

A Catalyst of Peace

Empower me
I want to be a catalyst of peace.
Where there is sexual violence
let me know sexual liberation
and patience.

Where there is ignorance of knowledge
let me educate.

I want to be a catalyst of peace.
Bring forth the comrades who will labor with me.

Where there is pain,
make me a salve to heal the hurt.

Provide my hands with a tender touch,
so that hearts will permeate and know love.

Let me work hard and not tire;
may my words inspire my brothers and sisters
as I labor for an end to sexual violence for
women with disabilities.

I pray for the day when they see themselves
as they truly are:
Soulful, Beautiful, Sensual, Titillating,
Captivating, Illuminating,
Women of Distinction!

A catalyst of peace worthy of royalty.
Are you committed or do I stand alone?
How many with me shall stand?
To be a catalyst of peace?

Cathy Lynn Saunders, 2011. From her book [*My Name is Cathy Lynn: A love letter from me to you.*](#)

The author invites you to post a review of the book or contact her directly at saunderscathy4@gmail.com with feedback on what writings and materials would be helpful in your work serving people with disabilities.