

## ***Congregation Pledge of Nonviolence***

Making 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.

### **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 listen in order to understand, rather than in order to respond.

### **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 with respect and care.

### **To Recreate Nonviolently**

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

### **To Be Courageous**

To challenge violence in all 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.

This is our pledge. These are our goals. We will check ourselves on what we have pledged once a year on \_\_\_\_\_ so that we can help each other become more peaceable people.

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

## ***Pledge of Nonviolence***

**M**aking peace must start within ourselves and between each other. We, members of \_\_\_\_\_, commit ourselves as best we can to become nonviolent and peaceable people.

### ***To Respect Myself***

To care for myself physically, emotionally and mentally; to take responsibility for the work that I have accepted and that has been entrusted to me; and to resist negative peer pressure and self-destructive behaviors.

### ***To Respect Others***

To affirm and encourage others and to avoid uncaring criticism, impulsive remarks, hateful words, physical and emotional attacks and anything else that might dehumanize others.

### ***To Communicate Better***

To share my feelings honestly and respectfully, to look for safe ways to express my anger and other emotions, to work at solving problems peacefully, and to encourage an open system of communication and to promote cooperation in all endeavors.

### ***To Listen***

To listen carefully to others, especially those who disagree with me, and to take into consideration others' feelings and needs rather than insist on having my own way. To listen in order to understand, not in order to simply respond.

### ***To Forgive***

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

### ***To Respect the Environment***

To treat the environment and all resources with respect, to use the resources for the purpose for which they are intended, and to promote environmental concern in our community.

### ***To Socialize Nonviolently***

To select social activities that strengthen our commitment to nonviolence among ourselves and that promote a less violent society and to avoid social activities that make violence look exciting, funny or acceptable.

### ***To Act Courageously***

To actively challenge violence in all its forms whenever I encounter it, whether at home, at school, at work, or in the community, and to advocate for and with others who are treated unfairly, even if it means standing alone. This is our pledge. These are our goals. We will check ourselves monthly on what we have pledged to keep our promise to build a more peaceable community.