



May Weekly Practices

July, 2004

Week 1-Freedom, Citizenship

Civil rights activist Diane Nash said, "Freedom, by definition, is people realizing that they are their own leaders." Take a leadership role this week in your own life. Find one way you can be more expressive of who you truly are.

Robert Muller, former assistant secretary general to the UN, urges, "use every letter you write, every conversation you have, every meeting you attend, to express your most important beliefs and dreams." Each day this week call or write one of your legislators and register your views.

Week 2-Advocacy, Equality

"When someone stands up to nonviolence," says Thich Nhat Hanh, "a force for change is released. Every action for peace requires someone to exhibit the courage to challenge violence and inspire love." Each day this week be an ally. Without blaming or judging others, speak out for those who are disrespected.

Have you ever noticed the groups of people who are under represented in your activities and lifestyle? Find one way to connect with a person from these groups each day this week.

Week 3-Courage, Disarmament

Eleanor Roosevelt has urged, "You must do the things that you think you cannot do." Practicing these 52 Ways will challenge you to do things that you think you cannot do. Each day this week, light a candle and accept the courage to practice these 52 ways of living nonviolently.

Have a conversation with someone today about what the world would be like if there were no weapons nor any need for them. Imagine such a world.

Week 4-Respect, Openness

Gandhi taught, "Language is an exact reflection of the character and growth of its speakers. Each day this week, respect yourself and others by choosing not to use any profanity or "put downs."

A Turkish proverb says, " He who builds himself a fences, fences out more that he fences in." Each day this week, be open to understanding ideas and people that you have previously opposed.