

**Our world is busy and in the turmoil  
we forget we all share the same space.  
Families, communities and countries live  
with conflict, poverty and disease.  
how can we make a difference?**

**STOP**

**For Just This Day**

**Go beyond nationality, religious difference or belief  
and remember the still, silent presence  
where everything is united.**

**That space is the same.  
In cities or fields. Up mountains or in valleys.  
In work, study or play. In fortune or adversity.  
In peace or conflict.**

**In fact wherever YOU are.**

**It belongs to us all.**