

# Papua New Guinea Service News – Pause for Peace – May 7-13, 2019

Sister Vedanti and Priya from Nairobi, Kenya visited Port Moresby, Papua New Guinea (PNG), in May. There were many avenues available for service. However, the Pause for Peace project from Africa became the launching pad for service in PNG. The project was a real gift, which opened many doors to connect with a wide spectrum of people. Whoever was approached with this theme of Pause for Peace was very receptive.

A variety of programs were held in various places. The programs took place at banks, the United Nations, various education organizations, Women's leadership groups and with a Yoga for Health association supporting youth communities. A courtesy visit was made to the High Commissioner of India to PNG. A big public event was held in association with the High Commission of India to PNG on "Take a Moment to Pause for Peace" together with celebrating 150 years of Mahatma Gandhi's birth.



**'Take A Moment to Pause for Peace'** held at Airways Hotel, Port Moresby with Honorable Governor Mr Powes Parkop and High Commissioner Vijai Kumar as Keynote Speakers, Chief Guest Sister Vedanti, and live meditation commentary by Priya.

Personal visits took place at the homes of families and their friends to give an experience of Pause for Peace. Many had wonderful and different experiences through these programs. They shared:

- Realization that in their daily lives, they pause for many things but they hardly pause for themselves.
- Recognition that they spend their time living in the past or the future, and miss their experience of being present in the now.
- Reflection that there was power in meditation after experiencing live guided meditation commentaries.

Pause for Peace programs held with United Nations Resident Coordinator Mr. Gianluca Rampolli and UN Program Directors and office staff



In total, twenty five programs were held throughout Port Moresby with over 300 attendees.





Yoga For Health initiative invited Sister Vedanti and Priya to present Pause for Peace during their weekly Yoga sessions for youth from Port Moresby and the surrounding areas.



Sister Vedanti met with the Advancing PNG Womens' Leadership Network about her role as a leader of the Brahma Kumaris.



Pause for Peace was shared with the Native Arts & Fashion Academy (NAFA) and the Flexible Open and Distance Education (FODE) organizations.



A session of Pause for Peace was shared with staff of the Westpac Bank PNG.

Sessions were held with Indian community members in Port Moresby, and with the High Commissioner of India to PNG.

