

ADVENT 2016

JOURNEY TO GOSPEL NONVIOLENCE



As Christians committed to a more just and peaceful world we are called to take a clear stand for creative and active nonviolence and against all forms of violence.

November

27 First Sunday of Advent Read the statement *An Appeal to the Catholic Church to re-commit to the centrality of Gospel nonviolence* and decide how it will influence your living of the season of Advent <https://nonviolencejustpeace.net/final-statement-an-appeal-to-the-catholic-church-to-re-commit-to-the-centrality-of-gospel-nonviolence/> The header quotes for each week are from this statement.

28 Turn off anything that supports violence on TV, movies, the internet.

29 Pray for a transformation of heart of those inclined to violence.

30 How will you live more gently on earth this Advent –reducing your use of fossil fuels?

December

1 Begin the day by sending thoughts of peace to the people you will meet today, e.g. coworkers.

2 In honor of the anniversary of the Churchwomen of El Salvador (+1980) send a donation to a group that works for peace in El Salvador.

3 Monitor your listening and your speech. Do you listen without being defensive and speak without judgment?



Neither passive nor weak, Jesus' nonviolence was the power of love in action. In vision and deed, he is the revelation and embodiment of the Nonviolent God.

4 Second Sunday of Advent Place a photo of victims of violence in your prayer space and make them the focus of your attention and prayer this week.

5 Drive with tolerance and patience.

6 Before Christmas shopping, reflect on the words of Daniel Berrigan, SJ, “The United States has made the world a horrendous sweatshop – where the many sweat and the few shop.”

7 Feast of St. Ambrose who said, “You never give to the poor what is yours; you merely return to them what belongs to them. For what you have appropriated was given for the common use of everybody. The land was given for everybody, not just the rich.”

8 Immaculate Conception - Traditional Day on which Sisters of Charity renew their vows. Consider making the Pax Christi Vow of Nonviolence or make a vow of peace in your own words.

9 Feast of St. Juan Diego – Pray for victims of violence in Mexico.

10 Research the US military budget and be alert to ways you can advocate for an economy of peace.



Clearly, the Word of God, the witness of Jesus, should never be used to justify violence, injustice or war. We confess that the people of God have betrayed this central message of the Gospel many times, participating in wars, persecution, oppression, exploitation, and discrimination.

11 Third Sunday of Advent Place a photo of a great peacemaker in your prayer space and make him or her the focus of your prayer this week.

12 “Our Lady of Guadalupe, you call us again in this dark time to create a space where all your children are welcomed, offered bread, roses, and what grace we can gather.” Jane Deren

13 Release your hostages today – people you hold hostage to the past.

14 Constructively channel your anger and frustration into physical activity (doing sit ups, taking a walk, washing windows.)

15 Grow in peace with yourself by positive self-talk and refusal to put yourself down.

16 Find ways today to praise when you are tempted to criticize.

17 Send Christmas cards with a peace motif and include a message about peace in them.



In every age, the Holy Spirit graces the Church with the wisdom to respond to the challenges of its time. In response to what is a global epidemic of violence, which Pope Francis has labeled a “world war in installments”, we are being called to invoke, pray over, teach and take decisive action.

18 Fourth Sunday of Advent Place a picture of a world leader in your prayer space and pray for leaders to be instruments of peace.

19 Take time to tell a family member or friend how much they mean to you.

20 When you see evidence of crime, vandalism, or graffiti say a prayer of blessing over the place.

21 Winter Solstice – Fast from electricity today. Eat by candlelight.

22 What helps me to oppose injustice, not people?

23 Start your New Year’s resolutions now. What is something you can do in 2017 to be a person of creative and active nonviolence?

24 Place a picture of refugees in your prayer space today and see in them the refugee Holy Family.

25 Spend some quiet time today to pray as a mantra to the rhythm of your breath the song of the angels of Bethlehem – **Glory to God...Peace on Earth.**