

Growing in the Season for Nonviolence

February 2026



"Each one has to find his peace from within."

- Mahatma Gandhi

**"True peace is not merely the absence of tension;
it is the presence of justice."**

- Martin Luther King, Jr.

Introduction

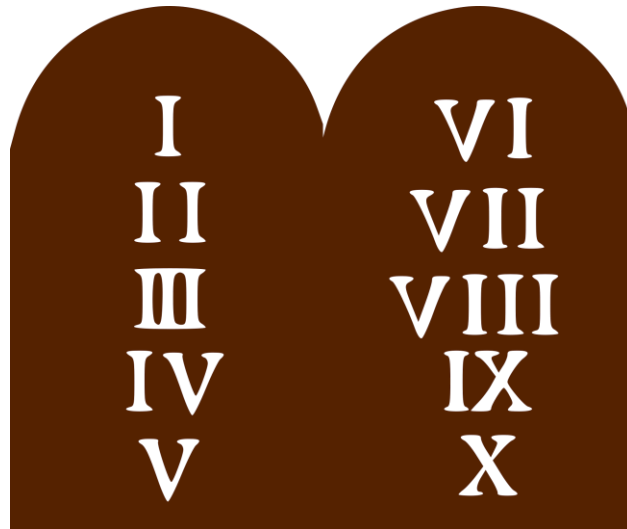
The Season for Nonviolence marks the 64 days between the anniversaries of the deaths of Mohandas Gandhi on January 30 and Martin Luther King Jr. on April 4. The Season for Nonviolence was co-founded in 1998 by Arun and Sunanda Gandhi and the Leadership Council of The Association for Global New Thought (AGNT).

Each year, people around the world participate in the Season for Nonviolence. Here at Our Lady of Lourdes, we will journey through the season with weekly prayer services on Tuesdays (February 3-March 31) at 6:30pm. In addition, consider taking this pledge of nonviolence.

Pledge of Nonviolence

- I will work to grow my understanding of nonviolence.
- I will work to grow my compassion for all humans and other life forms.
- I will work to help create a more just, peaceful, and loving world.

Source: <https://gandhiinstitute.org/season-for-nonviolence/>



‘Commandments’ for Spiritual Nonviolence

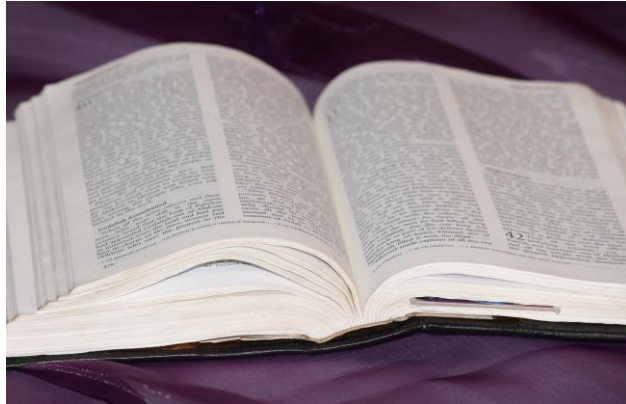
Active nonviolence calls us:

1. To learn to recognize and respect “the sacred” in every person, including in ourselves, and in every piece of Creation....
2. To accept oneself deeply, “who I am” with all my gifts and richness, with all my limitations, errors, failings and weaknesses, and to realize that I am accepted by God....
3. To recognize that what I resent, and perhaps even detest, in another, comes from my difficulty in admitting that this same reality lives also in me....
4. To renounce dualism, the “we-they” mentality (Manicheism). This divides us into “good people/bad people” and allows us to demonize the adversary. It is the root of authoritarian and exclusivist behavior. It generates racism and makes possible conflicts and wars.
5. To face fear and to deal with it not mainly with courage but with love.
6. To understand and accept that the New Creation, the building up of the Beloved Community is always carried forward with others. It is never a “solo act.”...
7. To see ourselves as a part of the whole creation to which we foster a relationship of love, not of mastery, remembering that the destruction of our planet is a profoundly spiritual problem, not simply a scientific or technological one. We are one.
8. To be ready to suffer, perhaps even with joy, if we believe this will help liberate the Divine in others. This includes the acceptance of our place and moment in history with its trauma, with its ambiguities.
9. To be capable of celebration, of joy, when the presence of God has been accepted, and when it has not been to help discover and recognize this fact.
10. To slow down, to be patient, planting the seeds of love and forgiveness in our own hearts and in the hearts of those around us. Slowly we will grow in love, compassion and the capacity to forgive.

Authors: Rosemary Lynch and Alain Richard

[Being Peace, Making Peace: Weekly Summary — Center for Action and Contemplation](#)

[Experience a 3-minute Video Meditation on the 'Commandments'](#)



Scripture

**Have no anxiety at all, but in everything, by prayer and petition,
with thanksgiving, make your requests known to God.
Then the peace of God that surpasses all understanding
will guard your hearts and minds in Christ Jesus.**

- Philippians 4:6-7



Invitation to Prayer

The following websites offer daily reflections and prayers. Review them and choose one you find appropriate.

[3-Minute Retreats Daily Online Prayer | Loyola Press](#)

Focus on what is truly important through prayer experiences with Scripture, music and images.

[Daily Meditations | Center for Action and Contemplation](#)

Features reflections on the wisdom and practices of the Christian contemplative tradition.

[Pause+Pray | Franciscan Media](#)

Provides a simple way to pray, with an easy structure to create a daily routine, offered by Franciscan Media.

[Sacred Space](#)

This website produced by the Jesuits of Ireland offers daily prayer, reflections, and readings.

[This Nonviolent Life: Daily Quote](#)

Sign up to receive quotes delivered by email. Offered by Pace e Bene Nonviolence Service, the messages will inspire you to consider how to incorporate nonviolence into your daily life.

[Daily Practices: 64 Days To Live Nonviolence](#)

Find growth and encouragement with the choices and actions for each day of the nonviolence season, offered in a downloadable PDF booklet from the Gandhi Institute.



Learn about Peace & Active Nonviolence

Our baptism calls us to live out the Gospel of the nonviolent Jesus and Catholic social teaching as disciples of peace and justice. The following organizations are teaching and promoting nonviolence in light of today's challenges throughout the world

[Pace e Bene Nonviolence Service](#)

Pace e Bene exists to teach, promote and organize nonviolence at every level of life and society, to mainstream nonviolence, to invite every human being on earth to consider embarking on a nonviolent life, to join the global grassroots movement of nonviolent change, and to work

for a new culture and world of nonviolence. We contribute to an emerging culture of nonviolence that works for everyone. Through trainings, publications, art, videos, and many projects, we are challenging a culture of violence by mainstreaming active, creative and liberating nonviolence.

Catholic Nonviolence Initiative

CNI is a program of Pax Christi International. We believe that nonviolence is central to the teachings of Jesus and vital to the mission of the Catholic Church. By fostering a culture of peace, justice, and reconciliation, we strive to heal and transform both human relationships and our planet.

Pax Christi USA

As a section of Pax Christi International, we are members of the international Catholic peace and justice movement that seeks to model the peace of Christ in our witness to the mandate of the nonviolence of the Cross.

Social Justice Resource Center

The mission of the Social Justice Resource Center is to link faith to action by providing information & resources on the social issues of our time.

United States Conference of Catholic Bishops (USCCB)

The United States Conference of Catholic Bishops' mission is to encounter the mercy of Christ and to accompany His people with joy.

- [**U.S. Bishops Issue a Special Pastoral Message on Immigration | USCCB**](#)
- [**Video of Special Pastoral Message on Immigration by U.S. Bishops | USCCB**](#)
- [**Pope calls treatment of migrants in U.S. 'extremely disrespectful' | USCCB**](#)



Closing Prayer

Lead Us

Lord,
Lead us from death to life,
From falsehood to truth.
Lead us from despair to hope,
from fear to trust.
Let peace fill our hearts, our world and our universe.
Let us dream together, pray together and work together,
To build one world of peace and justice for all.

Author unknown - It is thought to be either an adaptation of a Hindu prayer or of a hymn. The first time that it was known to be publicly spoken was by Mother Teresa in 1981.