

MARTIN LUTHER KING, JR.'S PRINCIPLES OF NONVIOLENCE

1) Nonviolence is a way of life for courageous people.

- It is active nonviolent resistance to evil.
- It is assertive spiritually, mentally and emotionally.

2) Nonviolence seeks to win friendship and understanding.

- The end result of nonviolence is redemption and reconciliation.
- The purpose of nonviolence is the creation of the Beloved Community.

3) Nonviolence seeks to defeat injustice, not people.

- Nonviolence holds that evil doers are also victims.
- The nonviolent resister seeks to defeat evil, not people.

4) Nonviolence holds that voluntary suffering can educate and transform.

- Nonviolence accepts suffering without retaliation.
- Nonviolence accepts violence if necessary but will never inflict it.
- Nonviolence willingly accepts the consequences of its acts.
- Unearned voluntary suffering is redemptive and has tremendous educational and transforming possibilities.
- Voluntary suffering can have the power to convert the enemy when reason fails.

5) Nonviolence chooses love instead of hate.

- Nonviolence resists violence of the spirit as well as the body.
- Nonviolent love gives willingly, even knowing that it might face hostility.
- Nonviolent love is active, not passive.
- Nonviolent love is unending in its ability to forgive in order to restore community.
- Nonviolent love does not sink to the level of the hater.
- Love for the enemy is how we demonstrate love for ourselves.
- Love restores community and resists injustice.
- Nonviolence recognizes the fact that all life is interrelated.

6) Nonviolence believes that the universe is on the side of justice.

- The nonviolent resister has deep faith that justice will eventually win.
- Nonviolence believes that God is a God of justice and love.

This summary of M.L. King, Jr.'s principles was adapted by the Fellowship of Reconciliation from Dr. King's book *Stride Toward Freedom* (New York: Harper & Row, 1958).

THE PLACE WHERE WE ARE RIGHT

From the place where we are right

Flowers will never grow

In the spring.

The place where we are right

Is hard and trampled

Like a yard.

But doubts and loves

Dig up the world

Like a mole, a plow.

And a whisper will be heard in the place

Where the ruined

House once stood.



http://en.wikipedia.org/wiki/Yehuda_Amichai: Yehuda Amichai (May 3, 1924 – September 22, 2000) is considered by many, both in Israel and internationally, as Israel's greatest modern poet.

The Beatitudes: A Road Map for the Reign of God, by Janet Hunt

<http://dancingwiththeword.com/the-beatitudes-a-road-map-for-the-reign-of-god/>

I find myself wondering if [the Beatitudes] the start of his sermon here is actually a road map laden with signs so that we will recognize the reign of God when we encounter it. I wondered what it would look like if I carried these words with me through a day or two or more and consciously looked for signs of the nearness of God's reign through the lens of these familiar words.

- Might I see those who are, in fact, 'poor in spirit,' or those who mourn or the meek or those hungering and thirsting for righteousness?
- Might I be able to bear witness to acts of mercy, purity of heart, and those doing all they can to actually make peace?
- Indeed, might I catch a glimpse of what it is to be persecuted for the sake of Jesus?

What do you think? Can the beatitudes serve as a road map for recognizing the nearness of the Reign of God? If so, where have you seen similar signs of the nearness of God's Reign in these last days? If you but hone your eyes and ears and heart to recognize it, where might you encounter God's reign in the days to come?



HOW BLEST ARE THOSE, by David Thompson Ewart

How blest are those who know their need of God,
the kingdom of heaven is theirs. (Matt 5:3, NEB)

How hard it is for those who know their need of God,
nothing on earth shall ever satisfy them.
their need of God is not met in
scholarly learning, wisdom, enlightenment
friends, marriage, offspring
love—no matter how deep, how true
therapy, clarity, going with the flow,
hearing and knowing,
wealth, possessions, status, travel, position,
prayer, worship, service.

Indeed, at their best, all these serve only as a bittersweet
Reminder of the inexpressible emptiness
the lingering longing
the still unsatisfied need for God.

Those who know their need of God
will hunger, and thirst, and ache
will taste life to its fullest
and not be satisfied.

How hard it is for those who know their need of God.

How blest are those who know their need of God,
for they know the object of their need.

They know who it is,
the only one,
who can satisfy their need.

They do not seek for everlasting, timeless, eternal satisfaction
in the arms of a love
or the smile of a child
or a job well done or friendship.

They do not unwittingly seek to fulfill their need of God
by desperately, secretly, vainly
distorting these into gods
gods that cannot sustain
gods that break
under the burden of impossible expectation

How blest are those who know their need of God,
for they shall experience the fullness of life as-it-is.
They shall celebrate the limited
find joy in the temporary
laugh, and weep, and dance, and keep silence
living life-as-it-is with passion and zest and pain.

How blest are those who know their need of God!
The kingdom of heaven is theirs!

Liturgy, May 1978

PEACE QUOTES www.paceebene.org

"I was in darkness, but I took three steps and found myself in paradise.
The first step was a good thought, the second, a good word; and the
third, a good deed." — Friedrich Nietzsche

"Just imagine if all the energy that goes into
fighting other people and reinforcing the belief in
separateness was instead directed at showing
respect for people. What if the five R's of
restorative justice—respect, relationship,
responsibility, repair, and reintegration—were
guiding principles of our activism?" – G. Scott
Brown



"Learn to look behind your judgments to the need at the root of them.
Learn from your limitations without losing self-respect. Learn to
mourn your actions without blame, without guilt."
—Marshall B. Rosenberg

"Gandhi was probably the first person in history to lift the love ethic of
Jesus above mere interaction between individuals to a powerful and
effective social force on a large scale. Love, for Gandhi, was a potent
instrument for social and collective transformation."
—Martin Luther King Jr.

"If you want to make peace with your enemy, you have to work with
your enemy. Then he becomes your partner." —Nelson Mandela