

Let us build the Kingdom of God!

Getting World Peace: How to stop hurting each other, killing each other, and accepting violence as a way to solve conflict



A message from Pope Francis:

I offer heartfelt wishes of peace to the world's peoples and nations, to heads of state and government, and to religious, civic and community leaders. I wish peace to every man, woman and child, and 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. Especially in situations of conflict, let us respect this, our "deepest dignity" and make active nonviolence our way of life.

On this occasion, I would like to reflect on *nonviolence* as a style of politics for peace. 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.

Violence is not the cure for our broken world. Countering violence with violence leads at best to forced migrations and enormous suffering, because vast amounts of resources are diverted to military ends and away from the everyday needs of young people, families experiencing hardship, the elderly, the infirm and the great majority of people in our world. At worst, it can lead to the death, physical and spiritual, of many people, if not of all.

January 2017: Peace Sunday

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Non-Violence: what is it?

It's working through difficult situations the hard way: by thinking and talking, by meeting half-way, by listening to and acknowledging other points of view, by showing respect even when that is really difficult. It's speaking up for the downtrodden, taking time to understand, bending inflexible rules, standing up for what is right, and resistance without violence.

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A school chaplain was asked to help discipline children who were involved in shouting and fighting. She came up with a plan. Instead of telling the children off when they were sent to her, she encouraged them to talk about what had happened and how they felt. She brought together the children who had fallen out and encouraged them to listen to each other without interrupting and to find ways to be friends again. This is non-violence in action. It's not just for children.

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What can we do?

- Speak with kindness
 - Spend time with those who help us to be better people
 - Think about how we spend our money. Can we support charities? Fair trade? Ethical investments? Social projects? Smaller businesses?
 - Listen to people who have no voice in our communities
 - Bring people together
 - Notice our anger and try to change how we deal with it
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All Christians are concerned with justice, and with peace. There are lots of things we do in Blessed Sacrament parish to help build a just and peaceful Kingdom of God. **Our Justice and Peace group** is one place where you can find out more and get more involved. Or, you can look at the Justice and Peace noticeboard in the church porch for information and ideas.

Thank you to everyone who supports the Braunstone Foodshare by bringing food items in to church. The Justice and Peace group deliver your donations each week. Thanks also to all who helped at, or attended, the Refugee fundraising lunch, or the day about Human Trafficking that we hosted this weekend. It's great to belong to a parish where practical help and concern for others is so central.



**BLESSED SACRAMENT JUSTICE AND PEACE
GROUP: KEEPING IN TOUCH**