

Quotes about Peace, Unity, Healing Racism, Justice, and Hope

Please add quotes that you find by looking them up. Be sure to include the author of the quote. Some good sources for quotes are:

www.wisdomquotes.com
www.goodreads.com/quotes
<https://www.azquotes.com/>

Instructions for our Neighborhood Quote Project:

1. Please write a quote on an index card, card stock or plain paper and decorate it if you wish. Our goal is for each person to make at least 10 quote cards for their neighborhood and places they visit.
2. Cover that paper with clear packing tape so that it will stay dry if it rains.
3. Staple your quotes onto telephone poles around your neighborhood at eye level for walkers.
4. Alternatively, you can write quotes in chalk on the sidewalk or onto rocks using paints or sharpies. These are great to leave in places where people can read and enjoy them.
- 5.

NOTE: If you cannot leave your home for any reason and want to participate, please email Amy at amy@amybehrens.com and I will pick up your cards to post outside for you.

I added quotes to the Healing Racism section below and started the Hope section. Please add to the other sections here or on Facebook or by email! Thank you! Amy

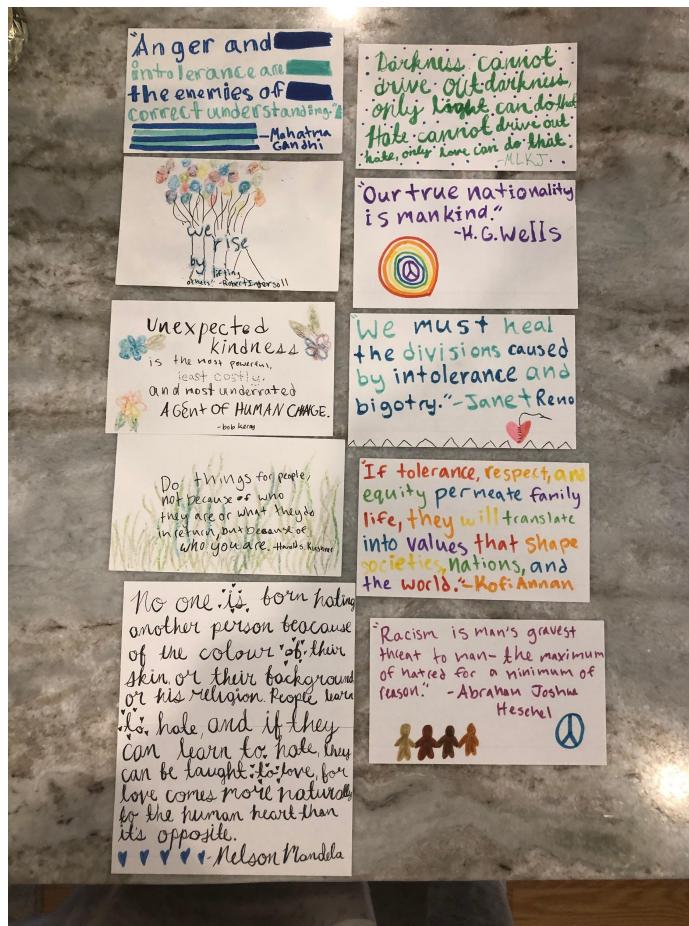
If you add quotes, please add your name here:

Jordana M

Elena J

Ira S

Example of sample cards (made by my 12-year old daughter):



Healing Racism Quotes

From <https://www.skipprichard.com/quotes-on-overcoming-racism-bigotry-and-prejudice/>
<https://www.betterworld.net/quotes/endoracism-quotes.htm>
<https://www.goodreads.com/quotes>
<https://bqotd.org/topics/racism>

The earth is but one country, and mankind its citizens. *Bahá'u'lláh*

So powerful is the light of unity that it can illuminate the whole Earth. *Bahá'u'lláh*

"No one is born hating another person because of the colour of his skin, or his background or his religion. People learn to hate, and if they can learn to hate, they can

be taught to love, for love comes more naturally to the human heart than its opposite.”
–Nelson Mandela

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.” –Martin Luther King, Jr.

“Racism is man’s gravest threat to man – the maximum of hatred for a minimum of reason.” –Abraham Joshua Heschel

“Anger and intolerance are the enemies of correct understanding.” –*Mahatma Gandhi*

“If tolerance, respect and equity permeate family life, they will translate into values that shape societies, nations and the world.” –*Kofi Annan*

“Let’s practice motivation and love, not discrimination and hate.” –*Zendaya*

“Our true nationality is mankind.” –*H.G. Wells*

“The best way to stop discrimination on the basis of race is to stop discriminating on the basis of race.” –*John Roberts*

“Defeating racism, tribalism, intolerance and all forms of discrimination will liberate us all, victim and perpetrator alike.” –*Ban Ki-moon*

“How I wish we lived in a time when laws were not necessary to safeguard us from discrimination.” –*Barbra Streisand*

“I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.” –*Martin Luther King, Jr.*

"The greatest problem in the world today is intolerance." –*Princess Diana*

"We must heal the divisions caused by intolerance and bigotry." –*Janet Reno*

"Hating people because of their color is wrong and it doesn't matter which color does the hating. It's just wrong." –*Muhammad Ali*

"When someone else's safety and acceptance in society is on the line, your personal discomfort comes in a very distant second." –*Courtney Milan*

"There should be no discrimination against languages people speak, skin color, or religion." –*Malala Yousafzai*

"When you discriminate against anyone, you discriminate against everyone." –*Alan Dershowitz*

"Discrimination is a disease." –*Roger Staubach*

"Bigotry dwarfs the soul by shutting out the truth." –*Edwin Hubbell Chapin*

"Prejudice is the child of ignorance." –*William Hazlitt*

"But anyone who hates a brother or sister is in the darkness and walks around in darkness." –*1 John 2:11*

"It demands great spiritual resilience not to hate the hater whose foot is on your neck, and an even greater miracle of perception and charity not to teach your child to hate."
– *James Baldwin*

"I imagine one of the reasons people cling to their hates so stubbornly is because they sense, once hate is gone, they will be forced to deal with pain."

-- *James Baldwin*

Everything now, we must assume, is in our hands; we have no right to assume otherwise. If we do not falter in our duty now, we may be able, handful that we are, to end the racial nightmare, and achieve our country, and change the history of the world.

-- *James Baldwin*

If we accept and acquiesce in the face of discrimination, we accept the responsibility ourselves. We should, therefore, protest openly everything ... that smacks of discrimination or slander. -- *Mary McLeod Bethune*

Prejudices are the chains forged by ignorance to keep men apart. -*Countess of Blessington*

"Preconceived notions are the locks on the door to wisdom."- *Merry Browne*

Sexual, racial, gender violence and other forms of discrimination and violence in a culture cannot be eliminated without changing culture. - Charlotte Bunch

"...jingoism, racism, fear, religious fundamentalism: these are the ways of appealing to people if you're trying to organize a mass base of support for policies that are really intended to crush them." -- *Noam Chomsky*

What we do now is important and helpful so long as what we do now is what is needed now." — *Ijeoma Oluo, So You Want to Talk About Race*

"Our humanity is worth a little discomfort, it's actually worth a lot of discomfort."
— *Ijeoma Oluo, So You Want to Talk About Race*

"You have to get over the fear of facing the worst in yourself. You should instead fear unexamined racism. Fear the thought that right now, you could be contributing to the oppression of others and you don't know it. But do not fear those who bring that oppression to light. Do not fear the opportunity to do better."
— *Ijeoma Oluo, So You Want to Talk About Race*

"Act now, because people are dying now in this unjust system. How many lives have been ground up by racial prejudice and hate? How many opportunities have we already lost? Act and talk and learn and [mess] up and learn some more and act again and do

better. We have to do this all at once. We have to learn and fight at the same time. Because people have been waiting far too long for their chance to live as equals in this society.” — *Ijeoma Oluo, So You Want to Talk About Race*

Civil rights may be at the core of equal justice movements, and they may elevate an equity agenda that protects our children from racial and gender discrimination, but they do not have the capacity to fully redistribute power and eradicate racial inequity. There is only one practice that can do that. Love.” — *Monique Morris, Pushout: The Criminalization of Black Girls in Schools*

“...we have to face the fact...that modern man suffers from a kind of poverty of the spirit, which stands in glaring contrast to his scientific and technological abundance; We've learned to fly the air like birds, we've learned to swim the seas like fish, and yet we haven't learned to walk the Earth as brothers and sisters...” *Martin Luther King, Jr.*

It is about telling the truth about our past as a means for healing the grievous wounds that past has created, and transforming our society into one in which the humanity of every one of us is cherished and we can see ourselves in one another. *Wenger remarks from Truth, Racial Healing and Transformation process (TRHT)*

“People fail to get along because they fear each other; they fear each other because they don't know each other; they don't know each other because they have not communicated with each other.” *Martin Luther King, Jr.*

“If you don't ever walk through trouble, or confront a risk, or reach beyond your comfort zone, you will never meet the rest of yourself.” *Dr. Vincent Harding, who marched with Dr. King*

End Racism Day, officially known as The International Day for the Elimination of Racial Discrimination, is a perfect opportunity to help our communities celebrate human unity and the diversity of the human race rather than allow our differences to become an excuse for racial separation. It's a chance to recognize prejudice, stereotypes and discrimination in our society, and how each of us may have our own prejudices and may be making people feel excluded without our even realizing it. It's a chance to reaffirm our commitment to eliminate all forms of discrimination and help create communities and societies where all citizens can live in dignity, equality and peace.

-- *Robert Alan Silverstein*

"Perhaps travel cannot prevent bigotry, but by demonstrating that all peoples cry, laugh, eat, worry, and die, it can introduce the idea that if we try and understand each other, we may even become friends. - *Maya Angelou*

Prejudice is a burden that confuses the past, threatens the future and renders the present inaccessible.- *Maya Angelou*

Non-violence can truly flourish when the world is free of poverty, hunger, discrimination, exclusion, intolerance and hatred - when women and men can realize their highest potential and live a secure and fulfilling life. Until then, each and every one of us would have to contribute - collectively and individually - to build peace through non-violence. - *Anwarul Chowdhury*

If you as parents cut corners, your children will too. If you lie, they will too. If you spend all your money on yourselves and tithe no portion of it for charities, colleges, churches, synagogues, and civic causes, your children won't either. And if parents snicker at racial and gender jokes, another generation will pass on the poison adults still have not had the courage to snuff out.- *Marian Wright Edelman*

Let the white make a supreme effort...to abandon once for all their usually inherent and at times subconscious sense of superiority, to correct their tendency towards revealing a patronizing attitude towards the members of the other race, to persuade them through their intimate, spontaneous and informal association with them of the genuineness of their friendship and the sincerity of their intentions, and to master their impatience of any lack of responsiveness on the part of a people who have received, for so long a period, such grievous and slow-healing wounds. *Shoghi Effendi, The Advent of Divine Justice*

"Let no man exalt himself above another." *Bahá'u'lláh, The Kitáb-i-Aqdas*

God maketh no distinction between the white and the black. If the hearts are pure both are acceptable unto Him. God is no respecter of persons on account of either color or race.... Inasmuch as all were created in the image of God, we must bring ourselves to realize that all embody divine possibilities. If you go into a garden and find all the

flowers alike in form, species and color, the effect is wearisome to the eye. The garden is more beautiful when the flowers are many-colored and different.... *'Abdu'l-Bahá, The Promulgation of Universal Peace*

The diversity in the human family should be the cause of love and harmony, as it is in music where many different notes blend together in the making of a perfect chord. If you meet those of different race and colour from yourself, do not mistrust them and withdraw yourself into your shell of conventionality, but rather be glad and show them kindness. Think of them as different coloured roses growing in the beautiful garden of humanity, and rejoice to be among them. *'Abdu'l-Bahá, Paris Talks*

Strive with heart and soul in order to bring about union and harmony among the white and the black and prove thereby the unity of the Bahá'í world wherein distinction of colour findeth no place, but where hearts only are considered *'Abdu'l-Bahá, Selections from the Writings of 'Abdu'l-Bahá*

“Close your eyes to racial differences, and welcome all with the light of oneness.”
Bahá'u'lláh, The Advent of Divine Justice

Quotes still being added:

Hope Quotes

Once you choose hope, anything's possible. *Christopher Reeve*

We must accept finite disappointment, but never lose infinite hope. *Martin Luther King Jr*

Everything that is done in this world is done by hope. *Martin Luther*

I dwell in possibility. *Emily Dickinson*

May your choices reflect your hopes, not your fears. *Nelson Mandela*

It is because of hope that you suffer. It is through hope that you'll change things.

Maxime Lagacé

Although the world is full of suffering, it is full also of the overcoming of it. My optimism, then, does not rest on the absence of evil, but on a glad belief in the preponderance of good and a willing effort always to cooperate with the good, that it may prevail.

~ Hellen Keller, Optimism, 1903

Optimism is the faith that leads to achievement; nothing can be done without hope.

~Hellen Keller, Optimism, 1903

When I hoped I feared—

Since I hoped I dared—

~Emily Dickinson

Only when it's dark enough can you see the stars. -Martin Luther King Jr.

Peace Quotes

If there is to be peace in the world,

There must be peace in the nations.

If there is to be peace in the nations,

There must be peace in the cities.

If there is to be peace in the cities,

There must be peace between neighbors.

If there is to be peace between neighbors,

There must be peace in the home.

If there is to be peace in the home,

There must be peace in the heart." - Lao-Tse

Unity Quotes

Justice Quotes