



*an Iowa initiative in support of Campaign Nonviolence
info@cnv-iowa.org / www.cnv-iowa.org*

What does it mean to be a person of active nonviolence? We live in a culture so deeply infused with violence that it no longer seems unnatural. How can we create an alternative—a culture of nonviolence whose vision is both personal and universal?

Campaign Nonviolence is a new, long-term movement whose goal is *to bring nonviolence into the mainstream*. How?

In John Dear's words, **a life of nonviolence** requires three simultaneous attributes: ■ being nonviolent toward ourselves ■ being nonviolent toward all people, all creatures, all creation ■ joining the global grassroots movement of nonviolence. (*The Nonviolent Life*)

As we weave these three intentions into our lives, we discover the power of nonviolence to meet the overwhelming crises facing our selves, our communities, and our world today.

We cannot do everything, but we can each do something!
The journey begins with a single step.

What you can do NOW

DECLARE

- Sign the pledge at Campaign Nonviolence (www.paceebene.org) and declare your personal commitment to the nonviolent life.
- Sign up with CNV-Iowa (info@cnv-iowa.org) and keep informed about Iowa activities.

STUDY

- Explore the literature of nonviolence—its history, its practitioners, its ideology, its poetry. (For resources see www.cnv-iowa.org.)

PRACTICE

- Pursue a daily practice of awareness that affirms the power of nonviolence and acknowledges the ways we allow violence to permeate our lives.
- Carry that awareness into your daily life, your work, with your family, in your social circles.

ACTIVATE

- Bring the alternative of nonviolence to the attention of your faith community, social organization, advocacy group, workplace—any group in which you are involved.
- Help build the nonviolent community! Consider sponsoring a book group or one of the free online courses in nonviolence (see website for resources). Post your event on the CNV-Iowa calendar.
- Ask your organization to consider endorsing Campaign Nonviolence and join the growing nationwide movement. (See www.cnv-iowa.org.)
- Be mindful and prayerful of global actions for nonviolence. Although rarely in the media spotlight, people around the world are striving for peace through nonviolent strategies.

**Practice active nonviolence:
toward yourself, toward all others, and toward the world.**

The **Iowa Initiative** supports the national campaign by focusing on Iowa endorsements and activities. For a list of **endorsing organizations**, see www.cnv-iowa.org.

Whatever the issue--peace, the environment, poverty, prisons, social injustice--the practice and pursuit of nonviolence serve as the mortar between the bricks, unifying the seeming diversity of interests.