

Trainers Note One for SCNV Trainings

My Heart is moved by all I cannot save. So much has been destroyed. I have to cast my lot with those who age after age.

Perversely, with no extraordinary power, reconstitute the world.

Adrienne Riah

The smallest mosquito is more wonderful than anything man will ever produce. So we must never lose our sense of the marvelousness of the work around and inside us - a world which we have not made and which, assuredly has not made itself. Such an attitude engenders a spirit of nonviolence.

E.F Schumacher

To refuse to struggle against the evil of the world is to surrender your humanity;

to struggle against the evil of the world with the weapons of the evil doer is to enter into your humanity;

to struggle against the evil of the world with the weapons of God is to enter into your divinity.

Gandhi

Nobody was born nonviolent. No one was born charitable. None of us come to these things by nature but only by conversion. The first duty of the nonviolent community is helping its members work upon themselves and come to conversion.

Lanza del Vasto

As you come to know the seriousness of our situation - the war, the racism, the poverty in the world, you come to realise it is not going to be changed just by words or demonstrations.

It's a question of risking your life. It's a question of living your life in drastically different ways.

Dorothy Day

We will match your capacity to inflict suffering with our capacity to endure suffering. We will meet your physical

force with soul force. We will not hate you, but we cannot in good conscience obey your unjust laws... And in winning our freedom we will win you in the process.

Martin Luther King

I do not believe in violence, hatred or armed insurrection. They take place too quickly. They change the circumstances of people's lives without giving them time to adapt to the changes.

It is useless to dream of reforming socio-economic structures... without a corresponding deep change in our inner lives.

Dom Helder Camara

I Pin my hopes to the small circles and quiet processes through which vital and transforming events take place.

Rufus Jones

The basic problem is not political, it is a-political and human. One of the most important things to do is to keep cutting deliberately through political lines and barriers and emphasizing that these are largely fabrication and that there is a genuine reality: the human dimension.

Thomas Merton

We believe that in the process of liberation, there must be agreement between ends and means... We share a belief in and a dependency on a spirit, which nourishes us and gives us strength in the midst of our struggle in Latin America.

Adolfo Perez Esquivel

No ideological or political doctrine should be considered more important than life and love of our fellow human beings. Without ideological and political doctrines we can still live in peace, but without respect for life, the world will be destroyed.

Thich Thien Minh

Do not go gentle into that last goodnight;
Rage, rage against the dying of the light.

Dylan Thomas

I would say that I'm a nonviolent soldier. In place of weapons of violence, you have to use your mind, your heart, your sense of humour, every faculty available to you... because no one has the right to take the life of another human being.

Joan Baez

There are moments in your life when you must act, even though you cannot carry your best friends with you. The "still small voice" within you must always be the final arbiter when there is a conflict of duty.

Gandhi