065 info@vitw.org.

76. **Ask Voices in the Wilderness** or Human Shield ([www.humanshields.org](http://www.humanshields.org)) for the mailing address of a family in Iraq that you can write to, and establish a friendship with. Build love; build hope.

77. **Organize a Friendship with Iraq** evening with your friends, and invite one or more local Iraqi families to attend, to tell you about life in Iraq, and build understanding.

78. **Approach any person** whom you see wearing middle eastern clothing, and ask if you can speak with them. Share your concern, and listen to their views. If you are carrying the Peace Pledge form to sign, this may make you feel more comfortable.

79. **Ask your friends** if they have any contacts from the Muslim world in the Middle East, and if they would mind putting you in touch. Reach out to them, to listen, learn and build friendships.

80. **Work together.** When you have built a friendship, ask yourselves what you can do together to help stop the war. Joint letters to the editor; joint articles; joint public appearances; widening the circles of Peace Meals – there are so many possibilities.

### Ten Ways to Stop the War with Your Organization

81. **Start a local Not In Our Name Network.** See [www.notinourname.net](http://www.notinourname.net). Talk to your family and friends who share your concerns. Organize a discussion of the issues raised by the Pledge of Resistance. Set up a forum or meeting, and invite other organizations to participate. Or set up a new
Peace Action chapter – it’s one of the largest US peace groups, with 100 chapters and student groups. See www.peace-action.org/gen/natlnet.html.

82. **Work for peace at your church or place of worship.**
    Pax Christi: www.paxchristiusa.org
    Every Church a Peace Church: www.ecapc.org/mainframe.asp
    Friends Service Committee (Quakers): www.afsc.org

83. **Work for peace with your friends at school.** Put up posters, and organize a meeting. Create a caring environment where you can give people a space to share what they are feeling, without interruption. Then decide if you want to do a vigil, or a fast, or something else that is meaningful, and start making plans. By doing something, you will feel less powerless in the face of this horror.

84. **Work for peace with your fellow students at college,** to protest the war on Iraq and develop a peace initiative. See Campus Anti-War Movement: www.antiwarnetwork.org

85. **Work for peace with your colleagues at work.** Take copies of the downloadable petitions (see Solution #10) with you to work, and ask your colleagues if they would help you collect signatures. Organize a sandwich lunch meeting, and discuss what more you can do.

86. **Call a press conference** where local community leaders, religious leaders, veterans, politicians, and others can speak out against the war. Once you have people willing to speak out against the war, choose a place and time for the press conference, send out a press release, and follow up with a phone call to tell editors and reporters what you're doing. See Global Exchange:
    www.globalexchange.org/campaigns/iraq/tenthings.html

87. **Use the Peace Pledge** as an organizing tool. See www.peacepledge.org

88. **Develop ties with other organizations** in your community, and plan joint protest activities. Reach out to peace and justice groups; civil liberties and immigrants' rights organizations; high schools, colleges and universities; women's organizations; civic and community groups; religious congregations; professional organizations and unions; local ethnic and national community organizations.

89. **Sign the Iraq Pledge of Resistance,** and prepare to practice civil disobedience. Choose a facility that is associated with the government or the military, and plan a sit-in, lock-in or a non-violent occupation. Because this involves the likelihood of arrest, it is critical to prepare carefully, and to understand the importance of non-violence as a method. 12,000 people have signed the pledge so far - see www.peacepledge.org
    Philadelphia activists prepare to oppose the war: www.geocities.com/brandywinepeace
    Pax Christi urges civil disobedience: www.natcath.com/NCR_Online/archives/081602/081602k.htm
    Thousands prepare for non-violent action: www.peacepledge.org/resist/actiondays.htm
    Brandywine (New Jersey) calls for civil disobedience:
    www.nowarnj.org/brandywine_community_pledgeofresistance.htm

90. **Create a database** of as many other organizations that you can think of in your community, and reach out to them in a systematic way, asking if they would share the Peace Pledge with their members, and work with you to work for peace.

**Ten Ways for the Whole World to Stop the War**

91. **Join the next big protest.** Check these organizations for details:
Britain’s Stop the War Coalition: [www.stopwar.org.uk](http://www.stopwar.org.uk)
Canadian Peace Alliance: [www.acp-cpa.ca/CPAmainEnglish.htm](http://www.acp-cpa.ca/CPAmainEnglish.htm)
End the War: [www.endthewar.org](http://www.endthewar.org)
MoveOn.org: [www.moveon.org](http://www.moveon.org)
Not in Our Name: [www.notinourname.net](http://www.notinourname.net)
Traprock Peace Center: [www.traprockpeace.org](http://www.traprockpeace.org)
United for Peace: [www.unitedforpeace.org](http://www.unitedforpeace.org)

92. **Pull back the troops, and sign on to the joint French/German plan**, involving three times as many inspectors, putting UN forces in Iraq to back the inspectors, and numerous other initiatives.

93. **Adopt the Sojourners Six-Part Plan for Peace**: [www.sojo.net/action](http://www.sojo.net/action)
   A. Remove Saddam Hussein and the Baath Party from power. The UN Security Council should establish an international tribunal to indict Saddam and his top officials for war crimes and crimes against humanity. Indicting Saddam would send a clear signal to the world that he has no future.
   B. Enforce coercive disarmament - greatly intensified inspections to fully enforce all UN Security Council resolutions. The existing US military deployment should be restructured as a multinational force with a UN mandate to support and enforce inspections.
   C. Strengthen the arms embargo. The current system for preventing Iraq from acquiring prohibited weapons must be strengthened by a more effective monitoring system and the installation of advanced detection technology on Iraq’s borders.
   D. Foster a democratic Iraq. The United Nations should begin immediately to plan for a post-Saddam Iraq, administered temporarily by the UN and backed by an international armed force, rather than a US military occupation.
   E. Organize a massive humanitarian effort now for the people of Iraq. Humanitarian aid deliveries must be protected, if necessary, by a UN force under Security Council mandate.
   F. Recommit to a “Roadmap to Peace” in the Middle East. Reinvigorate and sustain the "war against terrorism." A war against Iraq will fuel anti-American animosity in the Arab world, where cooperation in the war on terror is most needed.

94. **Pull back the troops, and set up a full Middle-East Iraqi Summit**, including the Kurdish people and Turkey, and start talking.

95. **Pull back the troops, and make a numbered list of the weapons of mass destruction that are still wanted, and propose a staged lifting of the sanctions as each item on the list is checked off, giving Iraq the incentive it wants.**

96. **Pull back the troops, and launch a wave of citizen diplomacy initiatives** to Iran and Iraq – soccer teams, hockey teams, volleyball, table-tennis, weightlifting and wrestling teams, artistic meetings, women’s health teams, renewable energy teams, musicians, film-makers, etc. Invite teams from Iraq and Iran to tour the USA. The organization Search for Common Ground has been doing this in Iran. See [www.sfcg.org/locations.cfm?locus=Iran](http://www.sfcg.org/locations.cfm?locus=Iran). Match the diplomacy with a wave of publicity about the allegations that Uday Saddam, Saddam’s eldest son, head of Iraq’s Olympic Committee, has been using torture against Iraqi athletes who lose matches or fail to win medals. Shame him into resignation, and exile. See [www.jsonline.com/sports/oly02/dec02/ap-oly-saddam's-so120602.asp](http://www.jsonline.com/sports/oly02/dec02/ap-oly-saddam's-so120602.asp)
   **Organize a massive youth educational twinning initiative**, with intensive Arabic language immersion schooling, building home-stay relationships between tens of thousands of Middle Eastern and European/North American families, to win the hearts of young people, and open a culture-sharing dialogue.

97. **Organize an Iran/Iraq Truth and Reconciliation Commission**, based on the South African model, to address the pain and anger that underlies the fear and hostility that exists between the two
countries. See www.doj.gov.za/trc. Organize another Truth and Reconciliation Commission to share the truth about the history of American, British, Irani and Iraqi relationships in the Middle East. OK, now we’re really dreaming - but one day, the truth has to come out. What our Students are NOT Learning about Iraq: See www.tikkun.org/index.cfm/action/current/article/154.html

98. **Set up and fund a high-powered UN-supported Middle-East Peace and Sustainable Development Initiative**, involving people with the stature of Desmond Tutu, Bill Clinton, and Mary Robinson, designed to get the people and the nations of the Middle East region (including Palestine) thinking about their future, and creating joint sustainable development initiatives. The one thing that stands as the greatest barrier to a lasting peace in the region is the absence of any hope among young people that they can achieve ecologically sustainable economic prosperity.

99. **Focus the world’s efforts to work for Pre-Emptive Democracy in Iraq**, for truly independent and free democratic government in Iraq, chosen by the Iraqi people themselves, that will hold free and fair elections, and be committed to civic and human rights. See www.tikkun.org/index.cfm/action/current/article/148.html

100. **Form a coalition of nations** whose leaders and people agree to change the way in which they operate their foreign and overseas trade policies, to make mutually agreed sustainable development the binding purpose of these policies. As a planet, we simply must move from domination to cooperation. The first will lead us to mutually assured destruction; the second will lead to lasting peace and ecologically-based prosperity.

**One Way to Stop the War for All of Us**

101. **Give up the belief that the world is going to hell in a handbasket.** Put fear to one side, and replace it with the confidence that we can solve our many problems, if we work together. We are incredibly creative, inventive people. We have to do this. What other option do we have?

   There is a Native American story about a grandfather, talking to his young grandson. He tells the boy that he has two wolves inside him that are struggling with each other. The one is the wolf of peace, love and kindness. The other is the wolf of fear, greed and hatred.

   "Which wolf will win, grandfather?" asks the young boy.

   "Whichever one I feed," is the reply.

   THE END

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