



## Our Lenten Journey – Week One

### Nonviolent Communication

**One does not live on bread alone but on every word that comes from the mouth of God.**

Mtt.4:4 Gospel of the First Sunday of Lent

We need to make nonviolence our way of life.

I ask God to help all of us to cultivate nonviolence in our most personal thoughts and values.

May charity and nonviolence govern how we treat each other as individuals, within society and in international life.

The politics of nonviolence have to begin in the home and then spread to the entire human family/

Pope Francis' 2017 World Day of Peace Message.

Pope Francis says this peace is based on responsibility, respect and sincere dialogue.

### Ways to Cultivate Nonviolence in Ourselves

1. We can read and reflect on Nonviolence at <http://paxchristiusa.org>, [www.paceebene.org](http://www.paceebene.org) and [www.mettacenter.org](http://www.mettacenter.org)

2. We can learn about Nonviolent Communication.

When faced with conflict do I

- Withdraw?
- Assert myself?
- Reflect upon and express my feelings and needs?
- Reflect upon and empathize with the needs of another?

Go to [www.youtube.com](http://www.youtube.com) and use the search function to find “Nonviolent communication” for examples of effective communication.