

When the power of love overcomes the love of power
the world will know peace.

Jimi Hendrix

SATYA - TRUTHFUL IN THOUGHT, SPEECH & ACTION



Los Osos Cares in California is for More than Los Osos By: Ruth Ann Angus

“Joining together with others for a common purpose, creating a culture of care by identifying needs, finding resources, and through direct involvement in the community.” This is motto and mission of Los Osos Cares on the Central Coast of California, a dedicated group of individuals who are making a difference in the lives of those in need.

This group started in June of 2016, a challenging time in our country and in our towns and cities. Homelessness was on the rise and no concrete services were in place to give aid. Linda Quesenberry, the force behind almost all of this organization’s success, brought together people from other service organizations, community groups, faith-based organizations, law enforcement, local government, the SLO Coastal Unified District, and the Chamber of Commerce to meet under one

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roof together in a room to discuss how to tackle the enormous problem of economic injustice that prevailed. To this day these groups meet bi-monthly on the third Thursday of the month at 9 A.M. at the South Bay Community Center in Los Osos, California. Topics at the meeting reflect the needs of the community, such as poverty, health, homelessness, resources, affordable activities for youth and seniors and transportation.

Before long, a resource center was established that serves families and adults. Bilingual staff members were brought in, and a Resource Guide was developed. The guide gives contact information for local services available to help such as the locations of food distribution sites, family and child advocacy and prenatal health, domestic violence resources. Employment and workforce development. Legal assistance, immigration services, housing and shelter services, medical services, senior services, transportation, utility assistance and Veterans' aid.

Every Thursday night a free community dinner is served at the South Bay Community Center in Los Osos, California from 5 P.M. to 6 P.M. During inclement weather, a warming center is available for individuals who need a place to sleep. Laundry Love is a free laundry service in Morro Bay, California on the third Wednesday of the month, and Los Osos Cares collaborates with Estero Bay Womenade that helps community members with emergency funding for their needs.



Los Osos Cares is not just for the Los Osos community but is also active serving residents in Morro Bay and Cayucos, California. The Los Osos Community Resource Center is located at Sunnyside School Room 18 in Los Osos, California and can be reached by phone at 805-592-2701 or email at www.LosOsosCares.com. For those of you who read this newsletter across the country – Los Osos Cares is something you can do too for your community! Why not give it a try?

We Want to Hear from You!

We are hoping to expand this newsletter, but we need your help. Is there a topic you would like to have covered? Are you part of an organization or group that is doing humanitarian work others might like to know about? Has an issue come up that you would like to explore? Are you interested in hearing

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conflicting viewpoints on a topic? What experiences have you had with sharing, promoting, working for nonviolence? If you can answer yes to any of these questions then please submit them or an article you would like to share via email to:

yeswecanpeacebuilders1@gmail.com.

Peace on Earth

By: Paula Hulet

I have friends who own a wine shop/bar in town, In addition to a great, reasonably priced wine selection and tasty tapas, they have developed a reputation for interesting window displays, especially at Halloween and Christmas. This year their Christmas display will feature Christmas past, present and future. Christmas Past has two skeletons dressed as pirates turned to elves. Christmas Present will have Santa and wrapped packages. Christmas Future will be stars twinkling in a “night sky” around the words Peace On Earth. Peace On Earth. Not Happy Holidays or Merry Christmas. Peace On Earth!

Peace on earth is something we humans have desired for centuries. Unfortunately, our efforts at building lasting peace have resulted in a dissolving of treaties due to greed and corruption on the part of some and a determination to no longer be oppressed or guided by outsiders on the part of others.

In an effort to understand how we go about making peace, I decided to make a list, (as this is the season of making lists). One list is of those things that might actually lead to peace. A second is the things we do which we think lead to peace but in fact do not. To my dismay, the latter list is longer than the former.

Is peace obtained when stakeholders/stock dividends and year-end earnings are more important than living wages for employees, quality products, and fair pricing? Is peace realized when gangs extort and use the people they claim to protect? Is a lasting peace possible when guns and weapons and armies are deployed? Is peace a reality when political leaders are motivated by bribes and special interest groups rather than working for the good of the people they claim to serve? Is peace a lived value when religious leaders extol the virtues of faithful discipleship even if part of the flock is treated as less than, while waging a “holy” war against those with differing religious beliefs? Is peace possible if education, job opportunities and medical care are doled out based on ethnicity or caste?

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Peace is possible when we stop to listen to the concerns of others, without talking over them. Peace is possible when we are compassionate and allow, as Jimmy Hendrix says, for the power of love to overcome the love of power. Peace is possible when we live responsibly, caring for the earth and for others, rather than living to pursue our own self interests. Peace is possible when we find peace within ourselves.

Black Elk the Oglala Sioux Spiritual Leader, believes there are three kinds of peace. The first peace fills us when we come to embrace the idea that we are connected with each other, with the earth, and with the divine. The second peace is between two people, it is about the quality of our relationships. The third is peace between nations. However, Black Elk tells us, until we know peace within us, we will never achieve the second and third levels of peace.

So as you light candles this holiday season, the Candles of Advent, Kwanza, Hanukkah, or a candle for wintertime reflection, remember that the candles of the season are symbols of many important qualities including peace, unity, and re-dedication.

So let us dedicate this holiday season and 2022 to peace on earth by letting peace begin with each of us.

