



## Tools for Schools: Community Sand Mandala at Grace Cathedral

### TOOLS FOR PEACE

Tools For Peace teaches individuals tangible skills to improve their own circumstances, as well as to look for ways to improve the circumstances of others, through the intentional development of positive attitudes & actions. Through a combination of activities—reflective writing, artistic expression, group discussion, movement and community-building—Tools For Peace offers participants practical methods to:

- Harness and achieve their own potential through training in *Motivation*
- Focus, concentrate, and carefully consider consequences through training in *Mindfulness*
- Relieve stress and productively cope with adversity through training in *Meditation*
- Generate positive attitudes—kindness, equanimity, compassion and appreciation—through reflection and analytical meditation
- Use positive attitudes to inform their actions, and express themselves in a more constructive way through Generosity, Discipline, Patience, Diligence, Concentration and Knowledge

Founder:	The Venerable Lama Chödak Gyatso Nubpa Founded Tools for Peace in an effort to provide practical methods to cultivate compassion, peace and well-being.
Tools for Schools Program Launch:	This week-long event will officially launch the Tools for Schools program, which trains students and their teachers to actively incorporate Tools For Peace into their schools back home on an on-going basis. In the north transept of the Grace Cathedral, students from two Bay Area schools (Northern Light School and Envision Schools) and one summer school program (Aim High), together with Tibetan monks, will spend five afternoons creating two mandalas out of sand for the congregation and public to enjoy. <i>A Mandala is an ancient Tibetan art form that symbolically represents the qualities of enlightened mind.</i> <b>Community Sand Mandala</b> <b>Grace Cathedral, San Francisco</b> <b>September 21-25, 2009, 10 a.m. – 6 p.m. daily</b> (Students present 4-6 p.m. only.)
Schools/Programs involved:	<b>Northern Light</b> , Oakland - <a href="http://www.northernlightschool.com">http://www.northernlightschool.com</a> <b>Aim High</b> , San Francisco - <a href="http://www.aimhigh.org">http://www.aimhigh.org</a> <b>Envision School</b> , Oakland - <a href="http://www.envisionschools.org">http://www.envisionschools.org</a>
Tools for Schools San Francisco Fundraising Event:	The upcoming fundraising event will raise funds to support the growth of Tools for Peace programs and benefit Grace Cathedral. <b>Where:</b> Grace Cathedral



75 S. Grand, Suite 106, Pasadena, CA 91105  
toolsforpeace@mac.com • (626) 564-0700

[www.toolsforpeace.org](http://www.toolsforpeace.org)

**When:** September 26, 2009, starting at 6 p.m. -

**What:** 6 p.m. – Student-led tours of Grace Cathedral and the mandala exhibit.

7 p.m. - A sparkling-wine reception and special performance by Grammy-Award winning musician k.d. lang.

8 p.m. - A dinner created by Acre Gourmet and Alice Waters will showcase local food artisans and purveyors, including Cowgirl Creamery and Full Belly Farms.

*-The dissolution ceremony for the sand mandalas created in the cathedral will happen after 11 a.m. service on Sunday, September 27.-*

Advisory Board & Committee:

**Jamie Price, J.D.**



Left the ranks of Fortune 500 America in 1997 with the intention of creating positive change in our world. Since then she has worked to establish the American Foundation for Tibetan Cultural Preservation and it's imprint program, Tools For Peace™. Jamie is the Executive Director and Chief Editor of the Tools For Peace Personal Mandala Workbook.

**Anne Dickerson Lind**



Anne became interested in Tools for Peace after attending the summer camp and experiencing the transformation of the group of kids attending. Having two children and watching and participating in their education with great joy initiated her interest in childhood education. She has been involved with education serving as the chair of the board of trustees of the Discovery Museum and is currently a member of her children's school board

**Ken Monnens**



Ken has served on the Advisory Board of Ari Bhod, Tools for Peace since 2005 and produced the first Northern California fundraiser for the organization in Marin in October 2006. With degrees in both art and law, Ken is a graphic designer by trade, and runs kenCreative, a successful marketing and design firm headquartered in Berkeley. His company has designed corporate and brand identities, packages and marketing collateral for companies across America

**Mark Grace**



Mark Grace grew up in the Napa Valley as part of Grace Family Vineyard, and is currently a resident of Sausalito. Mark has been on the board of trustees for several Bay Area non-profits including Big Brothers Big Sisters of Marin, Greater Bay Area Make A Wish Foundation, Episcopal Charities and Grace Cathedral. Currently involved on the community development committee for the Cathedral, Mark was pleased to encourage the collaborative and week installation the Mandala at Grace.



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**Tools for Peace  
General Programs:**

Tools For Peace offers programs for teens, schools professionals, and adults who wish to become trained Facilitators. Tools For Peace programs provide participants with the support needed to actively incorporate compassion, peace and well-being into their daily lives, communities, and our world.

***Tools For Peace Summer Teen Camp***

The Summer Teen Camp at Ari Bhöd supports teenagers in actively adopting a more positive role in their families, schools, communities, and world. Modeled after the Tibetan culture of peace, the immersive experience of the camp provides teens space for reflection, growth and personal transformation.

***Tools For Schools – The Tools For Peace Program for Schools***

Tools For Peace supports educators and schools in preparing students to navigate and contribute to our world in a positive way. Through a series of facilitated exercises, students develop life skills that increase their positive sense of self, connection to others, and ability to act compassionately. Incorporating Tools For Peace into the classroom gives students a consistent, ongoing opportunity to effectively build these skills.

**Resources:**

**Websites:** [www.toolsforpeace.org](http://www.toolsforpeace.org)

[www.gracecathedral.org](http://www.gracecathedral.org)

**Media Page:** [www.studio-707.com/news/ToolsforPeace\\_media.php](http://www.studio-707.com/news/ToolsforPeace_media.php)

**Flickr Photo Page:** <http://is.gd/1L1qj>

**Facebook Page:** <http://is.gd/1L0rC>

**YouTube Page:** [www.youtube.com/user/ToolsForPeace1](http://www.youtube.com/user/ToolsForPeace1)

**Tools for Peace- Media Contact:**

Ashley Teplin, Studio-707

Tel: 707-258-1699

[ashley@studio-707.com](mailto:ashley@studio-707.com)

**Grace Cathedral- Media Contact:**

Heidi K. Zuhl

Tel: 415-749-6364

[heidiz@gracecatherdral.org](mailto:heidiz@gracecatherdral.org)



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