

# *Parish Pledge of Nonviolence*

Making peace must start within ourselves, in our families, and in our parish. Each of us, members of \_\_\_\_\_, commit ourselves as best we can to become nonviolent and peaceable people:

## **To Respect Self and Others**

To respect myself, to affirm others and to avoid uncaring criticism, hateful words, physical attacks and self-destructive behavior.

## **To Communicate Better**

To share my feelings honestly, to look for safe ways to express my anger, and to work at solving problems peacefully.

## **To Listen**

To listen carefully to one another, especially those who disagree with me, and to consider others' feelings and needs rather than insist on having my own way.

## **To Forgive**

To apologize and make amends when I have hurt another, to forgive others, and to keep from holding grudges.

## **To Respect Nature**

To treat the environment and all living things with respect and care.

## **To Recreate Nonviolently**

To promote athletic and recreational activities that encourage cooperation and to avoid social activities that make violence look exciting, funny or acceptable.

## **To Be Courageous**

To challenge violence in all its forms whenever I encounter it, whether at home, at work, in the parish, or in the community, and to stand with others who are treated unfairly.

This is our pledge. These are our goals. We will check ourselves on what we have pledged once a year on \_\_\_\_\_ so that we can help each other become more peaceable people.

*“Eliminating violence, one parish at a time, starting with our own.”*