

# Doing Justice Being Peace

- 15 March 2024 -

Biweekly Newsletter



March 20, **International Day of Happiness** identifies happiness as a fundamental human goal. It began in 2013 at Bhutan's request, a country that annually publishes its own happiness index. Discovering joy in simplicity, practicing gratitude, and extending compassion to others leads to long lasting well-being and contentment.

**International Day for the Elimination of Racial Discrimination** on March 21 recognizes that while much progress has been made, Indigenous peoples, racialized and religious minority communities in Canada continue to face discrimination. Everyone deserves unhindered safety, success and equality.



60  
EARTH  
HOUR

On Saturday, **March 23 at 8:30 pm**, switch off lights in solidarity with millions of people worldwide for **Earth Hour**. Spend the hour contemplating the precious beauty of our common home and simple actions to reduce energy use, like opting for natural light when possible and setting devices to "eco" or "energy saving" mode.



March 21, the **International Day of Forests** celebrates the vital role forests play in balancing the lifecycles of our planet. Canada's boreal forest is one of the largest intact forest and wetland ecosystems remaining on Earth. Named after Boreas, the Greek god of the North wind, it stretches across 1.2 billion acres of northern Canada, from Newfoundland and Labrador to the Yukon and represents 77% of Canada's forested areas.



Water can foster peace or ignite conflict. Water scarcity, pollution and unequal access can escalate tensions between communities and countries. Over 3 billion people rely on water that crosses national borders. However, only 24 out of 153 countries sharing rivers, lakes and aquifers have cooperation agreements. **World Water Day** on March 22 advocates for the safeguarding and peaceful stewardship of all waterways and for equitable access to water around the globe.



*Rivers and streams are like veins of life coursing through the body of the earth, connecting us to the source of all life.*

*– Mechthild of Hackeborn*

Just as water creates pathways through landscapes, how does peace flow through our actions in protecting water as sacred to all life?

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