

Preview Edition

## How To Sip-In

# How to Sip-In

*By Babette Donaldson*

*Select a place and time.*

~

*Prepare a cup or glass of tea.*

~

*Imagine people around the world are sharing tea  
and visions of world peace with you.*

~

*Believe in the possibility of peace on earth.*



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## How To Sip-In

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Note:

*These previews will be expanded in the complete version  
with many more printable resources.  
A digital PDF will be available to all Tea Sippers at no charge.*

*Forward*

## Believing in Peace

*Before we can create something, we must believe it is possible.*

*Before we can create something, we must be able to imagine it.*

*We must encourage our creative, believing, trusting mind to allow visions of what can be.*

*We must believe that peace is possible before we can access the power to create it.*

*I was one of those Hippies in the '60s and early 70's who came to believe that world peace was possible. Listening to the music, memorizing the words to songs by musicians like Woody Guthrie and John Lennon, it not only began to feel tangible but also inevitable. There were moments when the path to our peaceful planet glowed in front of us like the yellow brick road to OZ. The path of humanity.*

*That has not changed for many of us. We were prepared for it to take more than a few generations to end war. To turn our massive resources invested in conflict toward improving life for all beings on the planet. Including the well-being of the planet itself. It is a secret luxury we are able to savor even in very troubled times.*

*Believing in world peace is believing in humanity. In the essential goodness living in the soul of every being that will one day triumph over forces of greed and power that generate conflict.*

*Back in our hippie days, we followed the guidelines of peaceful protest. People gathered with the songs and signs and speakers and slogans to voice the belief that humans should be able to come together in this common cause. Gatherings were attracted attention. They were first called Sit-Ins during the Civil Rights Movement. But as an inspired generation began to protest other acts of inhumanity, the practice included protests against the war in Vietnam.*

# Tea as Activism

## Activism - Wikipedia

en.wikipedia.org/wiki/Activism

Definitions of activism.

*As late as 1969 activism was defined as "the policy or practice of doing things with decision and energy", without regard to a political signification, whereas social action was defined as "organized action taken by a group to improve social conditions", without regard to normative status.*

### **Activism is “Doing Something”**

*I invite you to consider my definition of Activism.*

When you feel overwhelmed and overpowered, and start to believe that change is impossible, consider what you, even as one person can do. When you cannot change the world, you can change yourself and your own reality. You can claim a belief in something that feels almost impossible.

You can own your own vision of the future. And you can share it with others. With tea.

*“Never believe that a few caring people can’t change the world. For, indeed, that’s all who ever have.”*

Margaret Mead

### **Tea & Activism & Health**

That feeling of being overpowered and forced to live in an environment that is not part of our true belief system is detrimental to our health. It is living with a constant level of stress. And we know that stress is the cause of many diseases. Living beings need more than nutrition and safety. We need to live with a sense of peace and safety in our environment.

# The 5 W's of a Sip-In

## Who

Everyone! Even though we suggest tea as the beverage of choice and awareness of tea.. don't limit your plan to engage only tea lovers. Your book group, yoga studio, spiritual congregation, senior center or school may want to plan a **Sip-In**. This is for anyone interested in the connection between a personal tea practice and the possibility of a world without war and violence of any kind.

## What

A Sip-In is a gathering of tea drinkers sharing a cup of glass of tea, awareness of tea cultures around the world, connecting the inner peace to create a vision of how the world will be changed when there are no more wars.

A Sip-In can be as small or as large as your space permits. It is just a choice between **Sip for Peace** as a personal practice or sharing it with others.

## When

The day and time and frequency with which you schedule your Sip-In can contribute to the meaningfulness of your event. For example, scheduling a Sip-In to celebrate the United Nations Global Day of Peace each year in September can be especially relevant and may network well with other peace initiatives in your area. On the other hand, you might want to create an ongoing practice in your community.

## Where

Anywhere! In this guide, we provide suggestions. A tearoom or tea shop would be ideal, but there are many other possibilities. If you don't have a gathering space of your own, consider partnering with an organization or person that does. How about a local yoga studio or the public library, a public park, community garden, or even your own backyard?

## Why?

Because we really need tools to access our personal sense of peace and safety and to try to hold a belief in the potential for the world to exist without war. Connecting with people around the world with tea reminds us that global peace is what we all share.

# Anatomy of A Sip-In

*This is one example of a Sip-In I conducted at the Los Angeles Tea Festival.  
It can be modified to fit the interests and needs of your group.*

## Materials

- ❖ Fresh Flowers or other decorations
- ❖ Recorded Folk Songs
- ❖ Imagine Cards, 1-2 per person
- ❖ Peace Quotes, 1-2 per person
- ❖ Worksheet – Take home
- ❖ Tibetan Singing Bowl and striker
- ❖ Tea, Teacups & Tea prep materials
- ❖ “*I Sipped for Peace*” Stickers & Take-away

## Set-Up

1. Prepare the tea.
2. Set up the room with flowers or other decorations and take a minute of stillness to set personal intention for the gathering.  
“I want to make the group feel the community of tea around the world.”
3. Organize chairs in a comfortable arrangement. Try for a circle or semi-circle.
4. Place peace quotes and Imagine cards on each chair.
5. Have the recorded songs playing softly as people enter.

**Welcome guests individually as they enter.** Maybe name stickers. Give each person a tasting cup.

## Welcome the group to begin.

- ❖ Everyone introduces themselves. Perhaps, “Why did you come today?”
- ❖ Ask question: How much do you believe in the possibility of world peace? Offer the % scale.
- ❖ Share the intention for the gathering. Explain what we will do.
- ❖ Read, “Believe in Peace”
- ❖ Invite others to read quote/Imagine Cards.
- ❖ Serve tea.
- ❖ Create the moment of silent visualization and drinking tea.
- ❖ Imagine we are not alone with our beliefs or visions. Others around the world drinking tea right now.
- ❖ Share visions from Imagine Cards.

**Close with question:** Do you feel any change in your belief in a peaceful world for the future.

**Give “*I Sipped for Peace*” stickers.**



# How will you Sip-In?

## Sip-In Suggestions & Kinds of Sip-Ins.

### Spontaneous Sip-Ins

The first ***Sip for Peace*** project was a 30-day event. Those of us who used the resources as a meditation practice developed more of a habit. Daily tea habits seemed to inspire thoughts of how our world can change, even without setting aside time to ***Sip-In***. Associating tea and peace began to happen spontaneously and inspired new visions of how different our world can be without war.

So, before we get too far into organizing ***Sip-Ins***, let's recognize the value of and the meaningful potential for ***Sipping-In*** to be an unplanned but inspired moment.

### Personal Practice or Private Meditation

It is commonly thought that it takes about thirty days to develop a new habit. The ***Sip for Peace*** materials are organized for thirty days. As a personal practice, the intention would be that each of us could find that place in ourselves where we begin to believe that world peace it is possible. The personal practice can be simple and unplanned or ceremonial. The activity is to prepare a tea, find a pause in the day and allow your imagination to create possible visions of this future.

#### Suggestions to plan your Sip-In

- As you brew your tea, feel a moment of gratitude for the farmers and factory workers who created your tea. *They did so imagining how this tea would taste and satisfy you in this cup.*
- As you pour your tea, consider the journey that it made from this country of origin to you. Feel the community of people around the world whose livelihood and wellbeing are part of the moment.
- Even if your tea is not from the featured country on each day of S4P, use the materials to learn more about the world of tea. *Feel that you are more engaged in the community.*

## How To Sip-In

- Imagine other people around the world who purchased the same tea. Feel the connection and community that this network creates.
- Trust that they also want to live on a peaceful planet. That we all want to believe that it is possible.
- Imagine something in your world that will be different when there is world peace. *Or use the S4P Imagine Cards as prompts.*

## Sharing a Sip-In with a Friend

Inviting a friend to share this **Sip for Peace** practice with you can be very powerful.

- Trade off days. Each of you selects the tea for your day.
- Take turns being the host and the guest. Giving and receiving are important aspects of different tea cultures around the world.
- Share your visions of how our peaceful world will be different. Share your increasing belief (or frustration with holding that belief) that world peace is possible for future generations.

### Virtual **Sip-Ins** with Skype

Your tea friend may not be easily available. Use technology to share **Sip for Peace** with anyone, anywhere in the world.

## Theme Suggestions for Sip-Ins

- International Day of Peace - September 21, 2019 - This year's focus is "Climate Action for Peace" (<https://www.un.org/en/events/peaceday/>)
- Literary Sip-In - Consider some of the quotes by authors who have written fiction, non-fiction and poetry with visions and philosophy of global peace.
- History of Peace - Use resources such as Wikipedia or the curriculum from university majors to build interesting content for your **Sip-In**.
- Peace Movement of the '60s & '70's - Explore through literature, song and even video.
- People of Peace - Use the quotes and songs to remember and honor those who have gone before us and continue to challenge and inspire.
- Peace Organizations - There are literally hundreds of worldwide organizations committed to various aspects of world peace. We will list many of these in the full "How To Sip-In".

## A Small Gathering

Your regular group may want to participate in **Sip for Peace**.

- Writing Groups - use Imagine Card prompts as a writing exercise.
- Book Clubs - select one of our peace titles and serve tea. Or... each member shares a different peace book and selects a different tea as a pairing with the book. Example: *Peace in Every Step* by Tich Nhat Hahn paired with a Vietnamese tea.
- Create a World Peace Club - based on the month-long practice and continuing to use the materials provided in all **Sip for Peace** resources, continue to have tea gatherings at which the goal is to create more visions of our world without war and
- Tea Clubs - use Sip for Peace information about tea growing regions and cultures around the world as themes for your regular gatherings, including a moment of **Sipping for Peace**.

## A Silent Vigil

Keeping silence has been a powerful tool for activism. In much the same way that mindfulness and meditation are usually silent practices, it can also be said that gathering together as a group and sharing designated moments of silence might be an important aspect of your **Sip-In**.

## Sip-In with Mother Nature

Many of us find great peacefulness in nature with an outdoor tea gathering. It may be the most inspiring location of all to remember that the world was once a peaceful place. Perhaps we can be heartened by the fact that mankind's relentless wars occupy only a small space on the timeline of the planet.

- Gather at a local park.
- Take a hike.
- Meet at an indoor arboretum.
- Research the Wu-Wo tea ceremony.
- **Sip In** at a tea farm. You may be surprised by how many there are now even in the U.S. Is there a tea farm near you? Or would this be a travel adventure for you and some friends.

## **Sip & Sing, a Sing-In Sip-In**

Music has been an inspiration for and voice of believers in World Peace since the 1950's. Songwriters like Pete Seeger, Woody Guthrie, Sam Cooke, Jill Jackson-Miller and later John Lennon and a host of other folk singers put beautiful visions of peace to simple melodies intended for sharing with a community.

- People of the World - World cultures of tea drinking

If you are planning series of **Sip-Ins**, select one of the countries of origin presented in the daily presentations to focus.

- Research tea traditions around the world
- Serve a menu or representative food item paired with tea
- In a setting such as a school, this could be incorporated into educational curriculum that focuses on world cultures

## **Tearooms (with food)**

- Tea tasting from countries of the week.
- Decorate during the month of September.
- Schedule a **Sip-In** event for International Peace Day on Sept. 21st.
- Feature menu items with the world peace theme during the month of September.
- Offer an Imagine Card for guests who wish to participate.
- Download and print the resources for activities: Placemat, Coloring Page, Crossword.
- Feature an international selection of teas.

Encourage your guests to use **Sip for Peace** and the materials at home to continue personally by sharing the website.

## **Tea Shops (retail, no food)**

- Shelf tags with **Sip for Peace** country of origin
- Use the S4P Poster with space for their own print
- Daily tasting of teas of the day.

## **Yoga Studio or Meditation Center**

Using the tools that are usually part of yoga studio equipment, it is possible to create a simple but elegant tea setting for a **Sip-In**.

## Larger Groups & Public Events

### Schools

**Sip-Ins** can be adapted for all ages/grades. The materials we have developed for past **Sip for Peace** projects and are advancing for the future can work well for world studies curriculum. Consider some of the books and songs we've included in this preview edition of "How To Sip-In" and watch for more in the final draft.

### Public Library

Create a display of books on tea and peace using our posters. This could be part of an overall monthly theme for September that incorporates the World Day of Peace.

### Fundraising Event

A non-profit organization that resonates with the themes of World Peace and Believing that we can make a difference in the world may want to host a Sip-In as a fundraising event for which they accept donations.

- Organize a tea party with the Sip for Peace theme.
- Use volunteer help
- Select a clear message and purpose.
- Consider making tea and peace and annual fundraising event.
- Use **Sip for Peace** posters, activities, and down-loadable resources.

### Bookstores

Like libraries, bookstores can feature books on world peace, tea and activism. **Sip-Ins** might be tea offered throughout the day along with an Imagine Card rather than a scheduled **Sip-In**.

### Senior Living Communities

Activity directors can plant **Sip-In** tea parties. This can become weekly events for residents or events in which visiting family members are included.

- There are many different tasks that can be part of the guests' experience. Tasks for preparation, serving and cleanup can be shared.
- Invite guests to share stories from their lives about experiences with war that affected them and also with peace marches and projects in which they participated.

## Health Food Stores & Food Co-ops

Health Food Stores tend to have strong communities who might enjoy the idea of Sipping-In during the month of September. Use the **Sip for Peace** and Sip-In Posters to schedule days and times for sampling.

- On the day(s) of **Sip-Ins** have an information card about the tea being served. Have volunteers serve tea small sips of the tea for that day and be able to tell a little about the particular country of origin.
- Consider a food pairing with the tea samples. Perhaps something of the cuisine from the country of origin for that day.
- Check with suppliers about ordering teas from several different regions in advance.
- Invite tea speakers and educators to offer presentations to your customers about how and where tea is grown as well as cultures that use tea to celebrate traditions and show honor and respect.

## Planning Checklist

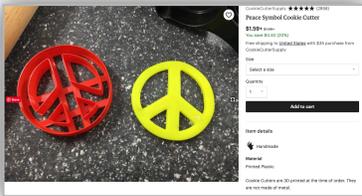
- Choose your type of **Sip-In**
- Choose a location, day and time.
- Plan the number of guests and send invitations.
- Select and prepare resources.
- Plan a menu if you're serving food.
- Write out your plan. (See "Anatomy of a Sip-In", page 6.)
- Ask for help if needed and arrive early.
- Consider a follow-up thank you note or email.

# Sip-In Menu Ideas

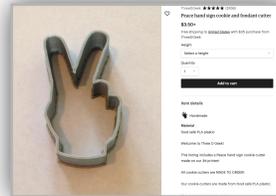
*These suggestions will work with your favorite recipes or with pre-made dough that is ready to roll out and cut. The images and website links I've provided are for your convenience. I have no relationship with these companies*

## Peace Sign Sugar Cookies

The peace signs from the '60s & '70s are easy to cut and decorate. So, if you're using cookie decorating as an activity, this is more likely to be fun and not frustrating for your guests. And it allows you to use any cookie decorating products from fondant to frosting to sprinkles.



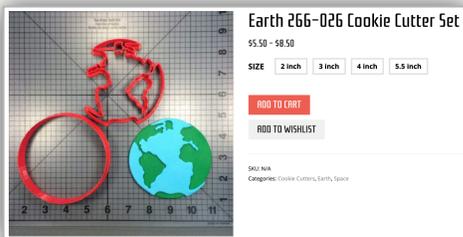
<https://www.etsy.com/listing/499505874/peace-symbol-cookie-cutter>



<https://www.etsy.com/listing/226172914/peace-hand-sign-cookie-and-fondant>

## Planet Earth Sugar Cookies

Creating a cookie map of the world is a little more complicated and you may want to use fondant as your decoration. In this case, you would frost the cookie with the background blue for the oceans and cut the continents out of fondant with the cutters.



<https://www.jbcookiecutters.com/product/earth-266-026-cookie-cutter-set>

## Peace Sign Pizza & Planet Earth Pizza

Pizza toppings are a do-it-yourself project. So, the peace sign is the easiest but creating a globe with pizza toppings could be fun!

# Peace Quotes

These are just a few of the quotes on peace that will be provided in the full version of this book. And, in the full version, we will provide them in two different formats. One will be this list and the other will be on a template that can be printed on standard label or business card stock.

*World peace must develop from inner peace. Peace is not the absence of violence; peace is the manifestation of human compassion.*

**Dalai Lama**

*Only by creating peace within our own mind and helping others do the same can we hope to achieve peace in this world*

**Venerable Geshe Kelsang Gyatso Rinpoche**

*If its not coming from somewhere else, outside of you, we have it in ourselves to spread peace and dignity and respect and dialog and empathy to each other.*

**Ali Velshi**

*Barbecue may not be the road to world peace, but it's a start.*

**Anthony Bourdain**

*World peace is no longer some pie-in-the-sky thing, because no single person or country is going to solve it on their own.*

**Herbie Hancock**

***Being Peace***

*If we are peaceful.*

*If we are happy.*

*We can smile and blossom*

*Like a flower.*

*And everyone*

*In our family,*

*Our entire society*

*Will benefit*

*From our peace.*

**Thich Nhat Hanh**

*What can you do to promote world peace? Go home and love your family.*

**Mother Teresa**

*We believe world peace is inevitable.*

**Anne Perry**

*The world is changed by your example, not by your opinion.*

**Paulo Coelho**

*World peace will never be stable until enough of us find inner peace to stabilize it.*

**Peace Pilgrim**

***Celtic Peace Prayer from Antiquity***

*Deep Peace of the running wave to you  
Deep Peace of the flowing air to you  
Deep Peace of the quiet earth to you  
Deep Peace of the shining stars to you  
Deep peace of the shades of night to you  
Moon and stars always giving Light to you.*

*World peace, like community peace, does not require that each man love his neighbor - it requires only that they live together with mutual tolerance, submitting their disputes to a just and peaceful settlement.*

**John F. Kennedy**

*Peace is not a relationship of nations. It is a condition of mind brought about by a serenity of soul.*

**Jawaharlal Nehru, first Indian Prime Minister**

**Peace**

Looking behind, I am filled with gratitude.  
Looking forward, I am filled with vision.  
Looking upwards, I am filled with strength.  
Looking within, I discover peace.

**Queio Apache Prayer**

*I alone cannot change the world, but I can cast a stone across the water to create many ripples.*

**Mother Teresa**

*Nobody can bring you peace but yourself.*

**Ralph Waldo Emerson**

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

**Jimi Hendrix**

*There never was a good war or a bad peace.* **Benjamin Franklin**

*Peace comes from within. Do not seek it without.* **Buddha**

*World peace begins with inner peace.* **Dalai Lama**

*The earth is too small a star and we too brief a visitor upon it for anything to matter more than the struggle for peace.* **Colman McCarthy**

*Peace begins with a smile.* **Mother Teresa**

*Imagine all the people living life in peace. You may say that I'm a dreamer, but I'm not the only one. I hope someday you'll join us and the world will be as one.* **John Lennon**

*True peace is not merely the absence of tension: it is the presence of justice.* **Martin Luther King Jr.**

*Courage is the price that life exacts for granting peace.* **Amelia Earhart**

*Peace is not the absence of conflict. It is the ability to handle conflict by peaceful means.* **Ronald Reagan**

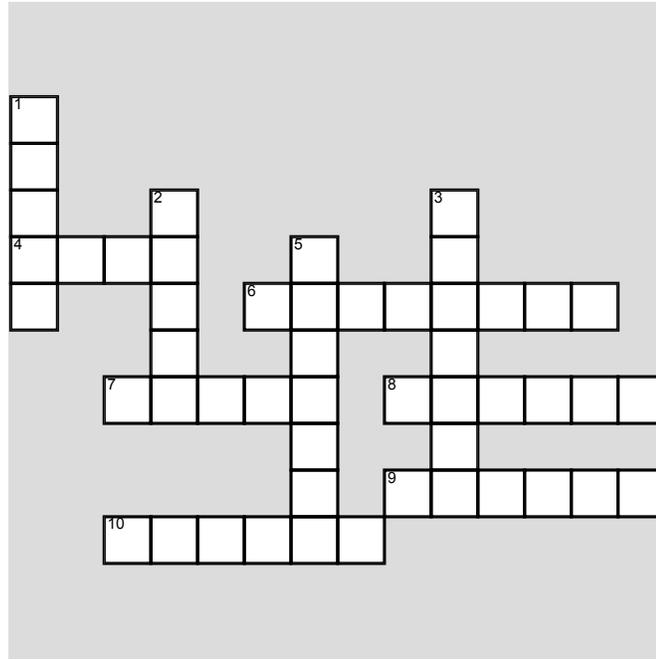
*Without inner peace, outer peace is impossible.* **Geshe Kelsang Gayatso**

*If we are to have peace on earth . . . our loyalties must transcend our race, our tribe, our class and our nation; and this means we must develop a world perspective.* **Martin Luther King Jr.**

*Peace is our gift to each other.* **Elie Wiesel**

*Making peace is harder than making war.* **Adlai Stevenson**

## Mini Peace Puzzle



### Across

- 4 "When the power of \_\_\_\_ overcomes the love of power, the world will know peace" --Jimi Hendrix
- 6 "Nobody can bring you peace but \_\_\_\_" --Ralph Waldo Emerson
- 7 "There \_\_\_\_ was a good war or a bad peace" -- Benjamin Franklin
- 8 "Peace comes from \_\_\_\_ . Do not seek it without" --Buddha
- 9 "World peace \_\_\_\_ with inner peace" --Dalai Lama
- 10 "The earth is too small a star and we too brief a visitor upon it for anything to \_\_\_\_ more than the struggle for peace" --Colman McCarthy

### Down

- 1 "Peace begins with a \_\_\_\_" --Mother Teresa
- 2 "Imagine all the people living life in \_\_\_\_ . You may say that I'm a dreamer, but I'm not the only one. I hope someday you'll join us and the world will be as one." --John Lennon
- 3 "True peace is not merely the absence of tension: it is the presence of \_\_\_\_" --Martin Luther King Jr
- 5 "\_\_\_\_ is the price that life exacts for granting peace" --Amelia Earhart

# Peace Songs YouTube

*Where Have All The Flowers Gone?* Pete Seeger  
<https://www.youtube.com/watch?v=INq3Pcava8o>

*This Land Is Your Land, This Land is My Land* Woody Guthrie  
<https://www.youtube.com/watch?v=wxiMrvDbq3s>

*Imagine* John Lennon  
<https://www.youtube.com/watch?v=LEVanAbXd0s>

*Let There Be Peace On Earth  
Borders* Recorded by Voices Without  
<https://www.youtube.com/watch?v=MO5CqyMPL8Q>

*Blowing In The Wind* Recorded by Peter, Paul & Mary  
<https://www.youtube.com/watch?v=Ld6fAO4idaI&list=PL6SLhg9PaWUMN8505SLckvA3kIFjerg39>  
[5SLckvA3kIFjerg39](https://www.youtube.com/watch?v=Ld6fAO4idaI&list=PL6SLhg9PaWUMN8505SLckvA3kIFjerg39)

*Peace* John Denver  
<https://www.youtube.com/watch?v=bp00lStQs0&list=PL6SLhg9PaWUMN8505SLckvA3kIFjerg39&index=8>

*Peace Train* Yusuf Islam  
<https://www.youtube.com/watch?v=gLG91tOLPdQ&list=PL6SLhg9PaWUMN8505SLckvA3kIFjerg39&index=9>

*We Are The World* USA for Africa  
<https://www.youtube.com/watch?v=vXwcacayJzA>

# Children's Peace Books

## **Can You Say Peace?**

by Karen Katz  
Published by Square Fish

## **The Peace Book**

by Todd Parr  
Published by Little, Brown Books for Young Readers

## **Peace is an Offering**

by Annette LeBox and Stephanie Graegin  
Published by Dial Books

## **Imagine**

by John Lennon and Jean Jullien  
Published by Clarion Books

## **What Does Peace Feel Like?**

by Vladimir Radunsky  
Published by Atheneum Books for Young Readers

## **Peace**

by Wendy Anderson Halperin  
Published by Atheneum Books for Young Reader

## **People**

by Peter Spier (Author, Illustrator)  
Published by Doubleday Books for Young Readers

## **Talk Peace**

by Sam Williams  
Published by Holiday House

## Read More About Tea & Teatime Traditions

***A Little Tea Book, All the Essentials from Leaf to Cup*** by Sebastian Beckwith with Caroline Paul. Published by Bloomsbury Publishing.

***The Everything Healthy Tea*** Book by Babette Donaldson. Published by Adams Media

***The Tea Book: Experience the World's Finest Teas, Qualities, Infusions, Rituals, Recipes*** by Linda Gaylard. Published by DK.

***Tea, History Terroirs Varieties*** from The Camellia Sinensis Tea House by Kevin Gascoyne, Francois Marchand, Jasmin Desharnais and Hugo Americi. Published by Firefly Books.

***The Story of Tea, A Cultural History and Drinking Guide*** by Mary Lou Heiss and Robert J. Heiss. Published by Ten Speed Press

***The Meaning of Tea, A Tea Inspired Journey*** by Scott Chamberlin Hoyt. Published by Talking Leaves Press

***The Tea Companion*** by Jane Pettigrew. Published by Running Press

***A Social History of Tea, Tea's Influence on Commerce, Culture & Community*** by Jane Pettigrew & Bruce Richardson.

***New Tea Lover's Treasury, The Classic True Story of Tea*** by James Norwood Pratt. Published by Tea Society

***Tea & Scones: The Ultimate Collection of Recipes for Teatime*** by Lorna Ables Reeves. Published by Hoffman Media.

***Tea with a Twist: Entertaining and Cooking with Tea*** by Lisa Boalt Richardson. Published by Harvest House Publishers

***Afternoon Tea at Home: Deliciously indulgent recipes for sandwiches, savouries, scones, cakes and other fancies*** by Will Torrent. Published by Ryland Peters & Small