

ASH



WEDNESDAY

“Even now, says the Lord, return to me with your whole heart, with fasting, weeping, and mourning. Rend your hearts, not your garments, and return to the Lord, your God, who is gracious and merciful, abundantly tender-hearted, and relents from inflicting disaster.” *Joel*

Lent demands that we stop, take a breath, remember who we are, stir into flame, once again, the hope and the promise of what we are to be for the world – the people of God. *Meghan McKenna Center for Concern Reflection*

Read:

LCWR’s Resolutions to Action: Called to Nonviolence Marie Dennis (attached)

During Lent prayerfully read and consider endorsing the Appeal for Nonviolence: nonviolencejustpeace.net/final-statement-an-appeal-to-the-catholic-church-to-re-commit-to-the-centrality-of-gospel-nonviolence.

Ways to practice nonviolence:

Contemplation: for at least 3 minutes, relax, breathe, and let your mind be fed by whatever is good and beautiful

Groundlessness: to forget how to dig the earth and tend the soil is to forget ourselves (Gandi) Today place a seed in the earth or nurture a plant.

Creativity: identify at least 5 ways in which you express your creativity every day. Today allow something unpredictable and joyous to express through you.

Humility: today, freely acknowledge at least one mistake you have made and reflect for a couple of minutes on what you have learned.

Reverence: Today go for a walk and realize the beauty around, above and below you.

Nonviolence means believing that our lives are linked together, that what we do impacts the lives of other people. Therefore, we are responsible to and for one another.

POPE FRANCIS

“When victims of violence are able to resist the temptation to retaliate, they become the most credible promoters of nonviolent peacemaking...efforts on behalf of the victims of injustice and violence are not a legacy of the Catholic Church alone, but are typical of many religious traditions, for which ‘compassion and nonviolence are essential elements pointing to the way of life.’”

Nonviolence: A Style of Politics for Peace

World Day of Peace,
2017