

First True Peace Church In America

First "True Peace" Church in America Est. 2019

Union of Saints, 501c3

Principles taught:

- Non-Violence
- Compassion
- Empathy
- Positive Virtuous Character
- Peace-Building
- Peace-Education
- Service
- Community
- Charity
- Interfaith Dialogue
- Religious Freedom
- Human Rights
- Love, Peace & Forgiveness
- For Peace – "4 Ps" Peace, Protection, Preservation, Progress
- Arts
- Sports
- Integrative Medicine
- Law
- Society

Union of Saints, 501c3



Santa Marta

True Peacin'

A philosophy and way of life!

~US



Civility

*Civility is a virtue, study,
dialogue, & action.*

THOSE INTERESTED IN
PURSUING “PEACE” AS A
CAREER, MIGHT CONSIDER
PEACE AND CONFLICT
STUDIES PROGRAMS AT
UNIVERSITIES.

Many universities offer “peace and
conflict,” studies as bachelors,
masters and doctorates
programs.

Social Sciences

Peace is a sacred embodiment; what
we eat, how we feel, how we walk,
how we love.
With love, US

The Faith of True Peace

True peace is practicing
therapies, learning and
advocating peace education,
and aiming to live a
compassionate and cruelty-
free life.

D. Cowdrey

and where there is
true peace,
there is of course,
true love.



Activists Endure Severe Emotional Violence

Emotional Violences Commonly Experienced:

- Crazy-Making
- Gaslighting
- Denial
- Blame-Shifting
- Belittling, Criticizing, Personal Attacks
- Trivializing
- Diverting
- Withholding
- Countering
- Scapegoating
- Reality Warping
- Rewriting History
- Deflection
- Discrediting
- Words As Weapons
- Manipulating, Misleading
- & Other Violences



A pink silhouette of a dragon with its wings spread, facing right, positioned on the left side of the image.

*It's okay to be
a little
alternative
& to take an
alternative
route.*

A white silhouette of a dragon with its wings spread, facing left, positioned on the right side of the image.

*Just don't get lost
out there ♡*

We are faithful
SISTAS!

The TRUTH is the GOSPEL:
***Not “the gospel is the
truth.”***

D. Cowdrey

Gospel

What is the
gospel of the
“US Saints?”



Saints

- True Peace (Cause Least Harm Principle)
- Love (True Love, God Love)
- Forgiveness - One of the Highest Forms of Love
- Boundaries & Energy Protection
- “4 Ps” Peace, Protection, Preservation & Progress
- Unity, Togetherness, Like-Mindedness, Social Meeting
- Aspiring to Saintliness/Godliness
- Meditation, Prayer, Zen & Solitude
- Cleanliness, Clean Energy Spaces
- Vows for Personal Betterment
- Freedom & Liberty
- Truth, Understanding, Science & Logic
- Formal Education
- Peaces vs. Violences
- Community Safety
- Gardening & Plant-Foods (True-Peacism)
- Connection to Animals
- History, Philosophy & Religious Studies
- Charity, Service to Community
- Traveling, Culture & Life Interpretation
- Sisterhoods, Brotherhoods
- Alternative Clothing, Cloaks & Veils (Freedom-Cloth)
- Uniform Black & White, Rainbow
- Spiritual & Religious
- Arts & Crafts
- Sports
- Community Activities
- Interfaith/Interpath Dialogue
- Life Ceremonies
- Sacred Teachings
- Advocacy
- Meditation Symbols
- Mysticism & Openness to Spirit
- Spiritual Discernment
- Water Renewals, Baptisms (Ceremonies)
- In Depth Studies of Saints, Monks, Nuns & Other Spiritual Persons
- Integrative Therapies, Mental Health, Health Care & Plant-Remedies
- Soul Illumination, Sacred Enlightenment, High Vibrational Living
- Ministering, Teaching, Leading, Coaching, Sharing
- Movement From Darker Spirit, Hell & Unknowns
- Honoring First Nations & Divine Beginnings
- Non-Discrimination Principles
- Regard for Alternative Spheres of Reality
- Evolution; From Sea, Land, Earth Sky & Space
- The Power of Sisterhood, Motherhood & Womanhood
- All Female Ministers (Equality in Church Bodies)
- Non-Voting Members, Friends, Teachers; Males & Females

High Wisdoms

Past, Present, Future

- **Truth:** Direction, Paths, Development, Self, Cultures, World
- **Knowledge:** Direction, Paths, Development, Self, Cultures, World
- **Learning:** Direction, Paths, Development, Self, Cultures, World
- **Understanding:** Sciences, Arts, Humanities, Evolution, Thorough, Rooted & Grounded Comprehension, Profound, Deep Meaning, Spiritual & Intellectual Bearing, Wisdom
- **Peace:** Self, Community, World; Healed, Healing, Strength
- **Love:** Self, Community, World; Healed, Healing, Strength
- **Forgiveness:** Self, Community, World; Healed, Healing, Strength
- **Unity:** Peace-keeping, Togetherness, Self-Healing, Community Healing, Compassionate Bridges, Support, Humility, Rolled Sleeves Up
- **Justice:** Morality Black & White, Freedom, Liberation, Respect, Dignity, Self & Property, Balance, Heaven vs. Hell, Heart & Soul vs. Hollow & Evil, Safety
- **Fulfillment:** Joy, Uplifted Spirit, Happiness, Strength, Resilience, Growth, Oneness, Nature, Home & Life Balance, Internal & External Gardens, Comfort, Progress
- **Goals:** Education, Health, Prosperity, Self-Care, Family-Care, Community-Care, Bright & Healthy Life

Freedom is essential to any spirit.



**The keys to the arc (enlightenment)
are in your heart.**

Modern Saints



...Interfaith Learner

**If you ever feel ashamed of your
past, remember this,
all beautiful trees have
muddy roots.**

d. cowdrey

TAKE TIME TO HEAL.



Simple Understandings of World Issues

1. Slavery

2. Oppression

3. Violence

4. War

5. Suppression

6. Dehumanization

7. Manipulation

8. Fear

VS.

1. Freedom

2. Liberation

3. Autonomy

4. Respect

5. Truth

6. Education

7. Peace

8. Courage

Slavery VS Freedom

Bad VS Good

Grand Narcissism/Oppressor

VS

Grand Empathism/Liberator

**OR Grand Victim/Suppressed,
Liberated/Restored**

***Many Modern World Issues,
Wars, Poverty, Violence &
Abuse, Land Disputes
are easily interpreted by
considering;***

1. *Who is the oppressor?*

2. *Who is the victim?*

3. *Who is the liberator?*

WHO DO I SERVE?
GREAT SPIRIT,
ONLY.

WHO DO I ANSWER TO?
GREAT SPIRIT,
ONLY.

WHO JUDGES ME?
GREAT SPIRIT,
ONLY.

D. COWDREY

I AM WILD.
I AM LIBERATED.
I AM FREE-SPIRITED ME.

D. COWDREY

- Freedom
- Liberation
- Peace
- Soul Work
- Safety
- Rights
- Honoring
- Protecting
- Love
- Equality
- Saving Lives
- Uplift
- Support
- Speak Up
- Take A Stand

VS
Which
side
are
you
on?

- Slavery
- Oppression
- Violence
- Evil Acts
- Threat
- Wrongs
- Abusing
- Harming
- Hate
- Discrimination
- Genocide
- Put Down
- Hinder
- Silence
- Ignore

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Conflict is a healthy response
to slavery.

Prophecy Symbology

GODDESS OZIRAH, OCEAN

- ***O Circle of Life***
- ***Z Tides of Change, N***
- ***As Above, So Below, It's
All Connected***
- ***I Third Eye, All-Seeing***
- ***RA Sun God***
- ***H Heaven***



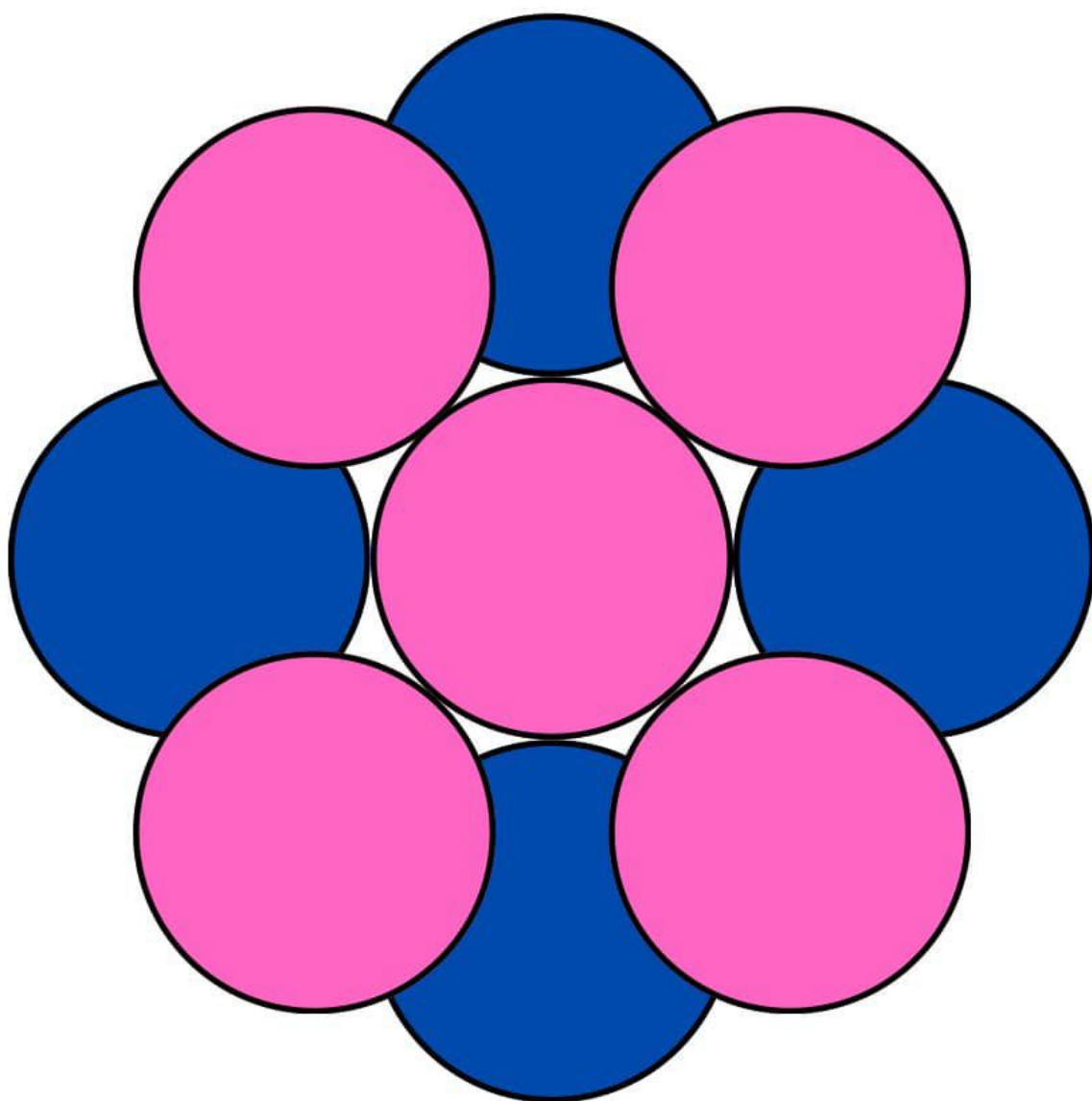


Union of Saints, 501c3 "The Rock N' Roll Monastery" Celebrating the Mother Goddess.



**We can live in fear and fall for lies or
live courageously and stand for truth.**

D. Cowdrey



An illustration of a creature named Ozirah, which has the head and wings of a bird and the tail of a mermaid. Ozirah is shown in a dynamic pose, flying upwards towards a bright yellow sun in the upper right corner. The background is a light blue sky filled with several yellow and orange four-pointed stars. Below the sky, there are stylized blue waves representing the ocean. Three other bird-like silhouettes are scattered across the sky, and a few more stars are visible near the waves.

The Story of OZIRAH

Ozirah has the head of a bird,
and the body of a mermaid.

The Truth

*No woman is born free in a patriarchy
(slavocracy).*

*So we raise our flag, Union of Saints, 501c3!
And we join the fight,
until every woman is free.*

Universal Law
Free and fair legal systems!

The art of creating new and evolved
Universal Law,

requires the letting go
of old-traditions, gods and religions,
and embracing the values and virtues of
equality, interfaith unity, truth-seeking,
peace-work, moral justice and freedom.

We the people have evolved,
may our court systems evolve with US.
D. Cowdrey



US Call to Action

- Peace, Peace Education, Non-Violence
- Morality, Dignity, Virtue, Integrity
- Health, Community Health, Environmental Health
- Heroic Humility, Heroic Service
- Blessings, Healing, Abundance, Joy
- Equality, Women's Leadership, Children's Safety
- Glowing, Brightening, Well-Lit Paths, Spiritual Health, Mind, Body, Spirit ~Dazzling
- Protection, Community Protection, Self-Defense, Community Defense
- Green Paradigms, Natural Paradigms, Wise & Intelligent Cultivations

US
HIERARCHY



MINISTER, SISTER



SISTERS, TEACHERS



SISTERS, STUDENTS



FEMALE <-- FAMILY & FRIENDS --> MALE



GENERAL PUBLIC



**We are free people
who fight to free people.
-US**



Culture, Spirit & Power

Radicalism+Cultural Issues=
A Time Of Personal Retreat, & Solitude,
Remove Power From Harmful Radicalism

Every country has a rich history and culture.
While for many of us we are free-spirited, it is also
“grounding,” for us to be a part of our culture, it is our
heritage. Culture and heritage are our “spirit and home
base.”

*Why is it important to respect the
culture of the country we are in?*

*Values, beliefs, religion, customs, traditions, history,
“cultural-spirit,” peace-keeping, and etiquette.*



Wars are as complicated as the heart of the soldier.
Peace be with those in uniform and service.

D. Cowdrey



Union of Saints Founder, D

*Has French
& Nordic Roots.*

What does it mean to be French & Nordic?

More Private

Known for Language "Cat Skills"

Liberated, Open-Minded, Free

Kind, Giving, Loving, "French Cheeks"

Very Strong, Resilient, "Winter-Ready," We Wear Boots!

Big Families with Shared Culture+Traditions

(8-12 Kids Was Normal)

Spiritually Religious

Gardeners, Beautiful, Traditional Home-Cooked Meals

Connected to Nature, Outdoors, Woodsman

Lineage of Battles & Sea Voyages

Strong, Ocean-Deep, Earthen

Salut!

*We are so proud of you!
Together we built a new generation of Spirituals:
We are the “**open-minded nun**,” movement. 7.8.25*

Many young women are opting to not go to parties, bars and clubs, but to spend time in vows and at monasteries, churches and convents. So cool!

“My first vow before I moved more into spiritual life was the vow of silence. I believe taking vows is a beautiful and natural part of the human spiritual process. I have not looked back, Spirit renews me every day!” D. Cowdrey

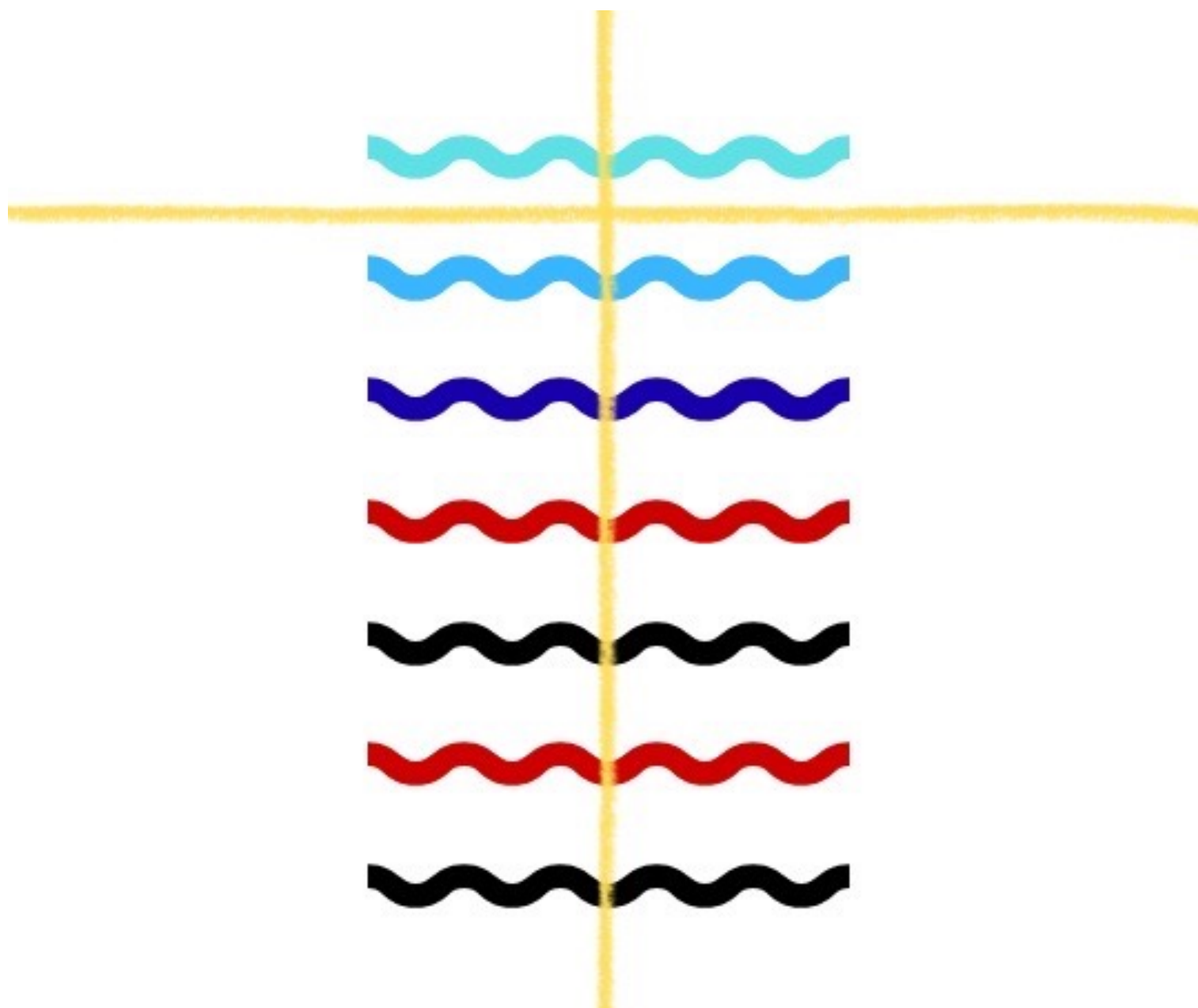
*Good job, everyone & many positive blessings
on your spiritual path!*

~US

On the brighter side of the fence.

*If they are not praying for us, they are hating us,
so we may as well find people **who pray**.*

D. Cowdrey



Rock N' Roll Monastery
We are like church,
but more on the wild side.



Santas!

We are coming together.



We have 1,000-3,000 steady followers monthly!

**Be creative. Have fun!
Reach out to other US followers.**

Sending so much love and positivity to you!



**Let's raise our church and beautiful
spiritual energy together.**

Go US!







Union of Saints

Balcony Garden

*Best Bloomers: Cucumbers, Radish, Kale, Scallions,
Parsley, Mint, Oregano, Spinach, Peppers, Cilantro,
Arugula, Basil, Celery, Lemon Balm, Lavender,
Lettuce, Thyme, Strawberries, Tomatoes, Broccoli, Bok
Choy, Flowers, Dandelions, Potatoes, & More!*

For Decor: Lights, comfy seating, & pillows.

For The Locals: Nuts, clover & seeds.



***Entrapping,
Enslaving,
Targeting,
Attacking, Socially
Unevolved, Barbaric
Mindset***

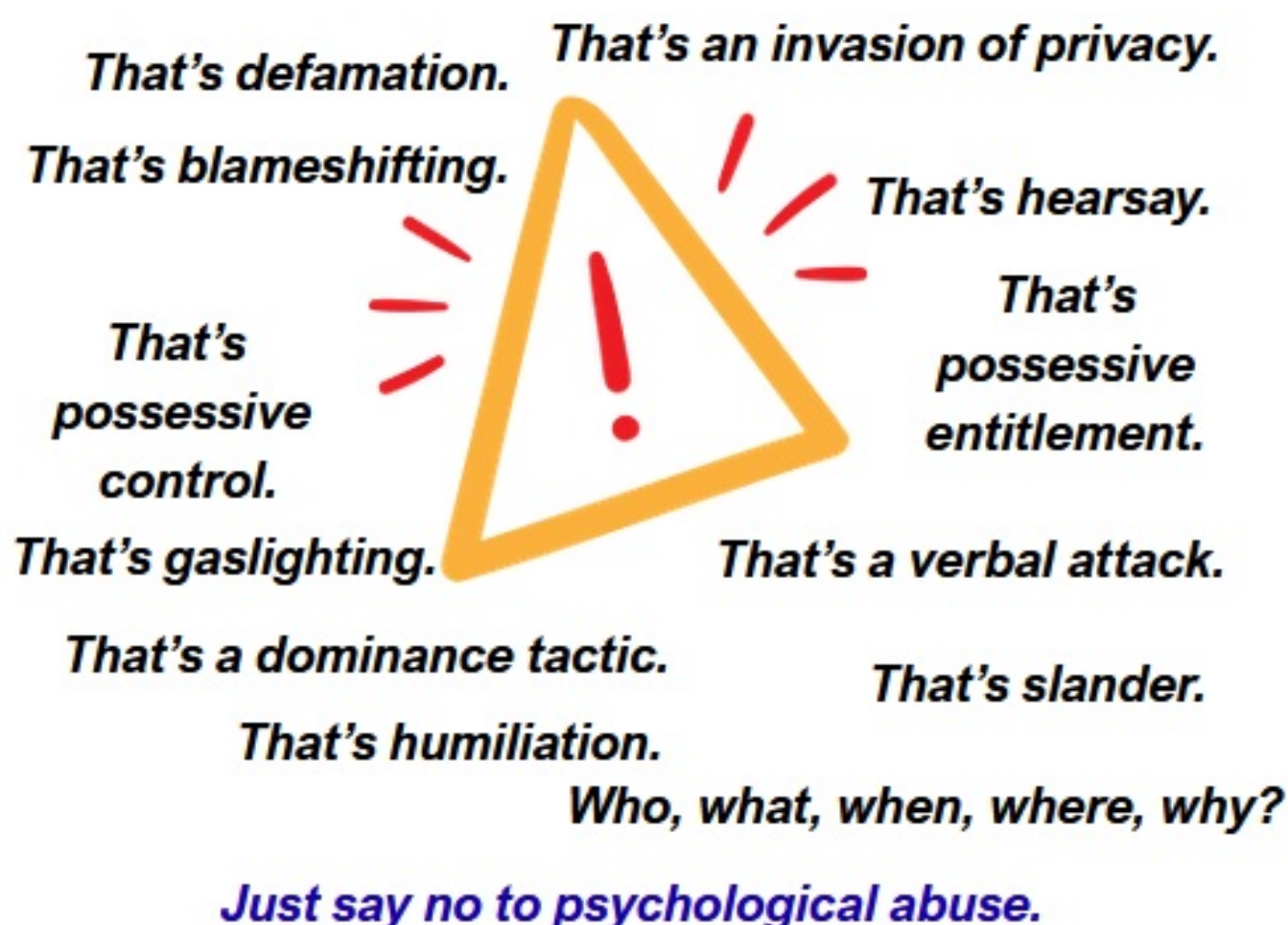


***Uplifting,
Freeing,
Protecting,
Comforting, Socially
Evolved, Wise
Mindset***



1. ***Sadly during a war and slavery era, we will find the “energetic movement,” and “normalizing” of very scary and violent mindsets.***
2. ***Our priority is to STAY SAFE and out of harms way from ALL who aim to hurt us.***
3. ***Stay in the blue!***

*Calling out “comm,” breakdowns, and not tolerating them.
We are human not God, humans can only handle so much!*





HEALTHY BOUNDARIES

What healthy boundaries
can you set?



Meditation

Take the abusive energy and transfer it into the crystal ball, so that it is contained and can be observed.

R&R

Ocean Metaphor

*God shows us through the ocean,
how to make ourselves beautiful, innocent and pure again.*

Humans, sometimes like oil, can make us unclean.

Humans can be sometimes be toxic, bringing negative energy.

*Humans sometimes judge us based on their own, skewed
perception, which only harms us.*

*On the contrary,
the sun, salt and ocean water cleanse our energy.*

*The ocean does not judge, or ask questions,
yet the tide simply washes the debri out.*

Isn't the ocean so beautiful?

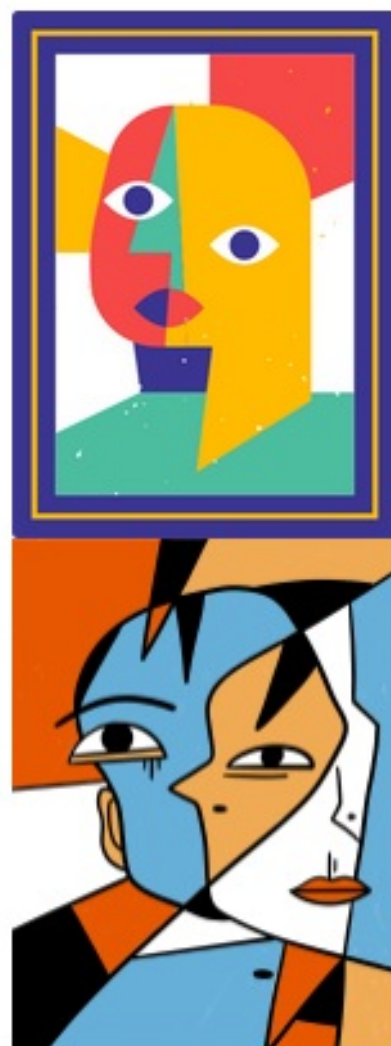
*This is why it is important to forgive humans, as they do not
always know what oil~like energy they are bringing,
but to trust in God, over all else.*

~US

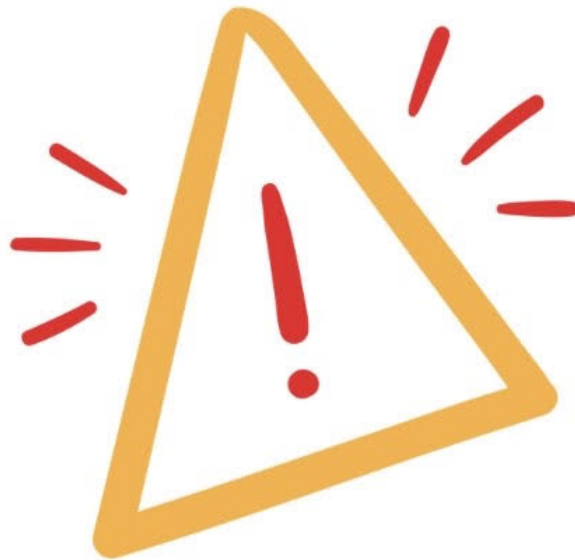
You are beautiful.



Their contorted view
and perception of you is **ugly**.
You are not a picasso painting,
you are a human being.



How not to communicate with a Saint:
“You aint no saint!”



How to communicate with a Saint:
Remain polite, respectful & don't break tort law!

A Healing Prayer for Broken Bonds

*Spirit of Renewal,
I stand among the shards of what was—
past relationship ties
scattered like broken glass across my floor.
With each sweep of my wooden broom,
bristles of straw worn with love,
I gather what has splintered,
not to rebuild the old vessel,
but to free my hands for something new.
I bless the fragments for the lessons they carried.
I bless my heart for holding on as long as it did.
I bless the labor of my spirit—
overworked, overburdened,
yet still so kind.
As I sweep, I mend myself.
As I clear, I create space.
The old vase has fallen,
and it is not mine to restore.
I now make ready for vessels of my own choosing:
safe, beautiful, filled with warmth.
Let them hold not the weight of obligation,
but the waters of renewal,
and the flowers of my becoming.
May the dust of the past settle.
May the light of tomorrow enter.
May my home and heart
be sanctuaries of peace,
where love flows freely—
not from duty, but from truth.
So it is.
Nel*

RaggaMuffn'

Backwoods Raggamuffin (Maine Style)

I'm a raggamuffin lady, with polish on my nails.
Boots in the mud but my spirit still stands.
Season's rugged, my jacket well worn,
Bills getting paid, greeting each morn.
I'll laugh with the crew, we trade 'a tale,
Of snowstorms and sailing and the time on the trail.
They'll joke we're a mess, but I'll grin and I'll say:
"Ragged? Maybe. But, "you don't say!?"
I've wrestled the winters, I've shoveled the storm,
Made quilts from rags that keep my soul warm.
Our crew as the raggas, the clever, the true,
We roll through the pines and sip-suds on full moons
So here's to the raggas, the polished, the fun,
To backwoods believers who chase every sun.
I'm ragged, I'm classin', and glad to confess—
Even in Maine mud, raggas (look) muck good,
and laugh through the mess!

🌲 ❄️ 🍷 D. Cowdrey ~ Maine Memories ~



D. Cowdrey Firm

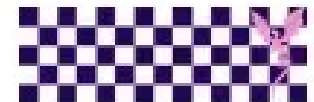
Law firm offering legal, mediation, and notary services. Ms. Cowdrey has over 20 years of experience in business services and community advocacy, renowned for strategic leadership and innovative solutions to complex societal problems. Retired honorable Air Force veteran, with her military service background in homeland security, intelligence, computer science, and government communications. Skilled in service, Cowdrey drives impactful missions and social change through her firm's educational outreach and uniquely tailored support systems.

Office of Liberty

US - Community chaplain offering, paralegal, mediation and notary services. "True Peace Policy."



Saints



unionofsaints.world
Interpath Church &
Traveling Monastery

NSA

Advancing You:
We are an alliance for
peace with focuses in
science, technology,
engineering, the arts,
beautiful food and
mathematics!



R&R Monastery

Therapy Drinks Music
Snacks Arts



Union of Saints