

# T H E D E C E M B E R S O L S T I C E S I L E N T M I N U T E 2 0 1 9

## A S I L E N T M I N U T E F O R P E A C E

9.00pm on 21 December 2019, London Time  
(preceding the December Solstice)

### F R E Q U E N T L Y A S K E D Q U E S T I O N S

**1. What is the December Solstice Silent Minute 2019?**

The December Solstice Silent Minute uses 9.00pm on 21 December 2019, London GMT, as a point in time for people across the globe to come together in silence and goodwill for one minute – the same minute everywhere. Wherever you are, whoever you are with, by stopping and observing a minute of silence at this moment, you will contribute to the creation of conditions that foster a Culture of Peace on Earth.

**2. What is the purpose of the December Solstice Silent Minute 2019?**

The power of silence goes beyond social, cultural and philosophical boundaries, and offers a place where we can all connect deeply with ourselves and our concerns for Humanity and the Earth. The December Solstice Silent Minute presents an opportunity for us to come together and unite our intent towards the resolution of the challenges we face globally. Many experiments have shown that directing goodwill through concentrated, unified thought creates positive effects. By focussing our highest intentions for our planet through a dedicated minute of unified silence, we add to a global reservoir of thought that will inspire cooperative endeavours to create a better world for all.

**3. Where did the idea for the December Solstice Silent Minute 2019 come from?**

The initiative is inspired by the World War II Silent Minute, where millions of people within the British Commonwealth observed a minute of silence as the chiming of Big Ben was broadcast on BBC radio at 9.00pm, London Time, every evening. The focus was on bringing peace and freedom for all. The impact of The Silent Minute was acknowledged by a high-ranking German officer who was quoted as saying: *‘During the war you had a secret weapon for which we could find no counter-measure, and which we did not understand, but it was very powerful ... I believe you called it The Silent Minute.’*

**4. Who is behind the December Solstice Silent Minute 2019?**

The initiative emerged when members of Cygnet Centre for Peacebuilding, Sydney Goodwill Unit of Service, and the Hill Centre for Peacebuilding USA came together with a focus on peace. Inspired by the power, simplicity, and universality of the WW II Silent Minute, the three groups saw the potential to invite people everywhere to participate in a global Silent Minute dedicated to goodwill and the future of Humanity and the Earth.

## 5. Who can participate in the December Solstice Silent Minute 2019?

Everyone can participate, simply by observing a minute of silence at 9.00pm on 21 December 2019, London GMT. There are many ways to participate:

- **individually:** knowing that you are joining millions of others around the world.
- **together:** gathering with family, friends and colleagues.
- **as a group:** create your own event in your community.
- **online:** join an online event (see below).

## 6. Is there a specific format for the December Solstice Silent Minute 2019?

There are three simple steps preceded by the ringing of a bell (please feel free to improvise if you don't have a bell!):

### i. Ring a bell at 8.59pm London GMT to prepare for the Silent Minute.

- use practices from your own philosophy that help you to connect deeply with yourself and your aspirations for our planet.
- focus with gratitude on what is good and inspiring about the Earth and Humanity.
- attune to your willingness to give whatever you can of yourself and your resources.
- open up to inspiration and new understandings.

### ii. Ring a bell at 9.00pm London GMT and enter one minute of silence.

- come into stillness.
- remain connected to goodness, gratitude, and your willingness to make a difference.
- receive what comes to you, and through you, to others.

### iii. Ring a bell at 9.01pm London GMT to close the Silent Minute.

- visualise your silent thought contributing to making a difference to the well-being of Humanity and the planet.

## 7. Is there something I can do now?

Yes! Many of us have decided to link together daily at 9.00pm, London GMT, in preparation for the December Solstice Silent Minute. We invite you to join us. You can also help by distributing the flyer through your networks, sharing the Facebook event, and letting friends, family and colleagues know about the December Solstice Silent Minute 2019.

## 8. How do I calculate my local time in relation to 9.00pm on 21 December, London GMT?

Follow the link to the time converter below. Enter 21 December 2019, 21/9pm, in the date section, then select 'United Kingdom - London' in the location box. Select your own location in the next box below, to convert to your time zone.

<https://www.timeanddate.com/worldclock/converter-classic.html>

## 9. Where do I get more information about the December Solstice Silent Minute?

- **Flyer:** You can download a flyer here: [Silent Minute Solstice 2019](#).
- **Websites:** **Cygnnet:** <https://cygnetcentre.com/events>  
**Sydney Goodwill:** <https://sydneygoodwill.org.au>
- **Youtube:** <https://www.youtube.com/watch?v=EF8DsrXJ7FA>

*'The power of Silence is greater than you know.'*