

## “Resources from Randy”

Updates from Adult and Family Ministry that are e-mailed monthly. Contact Randy Nohl, [nohnr@archmil.org](mailto:nohnr@archmil.org) to receive this newsletter. “Resources from Randy” will also be available in the very near future on the archdiocesan website at [www.archmil.org](http://www.archmil.org) – under “Departments” – “Adult Formation”

### In this issue:

- *Pledges of Nonviolence*
    - Family Pledge of Nonviolence*
    - Kids Pledge of Nonviolence*
    - Workplace Pledge of Nonviolence*
  - *Peace Papers*, 150 issues (a 3 year supply) for \$99.00
  - *A Call to Peace 52 Meditations on the Family Pledge of Nonviolence*, \$4.95
  - *Kids Creating a Circle of Peace*, \$4.95
- Institute for Peace and Justice  
Call 314-533-4445; website: [www.ipj-ppj.org](http://www.ipj-ppj.org)

*Do you get upset when you see children calling names, teasing, and hitting one another?*

*Do you shake your head in disbelief when you hear about family resentments that last for years, even unto death?*

*Do you become demoralized when you observe a coworker “blasted” by the boss or another employee?*

*Do you ever say to yourself, “It’s no wonder there are wars in the world!”*

The Institute for Peace and Justice based in St. Louis, Missouri believes that the cycle of violence in our world can be broken and that individuals, groups, and institutions can join together as peacemakers in advocating for alternatives to violent behavior and in promoting violence prevention.

Included in resources available from the Institute are “Pledges of Nonviolence.” There are pledges for kids, families, and coworkers. What a powerful statement of love and peace could be made in your faith community by a ritual signing of these pledges by all parishioners! A copy of the *Family Pledge of Nonviolence* can be found on the following page.

Also of note are *Peace Paper Packets* and the books *A Call to Peace: 52 Meditations on the Family Pledge of Nonviolence* and *Kids Creating Circles of Peace*. *Peace Paper Packets* include weekly children’s bulletin activity sheets for children ages 6-10. Each four-page issue contains games, stories and puzzles along with a family page and resources for parents. The packet includes three years of *Peace Papers* for a cost of \$99.00. Both of the books that are mentioned above are excellent for reinforcing the concepts contained in the pledges of nonviolence. All of these resources link peacemaking with day to day experiences.

These materials can be previewed through the Office of Adult & Family Ministry. Other teaching materials that promote violence prevention are also available.

**“Blessed are the peacemakers, for they will be called children of God.” (Matthew 5:9)**

## *Family Pledge of Nonviolence*

**M**aking peace must start within ourselves and in our family. Each of us, members of the \_\_\_\_\_ family, 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, including our pets, with respect and care.

### ***To Play Creatively***

To select entertainment and toys that support our family's values and to avoid entertainment that makes violence look exciting, funny or acceptable.

### ***To Be Courageous***

To challenge violence in all its forms whenever I encounter it, whether at home, at school, at work, 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 month on \_\_\_\_\_ for the next twelve months so that we can help each other become more peaceable people. **Pledging family members sign below:**

_____	_____
_____	_____
_____	_____

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

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