



.....

TO LIVE NONVIOLENCE

.....

DAYS

.....



The Season of Nonviolence

January 30 – April 4, from the anniversary of the deaths of Mahatma Gandhi and Martin Luther King, Jr.

**This season calls us to help build peace in our world –
One step at a time, One choice at a time, One day at a time.
Let us join together, Sisters and friends, taking one simple action each day.**

The Season of Nonviolence (January 30 – April 4, from the anniversary of the death of Mahatma Gandhi to that of Martin Luther King, Jr.) calls us to help build peace in our world – one step at a time, one choice at a time, one day at a time. Let us join together, Sisters and friends, taking one simple act each day.

Week 8: Nonviolence challenges us to stand for Truth by taking action that honors the dignity and worth of every person.

March 20: Choice

Be aware today of any jokes or remarks that show disrespect toward ethnic groups, women or men, classes of people, religious groups, gays or lesbians. Be considerate of every person’s dignity and choose not to participate in disrespectful conversations.

March 21: Advocacy

Today be an ally. Without blaming or judging others, speak out for those who are disrespected. As Brazilian educator Paulo Freire noted, “I saw within my own actions a chance to be either a part of the problem or a part of the solution.”

March 22: Equality

Have you ever noticed the groups of people who are under represented in your activities and lifestyle? Find one way to connect with a person from these groups today.

March 23: Action

“Each of us can change a small portion of events, and in the total of all those acts will be written the history of this generation,” said Robert Kennedy. Today, find a way to make one small change that will contribute to the well-being of your home, school, workplace or community.

March 24: Giving

Practice generosity by sharing time, energy, and material resources with those in need. Clean out your closet, bureau drawers or garage. Are there things you aren’t using that might be of value to someone else? Today, give away one thing you are not using.

March 25: Responsibility

The quality of your community starts with you. Take responsibility for the quality of our community wherever you are. Today, pick up trash that is not your own, whether at home, at the office or on the street. Every little bit helps.

March 26: Self-Sufficiency

Freedom can come from taking responsibility for our lives and how we interpret events. Instead of viewing ourselves as completely powerless, we can recognize that we can choose how to understand our situation and respond to it, even when life is hard. As Anne Frank wrote: “The final forming of a person’s character lies in their own hands.”

