



Day 62

Beloved Peacekeepers,

As we continue our practice 64 days/64 ways we are reminded that what we do as individuals impacts the whole of our communities. Today, our practice continues its focus on the wholeness of community. Our principle/practice today is witnessing - and all the wonders COMMITMENT represents.....and our individual commitment to the whole(ness) of life.....

Today's Principle, Today's Practice - COMMITMENT

Spend five minutes reflecting on your commitment to nonviolence. Write down what it means to you and what you are willing to do as a consequence of your commitment to it. Make your commitment public by sharing it with at least two people.

Ask yourself: What is a commitment and how do you honor it? What commitments have you made to yourself and others? What values are you truly committed to in your life and can be witnessed through your actions? What is your commitment to nonviolence? Does commitment always mean action? What other kinds of commitment have you experienced? What is the difference between a commitment to do or to be -- give examples? What does it mean to be committed, versus living a committed life?

Activity - Take the time, with yourself to understand what your commitments are, and what you are committed to.....then draw in others - family and friends to discuss commitment; discuss their views of what you are committed to; ask them what they are committed to.....open another discussion about their beliefs in non-violence and what everyone's' commitment is; how will they practice it? Bear witness for each other to these commitments.

Create a family "contract for Peace" - allow all to participate, all to sign - post it on the refrigerator in full view to all.

Journal Activity: Journal your thoughts....today, use crayons or color pens - live differently and vibrantly!

Consider these Quotes on Commitment:

Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation) there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would otherwise never have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would have come his way. - W.N. Murray, of the Scottish Himalayan Expedition

Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as ever you can. - John Wesley

Commitment means that it is possible for a man to yield the nerve center of his consent to a purpose or cause, a movement or an ideal, which may be more important to him than whether he lives or dies - Howard Thurman

Losers make promises they often break. Winners make commitments they always keep - Denis Waitley

The freedom to be your best means nothing unless you are willing to do your best - Colin Powell

Don't compromise yourself. You are all you've got - Janis Joplin

When you believe in a thing, believe in it all the way, implicitly and unquestionably - Walt Disney

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all - Dale Carnegie

A man who won't die for something is not fit to live.....our nettlesome task is to discover how to organize our strength into compelling power - Martin Luther King, Jr.



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Anyone can dabble, but once you've made that commitment, your blood has that particular thing in it, and it's very hard for people to stop you - Bill Cosby

Unless commitment is made, there are only promises and hopes; but no plans - Peter F. Drucker

The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.....Individual commitment to a group effort -- that is what makes a team work, a company work, a society work, a civilization work - Vince Lombardi

A lot of people are waiting for Martin Luther King or Mahatma Gandhi to come back - - but they are gone. We are it. It is up to us. It is up to you - Marian Wright Edelman

When you wholeheartedly adopt a "with all your heart" attitude and go all out with the positive principle, you can do incredible things - Norman Vincent Peale

Commitment is the cornerstone of creative change - Michael Gelb and Tony Buzan

The road to happiness lies in two simple principles: find what it is that interest you and that you can do well, and when you find it put your whole soul into it - - every bit of energy and ambition and natural ability you have - John D. Rockefeller III

Without involvement, there is no commitments. Mark it down, asterisk it, circle it, underline it - Stephen Covey

Do the thing and you will be given the power - Ralph Waldo Emerson

Tolerance implies no lack of commitment to one's own beliefs. Rather it condemns the oppression or persecution of others - John F Kennedy

Little by little the bird builds its nest - French proverb

Each time a man stands up for an ideal, or acts to improve the lots of others, or strikes out against injustice, he sends forth a tiny ripple of hope....and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance. - Robert Kennedy

Its seems appropriate to end today's thoughts with the words of Bobby Kennedy, for the truth is, every action we take, impact everyone - as we contemplate and commit our lives to living nonviolently, in peace with all things, we increase the elements of peace in the world, in our world.....

God's Grace,

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