

Grace Shira



It is easier to speak of peace, but to act in peace? it becomes difficult.

However for both ways (to speak or act in peace) it has to be constant , habitual, intentional and genuine. The training on "my phone for peace" by the change communication team has indeed helped me in different ways. But I will like to talk about a particular aspect which I have indeed seen the difference. It is how to react towards hate speech. It is not easy to live with stereotype, however we were taught to leave above this because they don't define who we are, using any stumbling block as a stepping stone. Living in a French zone like Dschang as an Anglophone is not easy, the hate speech, the slangs. " le Bamenda ci, Les come no go," These words always had a way of making me feel bad and I would always want to react with the intention to make the other person feel bad too.

Peace taught me something different, to accept who I am, to be at peace with my self in order to be at peace with my Entourage. Yes I'm a Bamenda, I am come no go, because I can adapt where ever I am. Now when you make such slangs to me, I rather smile, walk away, ignore or just being calm. Most time I give a deaf ear. However this didn't just happen in one day, it's thanks to constant practice and indeed genuine intentions on making the difference.

The constant encouragement and activities from our UBUNTU group can not be left out. The messages on peace always come through. I am Grace Shira. I am "la Bamenda la" That's who I am. Thank you Change Communication, thank you my UBUNTU family. we are making the world a better place through the ambassadors of peace which we are. Our home , your home 🏠