



## Lenten Journey Week Six

### Global Nonviolence

#### Be the Change

Chavez said that "people become violent when the deep concern they have for people is frustrated and when they are faced with seemingly insurmountable odds." **The next time you become angry, or someone becomes violent with you, can you accept and forgive as you seek to find the justice at the core of the problem?**

We know that we are all interconnected, a global community. **So how often do you fall into the "we"/"they" divide? What practical actions can you take to bridge the divide with understanding, communication and compassion?**

**Nonviolence is  
more powerful  
than violence.**

**- Cesar Chavez**

Pope Francis invites us to "dedicate ourselves prayerfully and actively to banishing violence from our hearts, words, and deeds, and to become nonviolent people and to build nonviolent communities that care for our common home."

**"Nothing is  
impossible if  
we turn to God  
in prayer.  
Everyone can  
be an artisan  
of peace."**

Some sites that give info on Global Non-Violence:

Global Nonviolent Database (Many Actions take in the name of Non Violence)

<http://nvdatabase.swarthmore.edu>

Global Non-Violence Network (A great deal on Gandhi)

<http://www.mkgandhi.org/nonviolence>

Nonviolent Peaceforce (About an unarmed, paid civilian Protection force)

<http://nonviolentpeaceforce.org>