



August Weekly Practices

August, 2004

Week 1-Action

"Each of us can work to change a small portion of events and in the total of all those acts will be written the history of this generation," said Robert Kennedy. Each day this week, find a way to make one, small change that will contribute to the well-being of your home, school, workplace or community.

Week 2-Faith

When Cesar Chavez was organizing farm workers, he challenged them to say, "Si, se puede" (yes, it is possible) when they didn't know how they would overcome obstacles. Each day this week say, "yes, it is possible," even if you don't know how your goal will be realized. Have faith, and say "it is possible" until you find, or are shown, a way.

Week 3-Patience

According to Cesar Chavez, "nonviolence is not inaction...It is hard work...It is the patience to win." When your plans seem delayed, choose to be patient by identifying at least three ways that you can constructively use this time to support your goal.

Week 4-Mindfulness

If we just act in each moment, with composure and mindfulness, each minute of our life is a work of art. Be aware of the motivation behind your action, the intention behind your words, and the needs and experiences of other people. By doing so, you are making life beautiful for others.