

WFWP Ohio, USA Peace Starts With Me: Reflection, Sharing, and Commitment

Katarina Connery
December 27, 2025



On December 27, 2025, the second session of Peace Starts With Me was held from 2:00 p.m. to 4:00 p.m., bringing together 14 participants, including two men and two guests, for an afternoon of reflection, dialogue, and spiritual growth.

The session opened with an invocation, followed by introductions that helped create a warm and welcoming atmosphere. From the outset, participants felt encouraged to engage openly, setting the tone for meaningful discussion throughout the program.



Led by Mrs. Susan Nishio, the session focused on personal responsibility in cultivating peace - within ourselves, our homes, and our communities. While some of the language and concepts were challenging for non-native English speakers, the spirit of openness and mutual support allowed everyone to participate at their own level. Once the program flow was fully aligned, the session progressed smoothly and with increasing depth.

One of the highlights of the gathering was the time dedicated to sharing. Participants repeatedly described this as the most enjoyable and valuable part of the experience. The discussions allowed individuals to

hear diverse perspectives, reflect on their own lives, and connect more deeply with one another.



Feedback from participants underscored the impact of the session:

- Several attendees appreciated the format, noting that it created genuine opportunities for discussion and ensured everyone was involved.
- Guests shared that the program was both educative and spiritually enriching, helping them deepen their understanding of God.
- Others expressed appreciation for practical applications, emphasizing the importance of connecting spiritual principles to everyday life.
- Despite the session running slightly over two hours, participants felt that the depth of discussion made the time worthwhile.

A particularly meaningful reflection centered on the final topic, "How can we give back to the community?" Participants shared that peace begins with simple, intentional acts of love - checking in on one another, expressing care through kind words, and being sensitive to others' circumstances.

These small actions, practiced consistently, were seen as concrete ways to live out love in daily life.

For many, the session served as a moment of renewal. One participant described it as a meaningful way to close the year, returning to a personal relationship with God and recommitting to perseverance, prayer, and hope. Others spoke of feeling inspired to seek peace not only within themselves, but also within their families and communities.



Mrs. Nishio later shared that she initially felt nervous, desiring to move beyond theory into real-life experiences. Through prayer, support, and openness to guidance, she was able to relax into the flow of the session.

Overall, the second session of Peace Starts With Me was well-organized, heartfelt, and impactful. It offered participants a safe space to reflect, share, and recommit to living peace through love, faith, and mindful action. As the community looks ahead to future sessions, there is a shared sense of anticipation and commitment to continuing this journey - together.