On Saturday, August 13, over a thousand people gathered in Irvine, CA to march for peace at the OC Solidarity March and Summit. African Americans, Asians, Latinos, and whites walked shoulder-to-shoulder alongside members of all different faiths, backgrounds, and beliefs. In the hot summer sun, people of all ages were joined by members of law enforcement and city officials in a show of their commitment to ending racism and senseless violence. Among the crowd were Sisters of St. Joseph of Orange and their friends.

As the crowd walked the mile-long route, they called for “less hate” and “more love,” a message whose simplicity resonates deeply in the current climate of the world. The event ended with a discussion on actions and solutions to the cycle of racism and violence in which we live today.

Worldwide, we are experiencing war, poverty, hatred, environmental destruction, and violence of all kinds. They permeate our culture. But they don’t have to. Our response can be to choose unity over division, love over hate, and peace over violence. In doing so, we can promote nonviolence within our communities and abroad.

The movement towards peace and nonviolence starts small. Keep reading to learn simple ways you can get involved and stand for peace.
How You Can Get Involved

To Do

Take the Vow of Nonviolence from Pax Christi

paxchristiusa.org/resources/vow-of-nonviolence

Participate in the Nonviolence Week of Actions
September 18 - 25

The National Campaign for Nonviolence’s goal is to hold 500 peace and nonviolence marches in all 50 states and around the world to join forces for a culture of peace.

paceebene.org/programs/campaign-nonviolence

Join the conversation on civility

Learn about the National Institute for Civil Discourse - a non-partisan organization based at the University of Arizona in an effort to promote healthy and civil political debate. — nicd.arizona.edu

Get a Nonviolent Action Organizing Kit

bit.ly/NonViolenceKit

Wear a Blue Scarf

The blue scarf is seen as a global symbol for solidarity.

http://thebluescarf.org

To Learn

Read the LCWR statement calling for Civil Discourse for the Common Good

The statement urges for “A return to civility in our discourse and decency in our political interaction that promotes the common good, reaches out to others, engages in constructive dialogue."

lcwr.org/media/more-5650-catholic-sisters-urge-presidential-candidates-engage-civil-discourse

The Faith and Politics Institute

FPI offers opportunities for elected officials to cultivate effective public leadership toward racial justice and reconciliation through spiritual practices and beliefs.

faithandpolitics.org

Martin Luther King, Jr.’s Principles of Nonviolence

The principles can be included in prayer, reflection, and practice:

1. Nonviolence is a way of life for courageous people.
2. Nonviolence seeks to win friendship and understanding.
3. Nonviolence seeks to defeat injustice, not people.
4. Nonviolence holds that voluntary suffering can educate and transform.
5. Nonviolence chooses love instead of hate.
6. Nonviolence believes that the universe is on the side of justice.

Read more here: bit.ly/MLKnonviolence

Prayers

bit.ly/30DaysofPrayer

Sisters of Mercy – Prayers for Nonviolence
bit.ly/SistersOfMercyPrayers

Sisters of the Holy Cross – Prayer for Nonviolence
bit.ly/SistersOfTheHolyCrossPrayer

Sisters of Providence – Litany of Nonviolence
bit.ly/ProvidencePrayer

Pax Christi International – A Call for Prayer and Solidarity
bit.ly/PaxChristiPrayer

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