



## October Weekly Practices

### October, 2004

#### Week 1-Service, Witnessing

Dr. Martin Luther King, Jr. said, "Everybody can be great...because anybody can serve. You only need a heart full of grace and a soul generated by love." Sign up to volunteer a minimum of two hours this month with an organization of your choice. Share your commitment with at least one person.

"We are each other's bond," writes poet Gwendolyn Brooks. Those who practice nonviolence cannot close their eyes to injustice or cruelty. We are here to be a witness for justice and compassion. Each day this week, be willing to stand up for Truth by your presence, your words and actions.

#### Week 2-Giving

"Practice generosity by sharing time, energy, and material resources with those in need." Clean out your closet, bureau drawers, or garage. Are there things you aren't using that might be of value to someone else? Each day this week, give away what you are no longer using.

#### Week 3-Self-sufficiency

People need the dignity of work and the opportunity to provide for themselves and their families. Economic self-sufficiency is a requirement for a nonviolent world. This week, create a job for someone or help someone to find employment (for example, help them with a resume or application, help them make phone calls, dress appropriately, or practice interviewing.)

#### Week 4-Generosity

Mother Theresa said, "There is a hidden poverty more pervasive than lack of money. It is the poverty of the heart." Find three ways to generously give of your time, attention and resources to others.