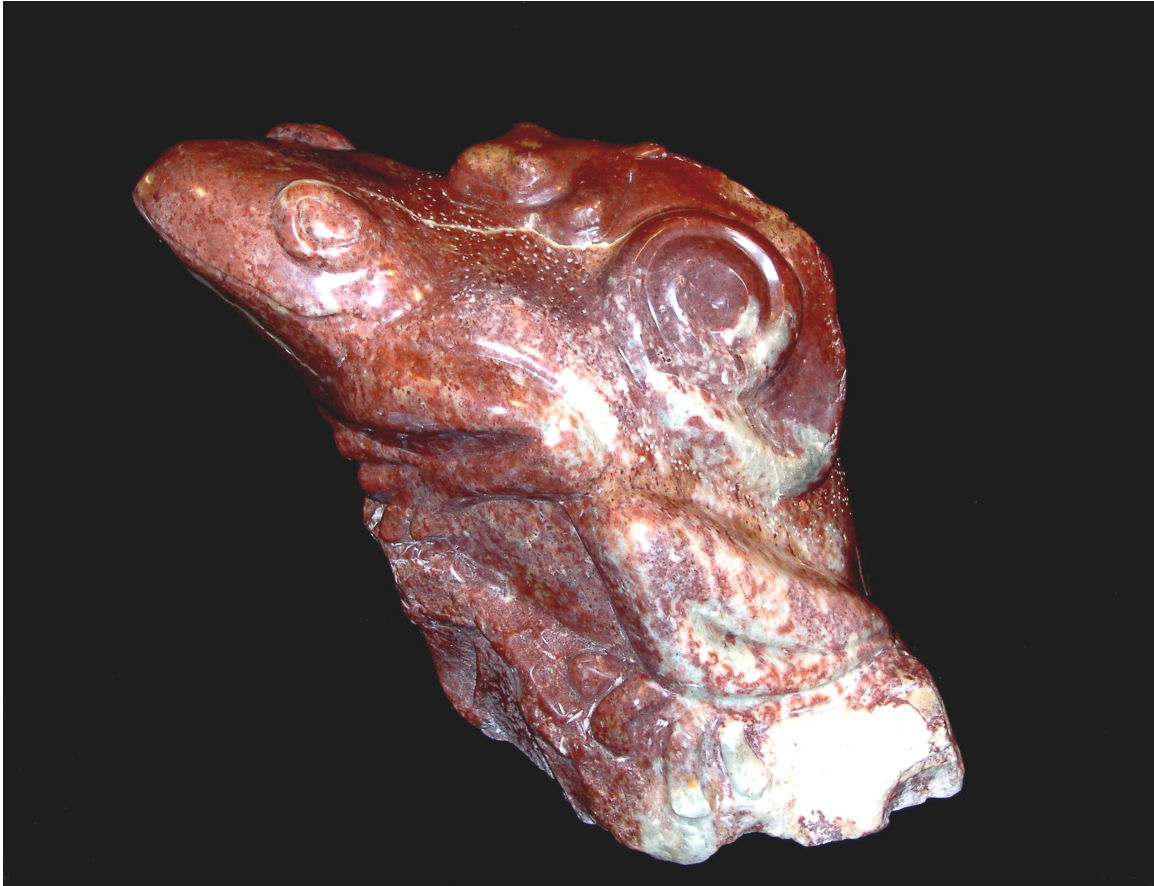


Jeremiah and Friend

Artist: Joni Mitchell



This piece speaks of a friendship between two species, a frog and a lizard. They look quite comfortable and joyful together. There are many examples of animals from different species becoming friends even those who were known to be natural enemies. We humans can take a lesson from this and learn to reach out to others beyond our culture and society. Invite someone from a different cultural, ethnic or political background to join you to eat, have coffee or a glass of wine. The more often you do this the more comfortable you are with each other and know that fear is brought on by lack of knowledge and understanding about each other. Fear causes defensiveness and division which is the opposite of peace. The joy of a new friendship brings peace.