



## ***Spread the Word - Memphis Peace and Harmony Days***

### **For Immediate Release**

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### **Memphis Peace and Harmony Days is Tuesday - Thursday, September 21-23, 2010**

Peace-cultivating citizens of Memphis, Shelby County, the United States, and around the world will come together in observing the First Annual Memphis Peace and Harmony Days on Tuesday through Thursday, September 21-23, 2010. Performers, individuals, families, communities, businesses, organizations, politicians, students, and professionals will participate in this event to celebrate both local and global peace and harmony. Memphis Peace and Harmony Days will honor the United Nations' International Peace Day, September 21<sup>st</sup>. Also, the event will celebrate the anniversary of Memphis' Dalai Lama's Days of Peace and Harmony which was proclaimed to be September 22 -23, 2009. Participants of the event will demonstrate that peace dwells within individuals, within our communities, and within our world. The contributions of all of those who support the cultivation of peace and harmony will be recognized.

Memphis Peace and Harmony Days will commence with an all day event on September 21, 2010, 11am at the Levitt Shell. On that day, there will be expected greetings from and speeches by Khenpo Gawang Rinpoche of Pema Karpo Meditation Center, Steve Montgomery of Idlewild Presbyterian Church, Rabbi Micah Greenstein of Temple Israel, Jacob Flowers of the Mid-South Peace and Justice Center, and Dr. Nabil Bayakly of AnNoor Muslim Community Center. The activities will be as diversified as the citizens who will participate in the event. The events will include, an open microphone impromptu; entertainment comprised of dancers, singers, and bands from various cultures; meditation; prayer; movies; a peace walk; a raffle; auctions; inspirational speakers; and more.

On September 22, 2010, organizations and communities throughout Memphis and the world will recognize peace in their own way through activities such as drawing for peace within school systems, the ringing of church bells at noon, a pause for peace on radio stations and television stations, a moment of silence for peace, a lunch gathering or meeting for peace, hanging up posters for peace, and exercising for peace. All participating organizations are then encouraged to upload videos or ways in which they have expressed peace onto the Memphis Peace and Harmony Days' website at [www.memphispeaceandharmony.org](http://www.memphispeaceandharmony.org).

On September 23, 2010, 5:30pm at Veteran's Plaza at the Levitt Shell, the final events will include Native American drummers and will culminate in a Walk for Peace. The Peace Walk will be introduced and led by

Khenpo Gawang Rinpoche of Pema Karpo Meditation Center. Afterwards, all are invited to the Levitt Shell for an after party with a live band.

Pema Karpo Meditation Center and Levitt Shell, sponsors for the event, are encouraging everyone to participate either at the events at the Levitt Shell and/or within their own organizations. To find out how you and your organization can participate in this event, visit our website at [www.memphispeaceandharmony.org](http://www.memphispeaceandharmony.org), contact Mikii Williams at [mikii@memphispeaceandharmony.org](mailto:mikii@memphispeaceandharmony.org), or contact Debbie Burch at [debbie@memphispeaceandharmony.org](mailto:debbie@memphispeaceandharmony.org).

“Come join in the fun and see for yourself that peace and harmony dwells within you, within our community, and within our world!” says Event Organizer, Mikii Williams.

Khenpo Gawang Rinpoche, Buddhist monk and scholar says, “Peace starts in an individual's heart. First we need a peaceful mind; then a peaceful family, city, country, and world. Peace removes suffering and brings happiness. This we all need. I recommend you don't wait but BE HAPPY NOW. ”

Memphis Peace and Harmony Days will capture and cultivate the compassionate spirit of the Dalai Lama, when he said, “A good motivation is what is needed: compassion without dogmatism, without complicated philosophy; just understanding that others are human brothers and sisters and respecting their human rights and dignities. That we humans can help each other is one of our unique human capacities.”

The event will emphasize the significance of acceptance – a cornerstone for peace and harmony. Memphis Peace and Harmony Days will exude the type of acceptance expressed by Ani Pema Chodron who said, "... [R]ealize that we are always standing in the middle of a sacred circle. Whatever comes into the circle of our life, we train in welcoming it."

April Pilkington, a native Memphian and a performer of the event, is really looking forward to Memphis Peace and Harmony Days. “Peace is possible. This event is the way to help everyone know they can develop peace in themselves, and it will spread out into the world.”

To find out more about Memphis Peace and Harmony Days, visit [www.memphispeaceandharmony.org](http://www.memphispeaceandharmony.org).

### **About the Sponsors:**

**Pema Karpo Meditation Center** is a retreat center inspired and guided by the teachings of Khenpo Gawang Rinpoche who is a Tibetan Buddhist scholar, monastic, and meditation teacher. The center’s primary purpose is to host and to educate local and regional practitioners who come for meditation, teachings, various cultural classes, feasts, retreats, community service projects, and celebrations.

**Levitt Shell** is home of the performing arts in the heart of historic Overton Park, and the Mid-South's most enchanting venue for free, outdoor, professional performances. Since its dedication in 1936, the Shell has delighted Memphians with a variety of exceptional entertainers, including Elvis Presley, Johnny Cash, the Grateful Dead, and many more.

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### **Note to Press:**

For supporting materials to use with this news release, contact Mikii Williams at [mikii@memphispeaceandharmony.org](mailto:mikii@memphispeaceandharmony.org) or Debbie Burch at [debbie@memphispeaceandharmony.org](mailto:debbie@memphispeaceandharmony.org).