

“A FAMILY COVENANT OF NONVIOLENCE”

As events on the global stage continue to unfold, we may find ourselves seemingly powerless in somehow making a difference in regard to the “bigger picture.”

It is true that most of us will not have a direct role in these global events, but we are not powerless. There are many things that each of us can do, right here and right now, that can make a difference to bring more justice, peace, and reconciliation to our global village.

Recently, I ran across the “*Family Covenant of Nonviolence*” which is being promoted by the Baptist Peace Fellowship. I share this with you and encourage families to reflect upon these ideals and choose them as a way of living and being. In doing so, we are responding to world events in a positive way, and we are making a difference.

Family Covenant of Nonviolence

Making peace can start with our family. Each of us commits ourselves to the following covenant terms, in obedience to our Lord who named peacemakers as “the children of God.”

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 each other, especially those who disagree with me, and to consider others’ feelings and needs rather than insisting on having my own way;

TO RESPECT OTHERS—To affirm one another and to avoid uncaring criticism, hateful words, and physical attacks;

TO FORGIVE—To apologize and make amends when I have hurt another, to forgive others, and keep from holding grudges;

TO RESPECT NATURE—To treat the environment and all living things, especially our pets, with respect and care;

TO PLAY CREATIVELY—To select entertainment that supports our family’s values and to avoid entertainment and toys that makes violence look exciting, funny, or acceptable;

TO BE COURAGEOUS—To challenge violence in all its forms whenever I encounter it, whether at home, at school, at work, or in the community, and to support others who are treated unfairly.

F. Mike