

Congregation Pledge of Nonviolence

*M*aking peace must start within ourselves, in our families, and in our congregation. Each of us, members of _____, commit ourselves as best we can to become nonviolent and peaceable people.

Respect Self and Others

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

Communicate Better

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

Listen Carefully

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.

Forgive

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

Respect Nature

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

Recreate Nonviolently

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

Act Courageously

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

"Eliminating violence, one congregation at a time, starting with our own."

Signature