

MULTI-FAITH WALK OF PEACE



Our 9th Multi-faith Walk through the centre of Ilford will give people of all faiths and none the opportunity to join together and show their commitment to creating a world where peace and hope, respect, understanding and co-operation are stepping stones to creating a better society for everyone.

Sunday 10th September 2017
1.00 pm – 4:30 pm
Ilford Town Centre

Acting Together for One World of Peace

We pray that we, all children of the earth, no matter our path to enlightenment, come to realise that we are one. We may walk our own paths, but we are not alone, for we walk at the same time. From our individual perspectives, be we Baha'i, Buddhist, Christian, Jewish, Hindu, Muslim, Sikh, Zoroastrian or people of no discrete faith, are the same. Let us pray that we all feel love and by example learn to see each other as brothers and sisters. May we always have enough, and may we give enough in return.

Blessed Be.

For further information about the work of Redbridge Faith Forum see website www.redbridgefaithforum.org or contact Saira or Karen on 0208 708 2478 or email faith.forum@redbridge.gov.uk

ORDER OF PLACES OF WORSHIP TO BE VISITED

Times are approximate

| Venue | Arrive | Depart |
|---|--------|---------------------------------|
| Holocaust Memorial Garden Valentines Park (Cranbrook Road entrance) | 1.00 | 1.15 |
| Buddhist Vihara 9 Balfour Road Ilford, IG1 4HP | 1:25 | 1:45 |
| Hindu Temple 43 Cleveland Road Ilford, IG1 1EE | 2.05 | 2:20 |
| Ilford Islamic Centre 52/58 Albert Road Ilford, IG1 1HW | 2:25 | 2.55 |
| SS Peter's & Paul's Church 342 High Road Ilford IG1 4QP | 3.15 | 3.45 |
| Sikh Gurdwara 400 High Road, Ilford, IG1 1TW | 4:00 | 4:30 or after meal in langar |

Prayers of Peace are on pages 19 to 21 of this booklet.

PAGE 3 FORWARD BY REDBRIDGE FAITH FORUM TRUSTEES

Dear All,

It is our privilege to welcome all taking part in this, the ninth Walk of Peace organised by Redbridge Faith Forum. It is good to see so many take part whether walking the whole route or joining for part of it and visiting just a few places of worship. Each time we walk we make new friends and acquaintances and learn something more of each faith community that we visit. We have developed this brochure for those who would like a reminder of the places that we visited and the messages of peace from each faith group embodied in the prayers of peace.

We are more than fortunate in Redbridge in that we value and respect the number and diversity of places of worship. We are all made welcome at so many different faith venues. There is no longer a synagogue in central Ilford so we are commencing the Walk in the Holocaust Memorial Garden in Valentines Park.

Redbridge Faith Forum recognises within its constitution the nine major world faiths: Baha'i, Buddhism, Christianity, Hinduism, Islam, Jain, Judaism, Sikhism and Zoroastrian. Some of the faith groups do not have a designated place of worship in the borough but worship as a community in their homes. Nevertheless, we have included information about each of the faiths mentioned.

Despite all the troubles in the world, we here in Redbridge can and do live in peace, respecting differences while recognising so many similarities in the teachings and values of the faiths. We hope and pray that the example set by our small borough can spread the message that people can and do live peacefully together. Let us all continue in our prayers for peace and reconciliation.

Please do use the time whilst walking between venues to talk to other walkers.

We would like to finish by thanking all who are taking part, and the faith communities who are so welcoming in opening their doors to us.

Judaism 14 million adherents (By Rabbi Larry Becker).



Judaism is the religion of the Jewish people, based on principles and ethics embodied in the Bible (Tanakh) and the Oral Tradition. According to Jewish tradition, the history of Judaism begins with the Covenant between God and Abraham, the progenitor of the Jewish people. Judaism is among the oldest religious traditions still in practice today.

Throughout the ages, Judaism has clung to a number of religious principles, the most important of which is the belief in a single God, who created the universe and continues to guide it. Originally Judaism had priests and a Temple in which animal sacrifices were made to God. Following the destruction of the Temple, sacrifice ceased and became replaced by prayer, study and practice. Today religious leadership of the community is largely vested in Rabbis whose primary role is to act as teacher. Jewish life centers on the Synagogue, known in Hebrew as the Beit Knesset (house of assembly) Beit Midrash (house of study) and Beit Tefilah (house of prayer). The British Jewish community consists primarily of 4 streams: The Haredi (strictly Orthodox), Modern Orthodox (United Synagogues and United Hebrew Congregations) Progressive (Reform and Liberal movements) and Masorti movements. In addition there are also independent synagogues that do not fit into the above structure and a significant number of Jews who are not affiliated to any synagogue. British Jews have a large number of cross communal organisations where all members of the community work together.

There are a number of synagogues in Redbridge however none are close enough for us to visit on the Central Ilford Walk of Peace.

Holocaust Memorial Garden

The Garden in Valentines Park was laid out at the instigation of Ilford Town Churches Fellowship in 1993 and dedicated on 27 January 2002 by the Mayor of Redbridge, Cllr Alan Weinberg. A tree was planted by Redbridge Faith Forum in 2008.

The Garden has a special significance for the Jewish Community in Redbridge. Every year on 27th January, the Garden is the location for the Holocaust Memorial Day. The UK's annual Holocaust Memorial Day marks the liberation of the former Nazi concentration and extermination camp, Auschwitz Birkenau in 1945. Redbridge Council considers Holocaust Memorial Day important for humanity and its aims are to

1. remember all victims of the Holocaust and Nazi persecution, Jews, Roma and Sinti Gypsies, Eastern European civilians, Russian prisoners of war, trade unionists, Communists, political opponents, disabled people, Jehovah's Witnesses, Christians, Black Germans, lesbians and gay men
2. reflect upon those affected by more recent atrocities in Cambodia, Rwanda, Bosnia, Kosovo and Darfur
3. educate people about the dangers of antisemitism, racism and all forms of discrimination

The garden also has a plaque to Leon Greenman a survivor of Auschwitz concentration Camp <http://www.edp24.co.uk/news/ilford-vigil-planned-for-holocaust-survivor-leon-greenman-s-100th-1-749099>

The Valentines estate dates from 1688 when it was owned by Sir Thomas Skipwith. In 1838 it was purchased by Charles Holcombe, whose niece Sarah Ingleby inherited the estate and who was a great benefactor of Ilford. It was she who sold part of the park to Ilford Urban District Council, who acquired an area separate from the house for a public park. This opened as Central Park in 1899, Mrs Ingleby remained living in Valentines until her death in 1906 and in 1907 her son Holcombe Ingleby gave the house and remaining areas of the grounds including the American Gardens in her memory. The public park was then renamed Valentines Park, and was extended through purchases of additional land in 1912 and in the 1930s.

Buddhism 376 million adherents [By Isuru Perera]



Buddhism means the teachings of the Awakened One. Buddhism was founded in North India in the sixth century BCE by Siddhartha Gautama (most commonly referred to as The Buddha). Siddhartha Gautama is said to have achieved enlightenment by practicing meditation and living virtuously. He discovered the true nature of reality and taught people how to overcome the problems of life and achieve a state of permanent bliss which is known as Nirvana.

The Four Noble Truths

- 1) Suffering exists
- 2) How suffering arises
- 3) The end of suffering - Nirvana
- 4) The path leading to the end of suffering (The Noble Eightfold Path)

The Noble Eightfold Path

- 1) Right understanding
- 2) Right thought
- 3) Right speech
- 4) Right action
- 5) Right livelihood
- 6) Right effort
- 7) Right mindfulness
- 8) Right concentration

The 5 Precepts (All Buddhists to undertake and recite during chanting)

- 1) I will refrain from harming all living beings
- 2) I will refrain from taking what is not given
- 3) I will refrain from sensual misconduct
- 4) I will refrain from taking intoxicants
- 5) I will refrain from speaking untruths

Buddhists are committed to peaceful co-existence with one another and with all living beings. Buddhists should also respect the environment.

"Hatred never defeated hatred, only love can defeat hatred, this is an eternal truth" - Dhammapada – a saying from the Buddha

Redbridge Buddhist Cultural Centre

The Centre was started around 20 years ago by a few Buddhist friends as there was no local place for Buddhists to meet and worship. It is mainly the Sri Lankan Buddhist community that uses the Centre and its services. The Centre has a Buddhist community of over 300 families. Buddhists from all different traditions come here to study the Buddhism and practice the Buddhist way of life.

The Centre is open to anyone who wants to further their knowledge and understanding of the Buddhist teachings. Our outreach activities include daily worship and chanting, weekly meditation, dhamma discussions and monthly observations of higher precepts for devotees. In addition we have a Sunday school for children who want to learn about Buddhism.

Every Wednesday the Buddhist monks conduct meditation classes to teach people how to keep calm and to develop inner peace. We teach two kinds of Buddhist meditation techniques, Mindfulness of breathing and Cultivation of loving kindness.

The Centre organises special annual events. We commemorate the birth, enlightenment and passing away of the Buddha on the May full moon day (Vesak). Another significant religious event is the Katina ceremony. This signifies the end of the three month "Rainy retreat" that lasts from the full moon day of July till the full moon day of October. Historically, this was the rainy season in India and during this time, monks were forbidden to leave the temple where they were staying.

During this period Buddhist monks are more engaged in spiritual development. Devotees also come regularly to the temple and engage in meritorious deeds such as meditation, listening to sermons and chanting. At the end of the period the Katina celebration is held where an offering of special robes are made for monks who have observed the Rainy retreat. In 2017 the Katina will be celebrated locally in November.



Hinduism, or more accurately Sanatana (Eternal) Dharma (Laws of Nature) is recognised as one of the most ancient 'religions', has no founder. It may broadly be described as a way of life consisting of religious, spiritual, cultural, moral, ethical and every other aspect of life. The vastness and variety of this knowledge has led to an extensive literature and a great variety of customs, traditions and practices over centuries of unending quests. It has approximately a billion adherents, of whom about 905 million live in India and Nepal. Hinduism contains a vast body of scriptures. Divided as revealed (Shrutis) and remembered (Smritis) and developed over millennia, these scriptures expound on theology, philosophy and all subjects providing spiritual insights and guidance on the practice of dharma (religious living). Among such texts, the Vedas are considered as the primary authority (Shruti) ie it deals with the never changing eternal principles; the rest such as the Upanishads, Puranas are Smritis which deal with the practical application of those eternal principles; then there are the Epics such as Mahabharata and Ramayana. The Bhagwat Gita, part of the Mahabharata, is a summary of the spiritual teachings of the Vedas and hence considered by some as a Shruti. Basic aim of Hindu Dharma is to connect with ones inner self, the Atama which in turn is part of the Parmatama- or Brahman. To achieve this aim practice of Yoga, combined with other belief/concepts/practices have been developed.

Some of the beliefs include Dharma (ethics/duties), Samsara (the continuing cycle of birth, life, death and rebirth), Karma (action and subsequent reaction), and Moksha (liberation from samsara). Hindus believe in ONE God. Pluralism as the Sanskrit verse explains 'ekam sat vipra bahudha vadanti' which means the "Truth is one but there are many paths to understand and get it".

PAGE 9 (by Vinaya Sharma).

VHP stands for Vishwa Hindu Parshad or World Hindu Organisation. Founded and registered as a charity in the UK in July 1969, VHP (UK) has 12 branches in the UK, each branch functions independently but within the overall Aims and Objectives of the Organisation.

VHP attaches great importance to family life. Starting and maintaining a family based on spiritual, moral and ethical values are considered a religious duty. The family serves as the building block of a stable harmonious and progressive society and nation. In line with the Hindu Dharma, the focus of the VHP (Ilford) is on family and community while strengthening the individual; emphasis is on responsibilities and duties rather than rights. All VHP activities, therefore, involve the whole family.



Islam is a monotheistic religion originating with the teachings of Muhammad, a 7th-century Arab religious and political figure. Muslims believe that God revealed the Qur'an to Muhammad, God's final prophet, and regard the Qur'an and the Sunnah (the words and deeds of Muhammad) as the fundamental sources of Islam. They do not regard Muhammad as the founder of a new religion, but as the restorer of the original monotheistic faith of Abraham, Moses, Jesus, and other prophets. Islamic tradition holds that Judaism and Christianity distorted the messages of these prophets over time either in interpretation, in text, or both.

Almost all Muslims belong to one of two major denominations, the Sunni and Shi'a. The schism developed in the late 7th century following disagreements over the religious and political leadership of the Muslim community. Roughly 85 percent of Muslims are Sunni and 15 percent are Shi'a. Muslims consider the Qur'an to be the literal word of God; it is the central religious text of Islam. Muslims believe that the verses of the Qur'an were revealed to Muhammad by God through the angel Gabriel on many occasions between the years 610 and his death on July 6, 632.

Ilford Islamic Centre (IIC) is the largest and most famous Mosque in Redbridge. It is also a UK registered charity. It has developed over the years into a centre which has become a focal point for the Muslims of Redbridge, providing a variety of facilities to serve the community. Situated in the heart of South Ilford and within close proximity to Ilford Town Centre, the Mosque is easily accessible by all forms of transport and this in turn results in large congregations. We are blessed to have a hugely diverse set of worshippers – a mini UN if you like! The members engage in a transparent and thorough election process every three years to elect a Management Committee - who are also trustees of the charity.

In addition to the basic prayer facilities, IIC also provides the following services: Undertaking (Funerals), Wedding ceremonies, an after school ‘madrassah’, a Sunday school, Supplementary Education, elderly person’s lunchtime club, counselling.

The IIC sits on many community and voluntary committees and has representation on the Redbridge Faith Forum, East London Three Faiths Forum, Redbridge Racial Equality Council, Standing Advisory Council on Religious Education (SACRE), Redbridge Police Consultative Committee Group, Community Tension Board, Redbridge Voluntary Sector Network, the Muslim Council of Britain (MCB) and Helping Hands.

Our premises have all been built through donations from the public and include the Mosque and a Community Centre. The latter is regularly used to host weddings and other functions and is available to hire.

Christianity 2.1 billion adherents [ByPhil Butcher]



Central to Christian belief is that Jesus was the Messiah, promised in the Old Testament. Christians believe that Jesus Christ is the Son of God. Jesus was born to Mary, by the intervention of God not man. Jesus was sent to earth to save humanity from the consequence of its sins. Christians celebrate the Birth of Jesus at Christmas. One of the most important beliefs of Christianity is that Jesus gave His life on the cross and then rose again three days later. This is known as the ‘resurrection’ and it is celebrated by Christians at Easter. This makes Easter the most important feast of the Christian Calendar and this takes place over the three days of Maundy Thursday, Good Friday (the day of Jesus’ crucifixion) and Easter Sunday. The Cross is the recognised symbol for Christianity although the symbol of the ‘fish’ is sometimes used. This derives from the Greek word for fish, ‘Icthus’ (ΙΧΘΥΣ) , with the initial letters referring to Jesus Christ, Son of God and Saviour’. Christianity, in common with the other Abrahamic faiths recognises that there is only One God. Christians believe that there are three elements to God, The Father, The Son and The Holy Spirit and this is referred to as the Trinity. Many Christians make the ‘sign of the Cross’ by touching their head, each shoulder and heart to remind them of the Trinity before and after prayer. Christian worship takes place in Churches but also in homes which is sometimes called Domestic Church. In fact this is where Christianity traces its earliest beginnings. Spiritual leaders are called Priests, Pastors or Ministers. There are three general branches to Christianity. These are Roman Catholicism, Eastern Orthodoxy and Protestantism. Roman Catholicism has over 1 billion adherents worldwide and sees the Pope (present is Pope Francis), as direct descendant from St Peter as the head of the universal church.

Christian denominations often work together ecumenically and sometimes join together for prayer and worship.

Integral in many Christian services is the sign of peace. This is normally represented by shaking hands and saying “**the peace of Christ be with you**”. Being a Christian means following what is known as the ‘Greatest Commandment’. Jesus was asked ‘what was the Greatest Commandment’ and he said ‘**To Love God with all your heart and all your soul and all your mind ... and to love your neighbour as yourself**’ Matthew 22:36-40.

SS Peter's & Paul's Church

The building started life as a temporary corrugated iron structure with parochial status being granted in 1896 when Patrick Palmer took over as Parish Priest. In May 1998 the foundation stone of the present building was laid. There was a Solemn Pontifical Mass held in 1996 to celebrate the Centenary of the Parish and the Dedication of the Church. A bell named Patrick was gifted by the Milus family and blessed in November 2001.

The most recent addition to the premises is the Prayer Garden which was blessed by Bishop Alan on 29th June 2017. There are four raised flower beds each representing the Mysteries of the Rosary which are meditations on episodes in the life of Jesus Christ. The Prayer Garden is open every day.

The Adoration Chapel in the porch of the church is open for individual prayer Monday-Friday 10 am – 10pm.

Further information is available from the church website
<http://ssppilford.org.uk>



Sikhism was founded by Guru Nanak (1469-1539 AD) who was the first of Sikhism's 10 Gurus, a lineage of holy teachers that continued until the end of the 17th century. The Gurus are understood to be the mediators of divine grace. Sikhism originated in the Punjab region of northwest India, where it drew on elements from Bhakti Hinduism and Islamic Sufism to develop into a distinctive religious tradition in its own right. Sikhs believe that liberation from the karmic cycle of rebirths occurs in the merging of the human spirit with the all-embracing spirit of God.

Sikh males are recognisable by their long beards and turbans – worn to cover the hair that tradition says they should not cut. Their religious worship involves contemplation of the divine Name. The ultimate deity is known by several names: Sat (truth), Sat Guru (true Guru), Akal Purakh (timeless being), Kartar (creator), and Wahi-Guru (“praise to the Guru”). By concentrating on God's Name (or many titles), Sikhs believe that one conquers the ego and unites with God.

The compilation of the Sikh scriptures, the Adi Granth, was begun in 1604 by the Fifth Guru. The last of the ten Gurus, Guru Gobind Singh, announced that he would be the last personal Guru and that thereafter, Sikhs were to regard the Adi Granth (Guru Granth Sahib) as their teacher. This sacred book is considered the living embodiment of all ten Gurus and is therefore the focus of worship in all Sikh temples and local Gurudwaras, or sanctuaries.

Gurdwara Karamsar is a registered charity (number 1026179) located at 400 High Road between Ilford and Seven Kings main line railway stations. The original building was a Labour Party Hall, then in the early 1990's it was acquired and converted to become the first Gurdwara in Redbridge by the local Sikh community under the guidance of Sant Partap Singh.

It was a single storey building with a prayer hall (Darbar) in the front and the community kitchen (Langar) towards the rear. The Gurdwara enjoyed tremendous success by catering to the spiritual and emotional needs of the community and it soon outgrew the existing facilities. Bigger and better facilities were clearly needed to cater for the growing Sikh population which according to the 2001 Census was the third largest in London. In 1998, a project was started to build a newly designed Gurdwara. It was officially opened in April 2005.

The building gracefully combines traditional Sikh and Mughal designs with modern western architecture. Its façade and distinctive domes are perhaps its most striking features. Carved entirely from pink sandstone in Rajasthan-India, it was shipped to the UK and reassembled in-situ. The foyer is a grand and simple space with a skylight bringing in natural light all the way from the third floor. It has prayer halls on the first and second floors with the Langar hall on the ground floor. The interior is all white and uncomplicated. The ambiance of the place naturally lends itself to the main purpose of a Gurdwara which is to worship.

Gurdwara Karamsar has been officially sanctioned for marriages and plays an active part in the local civic society by virtue of its membership of the Redbridge Faith Forum and positive interaction with the local statutory and voluntary sector. The Gurdwara enjoys a warm and friendly relationship with all of its neighbours, this is because regardless of background, ethnicity or religion, everyone is made to feel welcome at Gurdwara Karamsar. The Gurdwara owns three other premises including the old Ilford County Court building on Buckingham Road which has been developed into the Karamsar Community Centre.

The Baha'i Faith



The Baha'i Faith is an independent world religion that began in the middle of the 19th century in Persia when Mirza Husayn Ali, later known as Baha'u'llah, declared that he was the latest in a long line of Messengers of God. His teachings centre around the oneness of God, religion and mankind; He teaches that religious Truth in all religions is spiritually the same, and that the differences are mainly social and cultural due to the progressive nature of religion.

His followers are known as Baha'is and there are now more than 7 million living all across the globe.

Baha'is reject any form of prejudice be it racial, political, class or religious and strive, according to the teachings of Baha'u'llah, to contribute to building a world society that puts faith at its very core, with each individual taking responsibility for his or her own spiritual progress. Other Baha'i teachings include working towards a sustainable peace, education for all, sexual equality, justice, and spiritual solutions to economic and environmental issues.

Baha'u'llah revealed a wealth of religious texts, meditations and prayers. One of the most important books is the Kitabi-Aqdas (The Book of Laws) which contains detailed instructions on how to live a fulfilling life as a Baha'i. Daily prayer is very important and Baha'is have a period of fasting for 19 days every year in March.

Baha'is do not have any local places of worship and generally meet in each others homes or hire a community hall, however, there is a Baha'i House of Worship on each of the 8 continents which is open to everyone, regardless of their faith background, for private prayer and meditation. The European House of Worship is in Frankfurt, Germany.



Jainism is one of the oldest religions in India and it has co-existed alongside Hinduism despite being a minority of less than 1% of the population. The religion was founded by Mahavira (“The Great Hero”) who is considered to be the most recent in a long line of 24 teachers who have brought Jainism to the world during various epochs. These teachers preach a belief in enlightenment through austerity and rejection of the world. Jains do not believe in a god and they seek release from endless reincarnations through strict self-denial.

Jainism also places a great emphasis on non-harm of living things and will often have their mouths covered with muslin to prevent accidentally swallowing insects. Many Jains also use a small brush to sweep the ground in front of them while travelling so they do not accidentally step on a creature.

The main religious text of Jainism is called Agamas. An agama is an ancient Jain textbook. There were many agamas in ancient times, but as time passed, many of them were lost or destroyed. At present, 45 agamas are available. Agamas are written in the Prakrit language. These are read and studied by Jain monks (sadhus) only. The sacred literature was not written down until 500 AD.

There are two main types of Jain, the Digambaras and the Shvetambaras. The Digambaras have much simpler rituals and disdain earthly belongings to a point that the male monks live completely naked.

In Zoroastrianism, the creator Ahura Mazda is all good, and no evil originates from him. Thus, in Zoroastrianism good and evil have distinct sources, with evil (druj) trying to destroy the creation of Mazda (asha), and good trying to sustain it. While Ahura Mazda is not immanent in the world, his creation is represented by the Amesha Spentas and the host of other Yazatas, through whom the works of God are evident to humanity, and through whom worship of Mazda is ultimately directed. The most important texts of the religion are those of the Avesta, of which a significant portion has been lost, and mostly only the liturgies of which have survived. The lost portions are known of only through references and brief quotations in the later works, primarily from the 9th to 11th centuries.

In some form, it served as the national or state religion of a significant portion of the Iranian people for many centuries. The religion first dwindled when the Achaemenid Empire was invaded by Alexander the Great, after which it collapsed and disintegrated and it was further gradually marginalized by Islam from the 7th century onwards with the decline of the Sassanid Empire. The political power of the pre-Islamic Iranian dynasties lent Zoroastrianism immense prestige in ancient times, and some of its leading doctrines were adopted by other religious systems. It has no major theological divisions (the only significant schism is based on calendar differences), but it is not uniform. Modern-era influences have a significant impact on individual and local beliefs, practices, values and vocabulary, sometimes merging with tradition and in other cases displacing it.

A Baha'i Prayer of Peace

O Thou kind Lord! Thou hast created all humanity from the same stock. Thou hast decreed that all shall belong to the same household. In Thy Holy Presence they are all Thy servants, and all mankind are sheltered beneath Thy Tabernacle; all have gathered together at Thy Table of Bounty; all are illumined through the light of Thy Providence.

O God! Thou art kind to all, Thou hast provided for all, dost shelter all, conferrest life upon all. Thou hast endowed each and all with talents and faculties, and all are submerged in the Ocean of Thy Mercy.

O Thou kind Lord! Unite all. Let the religions agree and make the nations one, so that they may see each other as one family and the whole earth as one home. May they all live together in perfect harmony....

Thou art the Mighty and Powerful, Thou art the Forgiving and Thou art the One Who overlooketh the shortcomings of all mankind.

'Abdu'l-Bahá

Let Us Live Happily ~ Buddhist

Let us live happily, without hate amongst those who hate.

Let us dwell unhating amidst hateful men.

Let us live happily, in good health amongst those who are sick.

Let us dwell in good health amidst ailing men.

Let us live happily, without yearning for sensual pleasures amongst those who yearn for them.

Let us dwell without yearning amidst those who yearn.

Let us live happily, we who have no impediments. We shall subsist on joy even as the radiant gods.

PAGE 20

Prayer for Peace ~ Christian

Make me an instrument of your peace
Where there is hatred let me sow love
Where there is injury.....pardon
Where there is doubt.....faith
Where there is darkness light
And where there is sadness.....joy.

Hindu Prayer for peace

Oh God, lead us from the unreal to the Real.
Oh God, lead us from darkness to light.
Oh God, lead us from death to immortality.
Shanti, Shanti, Shanti unto all.
Oh Lord God almighty, may there be Peace in celestial regions.
May there be Peace on Earth.
May the waters be appeasing.
May herbs be wholesome,
and may trees and plants bring peace to all.
May all beneficent beings bring peace to us.
May the Vedic Law propagate peace all through the world.
May all things be a source of Peace to us.

Jewish Prayer for Peace

Come, let us go up to the mountain of the Lord,
that we may walk the paths of the Most High,
and we shall beat our swords into ploughshares,
and our spears into pruning forks.
Nation shall not lift up sword against nation -
neither shall they learn war any more.
And none shall be afraid for the mouth of the
Lord of Hosts has spoken.

Grant Us True Peace ~ Muslim Prayer for Peace

O God! O our Master! You are eternal life and everlasting peace by Your essence and attributes. The everlasting peace is from You and it returns to You.

O our Sustainer Grant us the life of true peace and usher us into the abode of peace.

O Glorious and Bounteous One! You are blessed and sublime.
Allahumma ya mowlana antas-salaam, wa minkas-salaam, wa ilaika yarjaus-salaam, haiyyina rabbana bis-salaam, wa adkhillna daras-salaam, tabarakta rabbana wa-ta'laitha, ya zal jalali walikram

Sikh prayer for peace

God adjudges us according to our deeds not the coat that we wear:
that Truth is above everything, but higher still is truthful living.
Know that we attaineth God when we loveth and only that victory endures in consequences of which no one is defeated.

Zoroastrian Prayer for peace

We pray to God to eradicate all the misery in the world:
that understanding triumph over ignorance
that generosity triumph over indifference,
that trust triumph over contempt, and that truth triumph over falsehood.

A prayer for an end to violence

God of Life, every act of violence in our world between myself and another destroys a part of your creation.

Stir within my heart a renewed sense of reverence for all life.

Give me vision to recognise your spirit in every human being, however they behave towards me.

Make possible the impossible by cultivating in me the fertile seed of healing love.

May I play my part in breaking the cycle of violence by realising that peace begins in me.

ABOUT REDBRIDGE FAITH FORUM

Redbridge Faith Forum (RFF) is an independent organisation that aims to give Faith Communities in Redbridge a collective voice by identifying and addressing issues that affect residents. RFF's inaugural meeting took place in December 2003 and was registered as a Charity in 2006 (Reg No 1118675)

Redbridge Faith Forum was delighted to be one of the Mayor of Redbridge, Councillor Barbara White's chosen charities for her Mayor's Appeal in 2015-16.

Our vision is to work towards and build a community that respects, co-operates with and understands the integrity of each other's beliefs, culture and traditions

RFF has a Board of Trustees made up of faith practitioners from all of the main religions represented in the Borough. It has adopted Respect, Co-operation and Understanding as its key motto. Trustees are very active on many statutory and community boards and committees and contribute to other voluntary sector events.

We hold regular public meetings to discuss social issues affecting faith communities such as education, health, and regeneration and to promote social cohesion. A news bulletin is circulated to over 800 people each month giving information about local events and current individual faith festivals and significant dates

Redbridge Faith Forum is a membership organisation - membership is open to all and there are a range of options available – a membership application form is available from the office or on our website www.redbridgefaithforum.org.

Individual Member

open to everyone entitles you to vote at our AGM – **£10 annual membership**

We also have two other membership scales for large groups and businesses as follows:

Place of Worship Membership

This is open to recognised faith group representatives and entitles the member to nominate/be nominated for the Board of Trustees and have full voting rights – **£30 annual membership.**

Business membership Rates:

Small businesses. (less than 10 employees) - £25 annual membership

Medium business less than 200 employees) - £50 annual membership

Large businesses (more than 200 employees) - £75 annual membership

Donations

- Donations towards the work of the Redbridge Faith Forum are greatly appreciated and can be made by cheque or BAC:-
Cheques payable to Redbridge Faith Forum, Post to Redbridge Town Hall, (Room 76, 3rd Floor), High Road, Ilford, IG1 1DD Cash payments can also be dropped off to this address.
- By BACS to sort code 40 52 40 account number 00028943

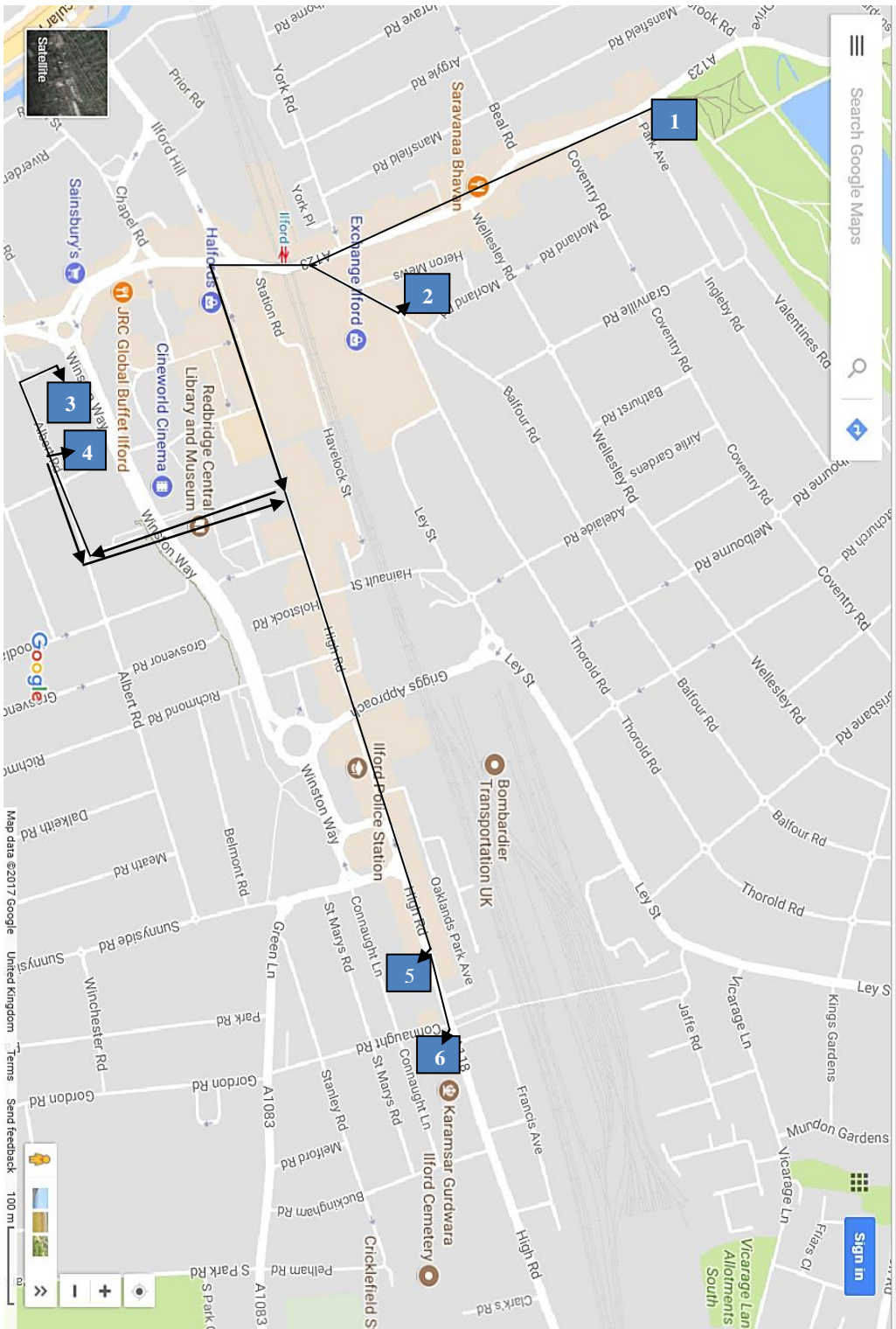
Upcoming Events (see details on our website www.faithforum.org)

Tuesday 31st October Network Meeting continuing the theme of
12 noon – 1.30 pm Peace & Reconciliation – Central Library

Tuesday, 14th November Social Meal @ Ilford Islamic Centre
Evening 52-56 Albert Road, Ilford IG1 1HW

Tuesday 21st or Wednesday 22nd November – Women’s Interfaith
Workshop continuing the theme of Weddings:- Ceremony, Custom &
Tradition

Please email us at faith.forum@redbridge.gov.uk to join our mailing list.



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1

2

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6

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