

What Can I Do?

"Nuclear war begins, I believe, in our hearts. And that is where it must end."

Archbishop
Raymond Hunthausen

Nuclear weapons, and all concerns about other weapons of mass destruction, war or terrorism can seem like intractable problems that any one individual could not possibly solve. But there are steps we can each take to make a difference. Hope lives in the conviction that change is possible and individuals can bring it about.

On this panel are three areas where each of us, as individuals, can do something to make a difference and stop nuclear weapons, and by extension, work towards peace and nonviolence.

Prayer

Imagine...

If we took a few moments each day to reflect and pray for peace in our hearts, our community, our nation and the world.

Prayer can make all the difference. If everyone on Earth would pray for peace, it would happen. To the right are some prayer booklets and prayer cards from Pax Christi that you are welcome to take home. These will fit in a wallet or purse, to help remind you to pray for peace and nonviolence every day.

Pax Christi Vow of Nonviolence

Before God the Creator and the Sanctifying Spirit, I vow to carry out in my life the love and example of Jesus...

The nuclear age, and our new age of terrorism, represent a new form of violence requiring us to evaluate war with an entirely new attitude. Many Christians, having made this evaluation, seek to make a total break with violence.

Pax Christi is inviting Christians who have recognized this to take a Vow of Nonviolence. Such a gesture signifies an explicit rejection of violence and a turning toward unconditional love. The brochure explains the vow, and the reasons behind it.

If you choose to take the vow, there is a three-part copy you may take. If you wish, mail a copy Pax Christi and another copy to Bishop Slattery. The addresses are on the form.

Take Action

- *For one day, be conscious of how you use the words us and them.*
- *Inform yourself about world hunger. Today.*
- *Give a sincere compliment to someone you do not find easy to like.*

Besides prayer and nonviolence, there are many actions each of us as individuals can take to make a difference and spread the message of peace to others.

Please take the brochure "Just For Today" which contains "An action a week for peace," 52 suggestions for actions individuals can take to bring peace to the world.

Please also take the "Love Your Enemies" brochure, which also lists 52 ways to love enemies, making them a friend.

These are simple, yet far-reaching suggestions that can be practices each week during the year. These are the ways of the Peace of Christ.