

## Take the Pledge of Nonviolence!

The Campaign Nonviolence (CNV) Pledge commits us to begin or renew our efforts to take up the way of active nonviolence practiced by Mahatma Gandhi and Martin Luther King, Jr. Everyone is invited to take this pledge and join this movement for peace with justice for humanity and the earth.

### THE PLEDGE:

**I solemnly pledge to take a stand against violence and to help build a culture of active nonviolence. I will strive to:**

- Practice nonviolence toward myself
- Practice nonviolence toward all others
- Join in the global movement to abolish war, end poverty and racism, stop the destruction of the earth, and foster a just and peaceful world for all.

### To support this commitment, I will:

- Learn more about active nonviolence
- Take nonviolence training
- Work to mainstream nonviolence in my community
- Organize an action event opposing the culture of violence and promoting a culture of nonviolence

Signature: \_\_\_\_\_

Name (print): \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

### Sign and mail to:

Pace e Bene Nonviolence Service  
P.O. Box F, Corvallis, OR 97339  
510-268-8765, [info@paceebene.org](mailto:info@paceebene.org)

You can also sign the pledge at  
[CampaignNonviolence.org](http://CampaignNonviolence.org) or [Paceebene.org](http://Paceebene.org)

Tax-deductible contributions are welcome at Pace e Bene or at any of the endorsing organizations listed on the back of this leaflet.

### Resources:

- Campaign Nonviolence:  
[campaignnonviolence.org](http://campaignnonviolence.org)
- Metta Center for Nonviolence:  
[mettacenter.org](http://mettacenter.org)
- Global Nonviolent Action Database:  
[nvdatabase.swarthmore.edu](http://nvdatabase.swarthmore.edu)
- Waging Nonviolence:  
[wagingnonviolence.org](http://wagingnonviolence.org)
- The Vernal Project:  
[vernalproject.org](http://vernalproject.org)
- Book: John Dear, *The Nonviolent Life* (2013)
- Other resources for mainstreaming nonviolence can be found at:  
[campaignnonviolence.org](http://campaignnonviolence.org)



Campaign Nonviolence has been initiated by Pace e Bene Nonviolence Service. Endorsers include: Peace Action, Pax Christi USA, Fellowship of Reconciliation, Veterans for Peace, Hip Hop Caucus, Maryknoll Office for Global Concerns, Meta Peace Team, Erie Benedictines for Peace, Lutheran Peace Fellowship, Franciscan Action Network, Episcopal Peace Fellowship, Muslim Peace Fellowship and many more.

**This event has been organized by:**



Building a long-term  
flourishing movement  
for a nonviolent world.

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Spreading active  
nonviolence to end war,  
militarism, poverty,  
racism and the climate  
crisis.

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Taking nonviolent action  
everywhere!

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Join us in the  
nonviolent struggle to  
build a  
culture of peace!



C A M P A I G N  
N O N V I O L E N C E

# Building the “Beloved Community”

***“Our goal is to create a beloved community. This will require a qualitative change in our souls, as well as a quantitative change in our lives.”***  
***-- Martin Luther King, Jr. --***

## **WHAT IS THE PROBLEM?**

The problem is the "culture of violence" that all of us are surrounded by: The false belief that evil can overcome evil, that peace can come out of violence, that by using force and coercion we can obtain our goal of a just and peaceful society. As the world continues to unravel as a consequence of this world-view, Americans remain entranced and deluded into believing that it is the only way.

## **ASPECTS OF A CULTURE OF VIOLENCE:**

- American militarism, at home and abroad
- Increasing poverty (in the face of increasing wealth)
- Environmental destruction
- Ongoing threat of nuclear weapons
- Violence against women
- Racism
- Police brutality and militarization
- Increasing costs of education
- Violence in books, movies, music
- Loss of democracy as the wealthy and elite gain increasing control over elected officials
- Unjust treatment of immigrants & refugees

## **WHAT IS THE SOLUTION?**

The solution is for all of us to take immediate steps in replacing the "culture of violence" with a "culture of peace," or what Martin Luther King Jr. called the “Beloved Community.” Every major religion, at its core, recognizes that evil can only be overcome by good, and that peace and justice can only be obtained through active nonviolence (what M.K. Gandhi called "satya-graha," or "soul force"). Manifestations of this culture of peace

include forgiveness rather than punishment, simplicity rather than excess, sharing rather than hoarding, and trusting others even in the face of prior wrongs. It also includes a refusal to cooperate with violence and injustice, while at the same time also refusing to strike back against one's opponent.

## **DOES NONVIOLENCE WORK?**

Yes, nonviolence works on all levels, from the interpersonal level all the way up to international and political levels. A recent study done by Stephan & Chenoweth compared nonviolent to violent revolutions since 1900 and found that nonviolent revolutions were more than twice as likely to succeed. Furthermore, in countries and regions where nonviolent revolutions occurred, the transition to a healthy democracy was also more likely to occur.

These trends were found to be independent of the level of brutality of the regimes in the countries where revolutions occurred. Even against Nazi Germany in WWII, movements such as in Le Chambon (France) and the country of Denmark would suggest that nonviolence was more effective in preventing the loss of life, especially that of the Jews and other primary targets of the Nazis.

For many examples of successful nonviolent revolutions, refer to the Reference section on the back of this pamphlet.

## **WHAT DOES THE CULTURE OF PEACE REQUIRE?**

Promoting a culture of peace requires honor, courage, and commitment. It requires a willingness to set aside one's own interests for the wellbeing of others. Often this means setting aside one's own personal security, even risking one's life, in the struggle for

freedom and justice. It requires not only the courage to stand up against the oppressor, but also the honor to engage in dialogue with your opponent, refusing to return evil for evil, violence for violence. The commitment is lifelong, but possible for anyone to make, regardless of age, gender, or intelligence.

Among many other things, active nonviolence requires choosing a life of simplicity and generosity, creating space for others to live up to their potential.

## **WHAT CAN I DO?**

- Educate yourself on the explicit and implicit forms of violence in society. Learn to recognize how violent solutions, while they may obtain desired objectives in the short-term, inevitably do more harm than good over the long run.
- Focus on forms of entertainment that promote a culture of peace rather than a culture of violence.
- Get training in active nonviolence.
- Attend rallies and events in support of a culture of peace.
- Support organizations working to create a culture of peace.
- Seek employment in jobs that support a culture of peace rather than a culture of violence.
- Don't be afraid to challenge those who promote a culture of violence.
- Strive to foster a culture of peace in your own life: Honor, courage, commitment, nonviolence, simplicity, generosity, etc.
- Sign the pledge of nonviolence (located in this pamphlet).