

Our Lenten Journey — Week Three Practice Nonviolence in Social Media



“I pray that the image and likeness of God in each person will enable us to acknowledge one another as sacred gifts endowed with immense dignity... and make active nonviolence our way of life.”

Francis —World Day of Peace 2017

Social Media is all about connectedness and networking!

So use Social Media to INSPIRE, ENCOURAGE, COMPLIMENT.....

Share a funny story/photo to make people smile or laugh out loud....

Share an uplifting story or quote....

Stand up for what you believe in, without knocking down others....

Pass on an idea that might catch on and improve lives....

There are thousands of opportunities to reach out to others and make a positive contribution....

- ♦ **This Lent, fast from blogs that attack rather than dialogue**
- ♦ **This Lent, feast on YouTube videos that inspire and motivate**
- ♦ **This Lent, fast from cyber venting and put downs**
- ♦ **This Lent, feast on stories of positive action that people have taken**

“Saint Therese of Lisieux invites us to practice the little way of love, not to miss out on a kind word, a smile or any small gesture which sows peace and friendship.

An integral ecology is also made up of simple daily gestures that break with the logic of violence, exploitation and selfishness.”

Examples for you:

- www.facebook.com/sfcg.org (Search for Common Ground)
- www.facebook.com/NetworkLobby (Social Justice Info & Action)
- YouTube: [All That We Share](#)
- YouTube: [Blind Trust](#)
- YouTube: [Kindness changes people](#)
- YouTube: [Man without Shoes](#)