

### March 1 **HARMONY**

Choosing not to engage in any form of gossip contributes to harmony.

**Today, choose to see the good in others rather than finding fault.**

### March 2 **FRIENDLINESS**

To humorist Will Rogers, strangers were simply friends he hadn't met.

**View those you encounter today in that light. Make a new acquaintance.**

### March 3 **RESPECT**

Gandhi taught, "Language is an exact reflection of the character and growth of its speakers."

**Today, respect yourself and others by choosing not to use any profanity or "put-downs."**

### March 4 **GENEROSITY**

Mother Teresa said, "There is a hidden poverty more pervasive than lack of money. It is the poverty of the heart."

**Find three ways to generously give of your time, attention and resources to others.**

### March 5 **LISTENING**

Today, stop what you are doing and take five minutes to listen to the feelings behind someone's words to you.

**Be fully present for the conversation and be interested in what the person is saying.**

### March 6 **FORGIVENESS**

When we forgive, we do not condone hurtful behavior. When we realize that there is something within us that is more important than this wounding experience, we are free to let go of the past and move on with our lives.

**Today, write a letter to forgive someone. You do not have to mail it.**

### March 7 **AMENDS**

Make amends today.

**Apologize to someone you may have hurt and mean your apology sincerely.**

### March 8 **PRAISING**

Appreciation helps people to grow.

**Offer praise to at least three people today for their personal qualities, achievements, or helpful service.**

### March 9 **PATIENCE**

According to Caesar Chavez, "Nonviolence is not inaction...It is hard work...It is the patience to win."

**When your plans seem delayed, choose to be patient by identifying at least three ways that you can constructively use this time to support your goal.**

# A Season for Nonviolence

## March 1-April 8

We learn to practice nonviolence one step at a time,  
one choice at a time, one day at a time.

Adapted from A Season for Nonviolence, San Antonio peaceCENTER, [www.sanantoniopeace.center](http://www.sanantoniopeace.center)

### March 10 **ACKNOWLEDGMENT**

Tell someone today what a difference he or she has made in your life. Acknowledge that person for being there for you.

**Make this a day when you don't take people for granted.**

### March 11 **LOVE**

Gandhi wrote, "Nonviolence is based on the assumption that human nature ... unfailingly responds to the advances of love."

**Today, focus on what you appreciate most about the person you like the least.**

### March 12 **UNDERSTANDING**

Thich Nhat Hanh says, "When you understand you cannot help but love ... practice looking at all living beings with the eyes of compassion."

**Send a silent thought of love to ten people today. Share your experience with someone.**

### March 13 **MINDFULNESS**

If we live in each moment with composure and mindfulness, each minute of our life is a work of art.

**Be aware of the motivation behind your action, the intention behind your words, and the needs and experiences of other people.**

### March 14 **GRACIOUSNESS**

When you are out driving today, be more courteous.

**Give others the right of way and stop to let pedestrians cross the street.**

### March 15 **KINDNESS**

Every day we hear of random and senseless acts of violence. Participate in the counter-revolution of kindness started by Anne Herbert.

**Perform three acts of kindness today.**

### March 16 **DIALOGUE**

Marianne Williamson describes a healthy society as one in which "those who disagree can do so with honor and respect for other people's opinions, and an appreciation for our shared humanity."

**Today, speak up but do not enter into the spirit of argument.**

### March 17 **UNITY**

Differences give variety to life and are often only on the surface anyway. Today look for three ways to see beyond outer differences in opinions, appearances, or goals.

**Find the meeting point of underlying unity that exists in diversity.**

### March 18 **OPENNESS**

A Turkish proverb says, "He who builds himself a fence, fences out more than he fences in."

**Today, be open to understanding ideas and people that you have previously opposed.**

**March 19**  
**ACCOUNTABILITY**

In conflicting situations, personal accountability allows us to take responsibility for how each of us contributes to the conflict.

**Today, take responsibility for how you contribute to a conflict and make a different choice that can lead to a peaceful resolution.**

**March 20**  
**UNIQUENESS**

Dale Carnegie says that the greatest need people have is for love and approval. Praise, compliment and honor the uniqueness of at least five people today.

**Notice the positive impact you make by valuing the individuality of each one.**

**March 21**  
**COOPERATION**

When we work together, we are stronger than when we work alone.

**Today, find one significant way that you can cooperate more effectively with the people in your family or workplace, school or community.**

**March 22**  
**MASTERY**

Labor organizer Caesar Chavez teaches, "If you use violence, you have to sell part of yourself for that violence. Then you are no longer a master of your own struggle."

**Breathe deeply, counting backwards from ten to calm yourself and cool off before you speak or act with impatience or anger.**

**March 23**  
**COMPASSION**

Mother Teresa implored us to "find someone who thinks he is alone and let him know he is not."

**Today, do as Mother Teresa suggests.**

**March 24**  
**DISARMAMENT**

Have a conversation with someone today about what the world would be like if there were no weapons nor any need of them.

**Imagine such a world.**

**March 25**  
**ECOLOGY**

Value the earth by conserving natural resources and avoiding the purchase of products that deplete the rain forests or exploit labor forces.

**Practice recycling today by using at least one recycled product or by recycling a product.**

**March 26**  
**HONOR**

Albert Einstein said, "There are only two ways to live your life. One is as though nothing is a miracle. The other is as if everything is."

**Before each meal today, stop to honor all the hands that brought it to you and to bless the earth for its bounty.**

**March 27**  
**CHOICE**

Be aware today of any jokes or remarks that show disrespect toward ethnic groups, women or men, classes of people, religious groups, gays or lesbians.

**Be considerate of every person's dignity, and choose not to participate in disrespectful conversation.**

**March 28**  
**ADVOCACY**

"When someone stands up to violence," says Thich Nhat Hanh, "a force for change is released. Every action for peace requires someone to exhibit the courage to challenge violence and inspire love."

**Today, be an ally. Without blaming or judging others, speak out for those who are disrespected.**

**March 29**  
**EQUALITY**

Have you ever noticed the groups of people who are under-represented in your activities and lifestyle?

**Find one way to connect with a person from these groups today.**

**March 30**  
**ACTION**

"Each of us can work to change a small portion of events and in the total of all those acts will be written the history of this generation," said Robert Kennedy.

**Today, find a way to make one small change that will contribute to the well-being of your home, school, workplace or community.**

**March 31**  
**GIVING**

Practice generosity by sharing time, energy and material resources with those in need. Clean out your closet, bureau drawers, or garage. Are there things you aren't using that might be of value to someone else?

**Today, give away what you are no longer using.**

**April 1**  
**RESPONSIBILITY**

The quality of your community starts with you. Take responsibility for the quality of your community wherever you are.

**Today, pick up trash that is not your own, whether at home, at the office, or on the street. Every little bit helps.**

**April 2**  
**SELF-SUFFICIENCY**

People need the dignity of work and the opportunity to provide for themselves and their families. Economic self-sufficiency is a requirement for a nonviolent world.

**Today, create a job for someone or help someone find employment by assisting with an application, making phone calls, or practicing interviews.**

**April 3**  
**SERVICE**

Dr. Martin Luther King, Jr., said, "Everybody can be great ... because anybody can serve ... You only need a heart full of grace and a soul generated by love."

**Sign up to volunteer a minimum of two hours this month with an organization of your choice. Share your commitment with at least one person.**

**April 4**  
**CITIZENSHIP**

Robert Muller, former secretary general to the UN, urges, "Use every letter you write, every conversation you have, every meeting you attend, to express your fundamental beliefs and dreams."

**Today, call or write one of your legislators and register your views.**

**April 5**  
**INTERVENTION**

Alcohol and drug abuse is both a consequence and a cause of violence. Today have the courage to intervene in a caring way with someone who is using alcohol or drugs.

**Through your honest and straightforward communication, encourage them to get educated, get help, get sober and free of drugs.**

**April 6**  
**WITNESSING**

"We are each other's bond," writes poet Gwendolyn Brooks. Those who practice nonviolence cannot close their eyes to injustice or cruelty. We are here to be a witness for justice and compassion.

**Today, be willing to stand up for truth by your presence, your words and your actions.**

**April 7**  
**PEACE**

An 11-year-old writes, "Peace is a special thought or a special love or light or spark that we all share within ourselves." Thich Nhat Hanh wrote, "Practice watering seeds of joy and peace and not just seeds of anger and violence..."

**Today, make a choice to meet each experience with an intention of peace.**

**April 8**  
**RELEASE**

A Sufi proverb says, "When the heart weeps for what it has lost, the spirit laughs for what it has found."

**Today, look back on how far you have come in this journey of nonviolence. Release the weight of your past judgments of yourself and others, and release the idea that world peace is not possible by acknowledging that what you do makes a difference.**