

“We Need to Be Silent.” For Our World

From the April 2025 e-Peace Update
www.MattiesPeaceFoundation.org



*Mattie Stepanek, appreciating a moment of silence -
Summer 1999.*

***We need to be silent.
Just silent.
Silent for a moment...
Before we forever lose
The blessing of songs
That grow in our hearts.***

Excerpt 2 of 6 from *For Our World*
by Mattie J. T. Stepanek (9/11/2001)

As we continue exploring Mattie’s “For Our World” poem – penned on September 11, 2001 – this month our theme is on the important matter of “silence.”

Mattie begins the timeless and universal message of hope and peace in this poem with a call for us to “stop” – not cease seeking peace, but to pause *“before anybody says or does anything that may hurt anyone else.”*

His next call to action is for us to “be silent” – not to cease advocating for the needs and rights of all people, but to give space for reflection *“before we forever lose the blessing of songs that grow in our hearts.”*

Silence matters.

Silence can calm us, reduce stress, help us focus, and enhance creativity.

In moments of silence, we have opportunities for meaningful processing of information and emotions, which can help us with making peaceful and purposeful choices about important matters.

In describing peace – within and with others – Mattie once wrote, *“There is a gentle quietness to peace. Relinquishing anger and tightfistedness brings a calming acceptance and resilience.”*

This month, let us pause, and allow moments of silence that support meditation, consideration, and clarification on challenging realities that we face as individuals and communities and local and global neighbors.

And, let us pause and appreciate moments of silence that bring rejuvenation, and realization and amplification of those unique and beautiful *Heartsongs* that give purpose to each and every person – individually, and collectively.

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It is not always easy to be silent in our busy world, or to focus on challenges with a perspective that seeks positivity – but it is always worthy.

Let us pause, with moments of silence - and reflect on, respond to, and reach out with this message of hope.

- Below is Mattie's **"For Our World" peace passage** in entirety, and links to his voice sharing the message.
- **Please read or listen to the poem -** on your own, or in community with your family, friends, and colleagues.
- Then please consider this month's **"Reflect-Respond-ReachOut"** suggestions (also below).

We welcome your shared thoughts - about the poem, about this month's RRR suggestions, about compassion and peace for our world.

Please e-mail us:

INFO@MattiesPeaceFoundation.org

[Click here for an audio/visual version of Mattie reading For Our World](#)

Peace matters, and so do you.
Jeni Stepanek, PhD ("Mama Peace")
April 2025



For Our World
by Mattie J.T. Stepanek
September 11, 2001

We need to stop.
Just stop.
Stop for a moment...
Before anybody
Says or does anything
That may hurt anyone else.

We need to be silent.
Just silent.
Silent for a moment...
Before we forever lose
The blessing of songs
That grow in our hearts.

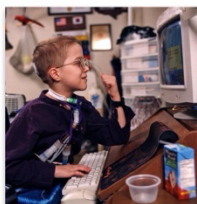
We need to notice.
Just notice.
Notice for a moment...
Before the future slips away
Into ashes and dust of humility.

Stop, be silent, and notice...
In so many ways, we are the same.
Our differences are unique treasures.
We have, we are, a mosaic of gifts
To nurture, to offer, to accept.

We need to be.
Just be.
Be for a moment...
Kind and gentle,
Innocent and trusting,
Like children and lambs,
Never judging or vengeful
Like the judging and vengeful.

And now, let us pray,
Differently, yet together,
Before there is no earth, no life,
No chance for peace.

In Just Peace: A Message of Hope (AMP 2006)



Reflect

Mattie reminds us that there is
a "gentle quietness to peace...
Relinquishing anger
and tightfistedness brings a
calming acceptance and resilience."

What are some of the strengths
silence can offer you?
reduced stress & more calmness?
improved focus & creativity?
space for thoughtful decision-making?

*"We need to be silent. Just silent.
Silent for a moment...
Before we forever lose the blessing
of songs that grow in our hearts."*

Excerpt 2 of 6 from *For Our World*
by Mattie J.T. Stepanek (9/11/2001)
in *Just Peace: A Message of Hope* (AMP 2006)



Respond

Silence is not about ceasing to advocate
for the needs and rights of all people.
it is about giving space for reflection, connection,
processing, understanding, & healing.

How can I purposefully create time and space
for moments of silence - even in (especially in)
a busy & challenging world?



Reach Out

We can't always silence
the noisy challenges that
happen in our world.

But, we can choose
to embrace or create
moments of silence -
for ourselves,
and/or as gifts
to family, for friends,
and for all of our
local & global neighbors.