

Growing in Active Nonviolence – June 2026

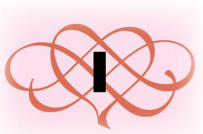


***Whoever pursues justice and kindness
will find life and honor.***

Proverbs 21: 21

Three French peace activists met with Pope Francis and asked him for advice. “Start a revolution,” the Pope said. “Shake things up! The world is deaf. You have to open its ears.” That’s what Pope Francis did — he started a nonviolent revolution and invited us all to join.

This summer, we will be sharing ideas to activate our nonviolent revolution. Visit the site daily or weekly. It might touch you with words of inspiration or just the right prayer for the moment. It might encourage you to visit nature or call that person who has been on your mind.



***“Once we start to act, hope is everywhere.
So instead of looking for hope, look for action.
Then, and only then, hope will come.”***

Greta Thunberg
Swedish Activist

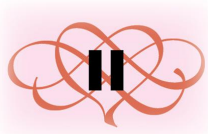
1. Take a walk and enjoy the beauty of nature
2. Recycle
3. Learn about the [Cousteau Challenge](#)
4. Appreciate the power of the sun
5. Work in a garden
6. Read [Chief Seattle's Letter to the President](#)
7. Walk softly on the Earth

BE the nonviolent movement!

We Pray

Gracious God, You bless us with countless gifts each day.
Open our eyes to recognize Your goodness in all things.
Teach us to live with grateful hearts, acknowledging
Your hand in every blessing.
May our gratitude inspire us to give generously
and to praise You continually.
Amen.

- Columban Fathers*



***“Jesus teaches us another way:
Go out. Go out and share your testimony,
go out and interact with your brothers,
go out and share, go out and ask.
Become the Word in body as well as spirit.”***

Pope Francis

1. Commit daily acts of kindness
2. Send a note of appreciation
3. Erase a border in your mind.
4. Teach nonviolence by example
5. Listen to Beethoven's Ode to Joy
6. Introduce yourself to someone new at church
7. Think about consequences

BE the nonviolent movement!

We Pray

Let my faith be alive and active.

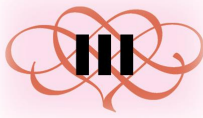
May it guide my decisions, shape my priorities,
and inspire generosity.

Keep me from empty words without loving deeds.

Strengthen me to live the Gospel boldly and sincerely each day.

Amen.

- Columban Fathers*



***“You cannot get through a single day without
having an impact on the world around you.
What you do makes a difference,
and you have to decide what kind
of difference you want to make.”***

Jane Goodall
Anthropologist

1. Recognize that all humans have the right to life
2. Thank someone who has performed a service for you
3. Accept personal responsibility for creating a better world
4. Skip a meal and contribute that cost to a meal program
5. Stand up to prejudice and intolerance
6. [Learn about](#) policy changes that impact our immigrant community
7. Contribute to [Somali Resource Center](#) which has [halal](#) food boxes

BE the nonviolent movement!

We Pray

Faith calls us not only to belief but to action.
Help us live the Gospel boldly and consistently.
Give us the courage to witness to Your love
through our choices and priorities.
May our faith be visible in works
of mercy, justice, and kindness.
Strengthen us to follow You faithfully,
even when doing so requires sacrifice.
Amen.

- Columban Fathers*



***“Don't ask what the world needs.
Ask what makes you come alive and go do it.
Because what the world needs is more people
who have come alive.”***

Howard Thurman
Civil rights leader and theologian

1. Demand more from your elected officials
2. Make your voice heard
3. Participate in the [Friday Ice Vigil](#)
4. Keep informed about refugees and immigrant issues
5. Listen to a refugee's story at [Between Borders](#)
6. Read the [UCCB's position on Immigrants](#)
7. Support [Catholic Charities Refugee and Immigration Services](#)

BE the nonviolent movement!

We Pray

Teach me that love
is more than sentiment; it is sacrifice.
When I see a neighbor in need,
move me beyond indifference.
Make my hands instruments of service
and my words channels of encouragement.
May my charity reflect the boundless love
You pour into my life each day.
Transform small acts of kindness
into the seeds of Your Kingdom

Amen.

- *Columban Fathers**

**Prayers from the [Columban Fathers](#)*