



About Mattie

Mattie J.T. Stepanek envisioned a world at peace. Born with a life-threatening neuromuscular disease, Mattie embraced and exemplified a personal philosophy that motivated him to cope with many challenges and also celebrate life —

“Remember to play after every storm!”

During a brief life of almost 14 years, Mattie shared a message of hope and peace in speeches, in six volumes of bestselling *Heartsongs* poetry, in a bestselling collection of *Just Peace* essays, and in his everyday conversations and way of being.

You may remember seeing Mattie as a guest on *Oprah*, *Good Morning America*, or *Larry King Live*, or as a three-term National Goodwill Ambassador for the *Muscular Dystrophy Association*.

About Mattie’s Foundation

The Mattie J.T. Stepanek Foundation is a volunteer-based not-for-profit organization established in 2005 to continue spreading Mattie’s message of hope and peace.

Mattie’s Foundation develops educational and recreational programs and activities for children, teens, and adults around the world that encourage peacemaking as a choice in thought, word, and deed.

Peace Certification, a component of the Foundation’s *Pathways to Peace Program*, supports individuals and communities in an opportunity to move from “attitude to action” as they reflect, respond, and reach out with peace for our world.



www.MattieOnline.com

Mattie J.T. Stepanek Foundation
402 King Farm Boulevard, #125
Rockville, MD 20850

Peace Certification



A program choice for
individuals and communities

Mattie J.T. Stepanek Foundation



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Peace Certification by the Mattie J.T. Stepanek Foundation

Can peace be taught?

Yes! Peace can be taught and learned by people of all ages and abilities. Peace can be introduced and explored through formal lessons, and nurtured through play and daily activities and interactions. Peace can be practiced in schools and homes, offices and places of worship, playgrounds and businesses. Peace is more than a lesson plan or service project

— *peace is a way of being, and peace is an antidote for apathy, bullying, and violence.*

What is Peace Certification?

Peace Certification — rooted in Mattie's *Three Choices for Peace* — is a process of reflecting on, responding to, and then reaching out with peace. Participants are supported in this peace journey as they move from peaceful attitudes and habits to peaceful actions and activities that impact others.

Why does Certification matter?

Peace matters! Personal peace and world peace are both possible if we understand how peace begins, and how peace grows. Peace Certification is an opportunity to purposefully consider peace, and to understand, create, and practice strategies and choices that foster peace. Certification makes a statement about values and a commitment to peace.

Who can register for Certification?

Anyone! There are options for individuals, families, and communities of all sizes. Certification is for parents, youth groups, educators, schools, clergy, politicians, childcare providers, businesses, health facilities, retirement residences, cities...


— *any person or community with a desire to consider peace, and a willingness to make a difference for others and our world.*



Peace Certification involves a journey from attitude to action. There are many pathway options for peace. Mattie's Foundation supports individuals and communities in a personalized peace journey, and offers resources, strategies, and other traveling tips.



Pathways to Peace®
Peace Tips Guide



by Jeni Stepanek, Ph.D.
Mattie J.T. Stepanek Foundation
Peace Certification Program

www.MattieOnline.com

Choose Peace

For Our World

We need to stop...
Just stop...
Stop for a moment...
Before anybody says or does anything...
That may hurt anyone else...
We need to be silent...
Just silent...
Silent for a moment...
Before we forever lose...
The meaning of words...
That grow in our hearts...
We need to notice...
Just notice...
Notice for a moment...
Before the future slips away...
Into chaos and dust of sameness...
Stop, sit silent and notice...
In so many ways, we see the same...
Our differences are unique treasures...
We have, we are, a mosaic of gifts...
To nurture, to offer, to receive...
We need to be...
Just be...
Be for a moment...
Kind and gentle, innocent and trusting...
Like children and lambs...
Never judging or comparing...
Like the jangling and clanging...
And never, but not angry...
Differently, yet together...
Before there is no earth, no life...
No chance for peace.

Mattie J.T. Stepanek
December 11, 2001

Pathways to Peace®
"What Next?" Project

www.MattieOnline.com
Mattie J.T. Stepanek Foundation

How does Peace Certification work?

Once registered or sponsored for Certification, participants begin a personal or community journey through Mattie's *Three Choices for Peace*.



REFLECT —

Become a Peace Seeker

We (Mattie's Foundation) share materials and strategies that support you in exploring Mattie's message of *HeartSongs*, hope, choice, service, kindness, or other *Pathways to Peace* elements, so that you better understand what it means to "want peace" for oneself and for one's world.



RESPOND —

Become a Peace Maker

You consider and practice aspects of the peace message through your thoughts, words, actions, and choices, and as you create a Peace Plan — a Lesson, Activity, Attitude, or Action Plan that impacts one person or countless others. This choice helps you understand what it means to "live peace" within, and with others.



REACH OUT —

Become a Peace Bringer

Together, we show others your commitment to peace as you carry out your Peace Plan, and we celebrate your choices publicly and on our website Peace Certification page. This choice includes a "What Next?" statement on moving forward with peace beyond Certification, which is what it means to "share and be peace."

Learn more and register:
www.MattieOnline.com