Mama Peace Posts – Grit, Grace, Gratitude
...choosing to celebrate the wonderful'ness of life at "6-7"
and focus on worthy'ness over weary'ness...
#PeaceMatters #MamaPeacePost
#BlessingsAbundant #Huzzah! #Yes!

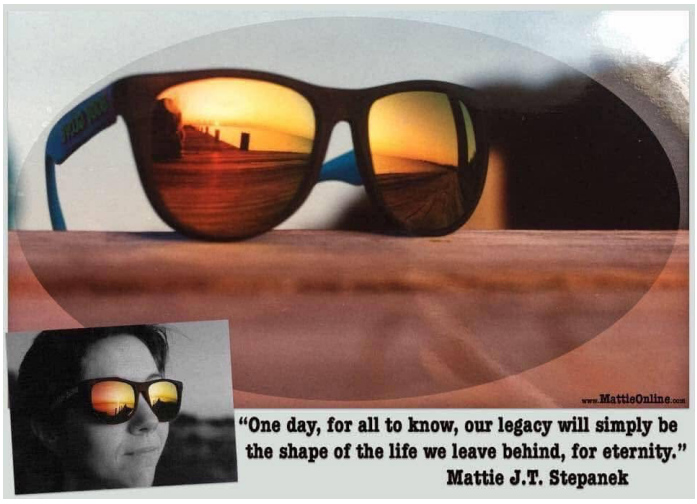
July 25-31, 2026



It's official - I am celebrating "6-7"
(yep! moving it from "so-so" to "huzzah!" level)...
one final ask for folks to celebrate with me
by donating to the annual
Mattie & Mama Peace Birthday Campaign
that supports Mattie's Peace Foundation...

Donate on our website:
https://mattiespeacefoundation.org/donate/

View "Our Supporters" birthday messages on our website:
https://mattiespeacefoundation.org/supporters/





And yep… it's Shark Week!!!



Day 1 of this 365-cycle (7/25/2026)



Wow! And thank you! I enjoyed a beautiful day welcoming and celebrating the start of year "6-7"...

so many greetings on my social media page that Facebook wouldn't let me keep responding to them (a person gets capped at a certain number of emojis and comments in a day evidently! but I loved reading so many lovely messages!)...

then community connections and love at the annual **BLVD Ansel** pool party...

and an evening with friends at **WOB Rockville**...

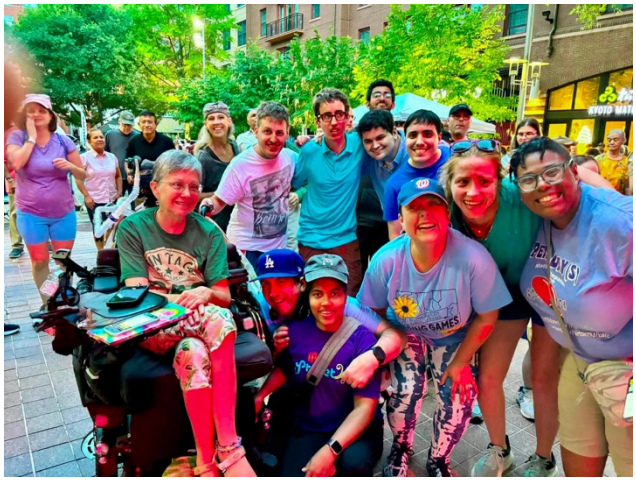


all following a Friday night concert on **The Square Rockville** (during which Holly and I both won the weekly swag bag give away!)... and all before reflective rooftop sunset with a moment of prayerful gratitude...

yes! wow, and thank You!















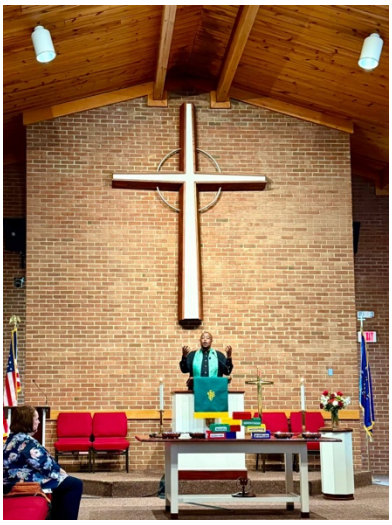








Day 2 of this 365-cycle (7/26/2026)





Lovely weather for a morning bus ride to church, a powerful sermon about cultivating belonging and a "beloved community," an afternoon of Intergenerational Vacation Bible School and the chance to create paper "Kintsugi Heart Art" (**Mattie** would have loved this - transforming brokenness and flaws into resilience and beauty!), a few hours working on getting our Foundation storage space organized with the help of nifty friends (shout out to **Faith** "Peace" McLuckie and **Holly Ange**), and now - a bit of time to simply relax... and reflect on and pray for our world...

















Day 3 of this 365-cycle (7/27/2026)



My Monday morning work tasks came early, but so did a gratis cup of hot coffee from the 2nd floor station... a few mental cobweb clearing puzzles, haikus, and Spanish studies before a prayerful sunrise pause, then on to productive in-person and virtual meetings and a nice visit with Mema (who easily out-exercised me during **Sterling Care**'s activity circle!)... wrapped up the evening being appointed to serve on the **City of Rockville**'s Human Rights Commission and enjoying some tasty salmon salad (thank you **Jenn Lynn** for the delicious meat and thank you **Holly Ange** for the fresh produce!)... busy day, good day, and (yay!) a day that also included a chance to chill with a bit of Shark Week viewing!



MAYOR AND COUNCIL Meeting Date: July 27, 2026
Agenda Item Type: APPOINTMENTS & REAPPOINTMENTS
Department: CITY CLERK/DIRECTOR OF COUNCIL OPERATIONS OFFICE
Responsible Staff: SARA TAYLOR-FERRELL



Human Rights Commission
Jeni Stepanek- new appointment to serve an expiring three-year term until July 1, 2029.



Day 4 of this 365-cycle (7/28/2026)



I have quite a few medical necessities to tend to each month, but am blessed to have a respiratory therapist who comes to me each month for ventilator checks (one less "office visit" to fit into a busy calendar!)...

...also, we will miss Tristan who has worked over at **The Bean Bag Deli** (formerly **Soulfull Cafe**) since spring 2022, but what a blessing to have known this gentle and wise young man (safe travels and best of luck on his next venture in South Carolina!)...

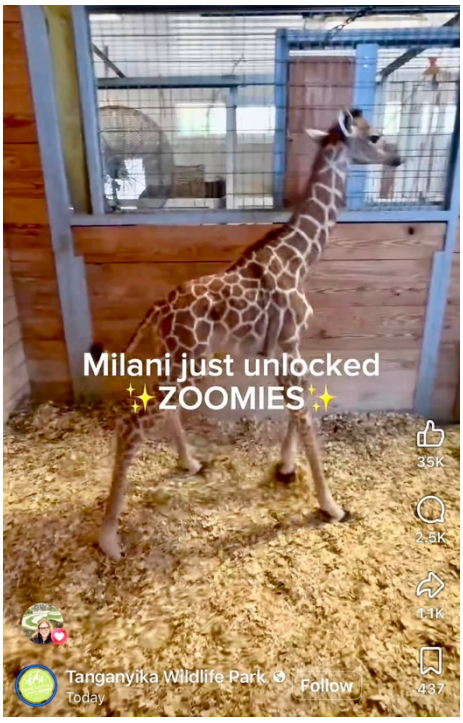
...and some wicked afternoon storms meant I couldn't catch the bus and visit Mema, but I used the extra time at the Mama Peace Pad to catch up on a few at-home-tasks, and even to enjoy watching the latest blessings of "Milani" (the baby giraffe whose journey in life began rough but is looking more and more optimistic!)...

...tasks, changes, and storms sometimes shift my course, but not my perspective...

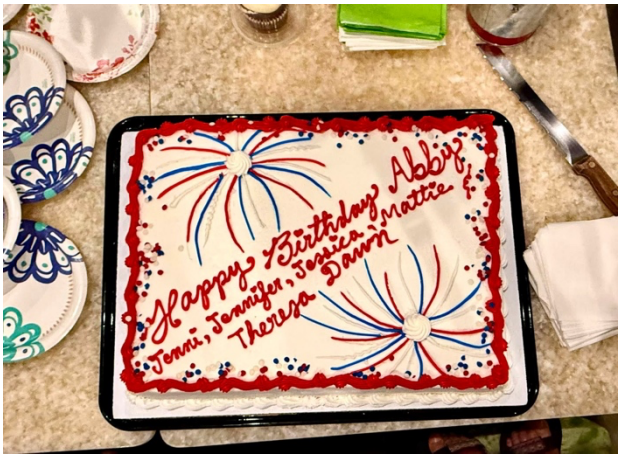








Day 5 of this 365-cycle (7/29/2026) ”



How can I not pause for moments of both gratitude and wow'ness in this day...

...went to the "last Wednesday of the month" **UCR** birthday gathering and saw that the cake included **Mattie**'s name along with mine (and other nifty July folks as well!)...

...a "Facebook memory" reminded me that "a year ago today" I went through a cardiac procedure with no anesthesia (due to adverse reactions) but ended up with a nifty keepsake (my old worn out pacemaker! a fascinating conversation piece!)...

...and an e-mail report from the folks monitoring my heart 24/7 reassured me that this little device is indeed working hard, but it's doing its job...



...so many facts in my life that could weigh down a day, but so many "human" and "science" truths on my journey that are amazing...

#LifeIsWorthy









Day 6 of this 365-cycle (7/30/2026)



2002
Friendships & Collaborations Begin
Mattie & Jeni Stepanek
Nile Rodgers & Nancy Hunt
Mark & Rose Barondess





Twenty-five years ago, **Mattie** penned "For Our World" as the midnight of 9/11 (2001) edged closer. He wanted the poem - which was his personal response to unnecessary violence and trauma - to serve as an international passage for peace, with a call to action to "stop, be silent, and notice" and to tend to the "mosaic of gifts" that is humanity.

He then began transforming that poem into what would become his final book, "Just Peace: A Message of Hope" - which he wrote in collaboration with former President Jimmy Carter.

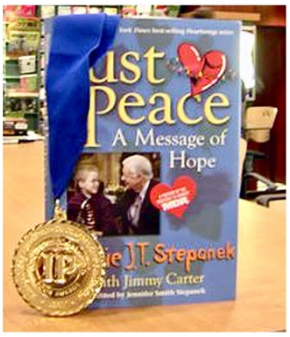
When the book was published posthumously in 2006, it became an immediate bestseller and was awarded the IPPY Gold Medal in the peacemaker division.

2006
Planning for the very first
We Are Family Foundation
"Just Peace Summit"
based on Mattie's final book begins
(at the same table where he
worked on the manuscript!).









It also became the template for a global youth initiative (hosted and sponsored by **Nile Rodgers** and the **We Are Family Foundation**) that is now called "Three Dot Dash" - with the annual "Just Peace Summit" for "Global Teen Leaders," youth - who like Mattie - live with purpose and serve with passion and tend to basic human needs.

Across the years, I've had the privilege of working with more than 400 amazing young people who live in 50+ countries on all six inhabited continents. I've also had the honor of working with other global mentors, and with many global leaders, and other who support this program and who celebrate Mattie's messages of hope and peace for our world.

And today - I was excited to meet the 2026 GTLs - 28 incredible young people who live in 21 countries on six continents - who joined us for virtual orientation sessions. In September, they will travel to London for a life-changing week of peace and purpose and play, and networking and knowledge gathering and so much more - as they experience this year's Just Peace Summit.



2026
More than 20 years and
400+ Global Teen Leaders later
we are still cultivating peace and
tending to the mosaic of humanity
year by year, cohort by cohort.

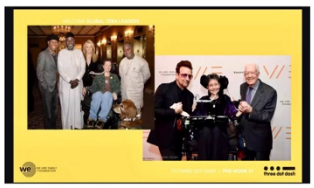


For a variety of reasons, I will not be traveling to the summit in London this year, but I will be facilitating monthly small group Mama Peace Chat sessions and one-on-one office hours across the coming year. These young folks already matter to me, and I can't wait to get to know them better, and to support them in helping us tend to and rebuild the mosaic of humanity.



A beautiful (and surprise)
"photos across the years intro"
for my Mama Peace Chat
welcoming our new
2026 Global Teen Leaders
July 30, 2026
WAFF Orientation Session

This is
"The Imam & The Pastor"
of Nigeria
who gifted me with the name
"Mama Peace"
back in 2010.





I have had the privilege
of interacting with some
ever-so-nifty folks
across the years!

Day 7 of this 365-cycle (7/31/2026)

It was a nifty "trifecta" day –

National Avocado Day (made some guac to enjoy between work sessions - thank you **Holly Ange**!)...

Friday Night Vibes (cookout and concert night with Mama Peace - thank you **Main Street Connect**)...

Shark Week (poured some cab in my shark glass to close the evening - thank you **Jeffrey S Cupps**)...

- and now, I offer a hearty **#Huzzah**!











A few of the July "UCR birthday babies"