

Sharing the Vow of Nonviolence — 2 October Solidarity Action

We invite you to join others around the world to reflect on this prayer/vow.

Use it with your family, community or at your parish Mass on 2 October and review it each year.

Available on our website in English, French, Arabic, Italian, Korean, German, Spanish and Swahili

Recognising the violence in my own heart, yet trusting in the goodness and mercy of God, I vow for one year to practice the nonviolence of Jesus who taught us in the Sermon on the Mount:

“Blessed are the peacemakers, for they shall be called the sons and daughters of God...You have learned how it was said, ‘You must love your neighbour and hate your enemy’; but I say to you, Love your enemies, and pray for those who persecute you. In this way, you will be daughters and sons of your Creator in heaven.”

I vow to carry out in my life the love and example of Jesus:

by striving for peace within myself and seeking to be a peacemaker in my daily life;

by refusing to retaliate in the face of provocation and violence; by persevering in nonviolence of tongue and heart;

by living conscientiously and simply so that I do not deprive others of the means to live;

by actively resisting evil and working nonviolently to abolish war and the causes of war from my own heart and from the face of the earth.

God, I trust in Your sustaining love and believe that just as You gave me the grace and desire to offer this, so You will also bestow abundant grace to fulfil it. Amen



www.paxchristi.org.uk



www.nonviolencejustpeace.net

Marking the Nonviolence Days of Action

What would the world look like if nonviolence were our first choice in working to resolve conflicts?

Jesus and the two hands of nonviolence

(Card available from Pax Christi)



I can help spread the message of nonviolence by...

Share your responses with others. If you were able to use these questions with a group, how might you build on the responses with that group, in your community or your parish?

Use the resources and ideas here to help you plan activities <https://paxchristi.org.uk/resources/nonviolence-in-action/>

Order more of these cards for distribution £1.50 for 20. Pax Christi, St Joseph's, Watford Way, London NW4 4TY
or <https://paxchristi.org.uk/shop/>