



# Covenant of Nonviolence

*I/we accept the challenge and hereby covenant*

- to find and nurture the source of sustained forgiveness, evenness, and tolerance in ourselves, our children, and others, even in dealing with significant evil
- to speak to power and face evil with courage, yet work in solidarity with victims & the oppressed as a humble invited servant
- to discern with care how 'do with' instead of 'doing to' or 'doing for' those who suffer violence, oppression, or injustice
- to live simply, sustainably, and frugally so as live in nonviolent empathetic congruence with the more than human world & those facing involuntary simplicity
- to act boldly and nonviolently to impact the complex conditions of unfairness, injustice, and anguish for individuals, families, groups and nations



# Covenant of Compassion

*I/we accept the challenge and hereby covenant*

- to find and enliven the source of empathetic action in ourselves, our children, in others and the community as a whole
- to serve others, even enemies and rivals, in persistent loving kindness in their quest be free of suffering
- to hold, hear, mourn and bear the pain of others even while working on the causes and solutions of suffering
- to act boldly to impact the complex conditions of unfairness, injustice, and anguish for individual, families, groups and nations
- to serve others eagerly, even at inconvenient expense of money, time, control, possessions, living quarters, or resources



# Covenant of Peace

*I/we accept the challenge and hereby covenant*

- to find and invigorate the source of peace and the skills of forgiveness, consensus building, and conflict resolution in ourselves, our children, and others
- to overgrow retaliation, vengeance, and provocation with humility, mercy, patience, and diligent self control
- to hold, hear, and bear the pain of others even while persistently working on the causes and solutions of conflict
- to act boldly and gently to impact conditions of conflict or anguish for individual, families, groups and nations
- to generate more where and when there is not enough and to nurture creativity, appreciative inquiry, and abundance in the face of scarcity
- to follow, act, and sustain rather than lead where there are enough leaders already



# Covenant of Nonviolence

*I/we accept the challenge and hereby agree to fulfill the Sowers Covenant of Nonviolence*

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\_\_\_ Connect me with other individuals families or faith communities who are making this covenant too



# Covenant of Compassion

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# Covenant of Peace

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