



About the Mattie J.T. Stepanek Foundation

The **Mattie J.T. Stepanek Foundation** is a volunteer-run not-for-profit organization established in 2005 to continue spreading Mattie's message of hope and peace. The Foundation develops educational and recreational programs and outreach activities for children and adults that encourage peacemaking as a deliberate action.

www.mattieonline.com



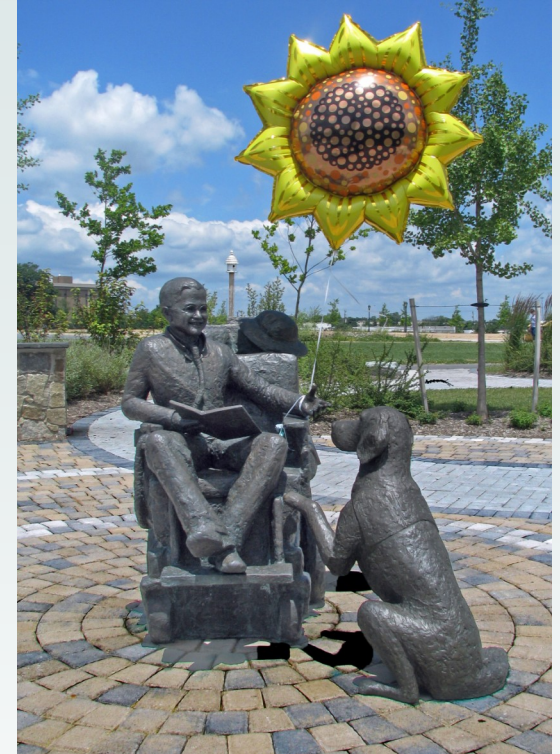
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Pathways to Peace®



Passport Guide

Peace is for All People



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About Mattie J.T. Stepanek

Mattie offered a simple and believable message for all people — "hope is real, peace is possible, and life is worthy!" Born with a life-threatening neuromuscular disease, he nonetheless exemplified his personal philosophy that motivated him to cope with and celebrate life:

"Remember to play after every storm!"

During his almost 14 years of life, Mattie shared a message of hope and peace through speeches, six volumes of *Heartsongs* poetry, and a collection of *Just Peace* essays.

You may remember seeing Mattie as a guest on The Oprah Show, Larry King Live, or Good Morning America, or as a three-term national goodwill ambassador for the Muscular Dystrophy Association.

Mattie wanted to be remembered as
**"a poet, a peacemaker, and
a philosopher who played."**

The Mattie J.T. Stepanek Park and Peace Garden in Rockville, Maryland are living reminders and tributes to this young hero.

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Pathways to Peace®

Peace is a Journey



Mattie envisioned a world at peace. He reminded us that peace is a journey, and that a journey involves planning and patience, creativity and flexibility. **Pathways to Peace®** — an initiative of the Mattie J.T. Stepanek Foundation — explores key elements of the message Mattie shared through his books, his speeches, and his conversations. This message is for people of all ages and abilities, all cultures and classes, all races and religions. Peace is for all people.

Heartsongs:

Our Reason for Being

"A Heartsong tells us what we are meant to do, or be, in life. What we desire is what we offer to others, because we understand why it matters.

How do we share a Heartsong? Through our own gifts. We share what matters through things we enjoy: our talents, our hobbies, our passions."
— Mattie J.T. Stepanek



Hope is Real:

It Begins with a Choice

"Everything in life has choice, even if the only choice we have is the attitude with which we embrace each moment." — Mattie J.T. Stepanek

Peace is Possible:

It Begins with Being Okay With Who We Are

"Peace begins within each of us, when we have our basic needs met. When we have what we need to survive, and to thrive, it is easier to consider and tend to the needs of our neighbors." — Mattie J.T. Stepanek

Life is Worthy:

It Begins with Our Reflection

"Life is short, sweet, and sacred. It matters that we celebrate life, every day, in some way. How we want to be known, and remembered, is how we must choose to live." — Mattie J.T. Stepanek

For Our World:

Rebuild the Mosaic of Life

"In so many ways, we are the same. Our differences are unique treasures. We have, we are, are mosaic of gifts, to nurture, to offer, to accept."
— Mattie J.T. Stepanek



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Traveling Tips for the Pathways to Peace

- The journey toward personal peace and world peace involves many choices — choices in attitudes and habits that shape our lives and that touch the world.
- There is no one 'right way' to journey to peace, as long as we travel choosing friendship and collaboration as goals, rather than force and conquering.
- It matters that we seek non-violent ways to express opinions and to meet our basic needs. Peace grows when we are kind to ourselves, others, and our world.
- Mattie suggested that we "get to know our neighbors around the block and around the world." In doing so, we journey together on the Pathways to Peace.

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Learn more about these messages and the materials created for our **Pathways to Peace®** program at www.mattieonline.com

