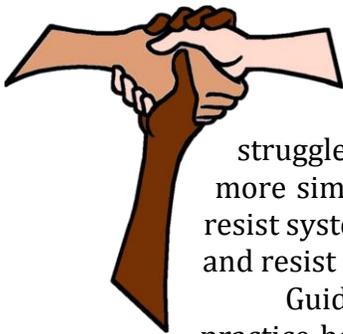


A Thought for the New Year – Father Christopher, T.O.R.

A Gift to Give Yourself

God of Nonviolence, thank You for the gift of Your love and Your peace. Give me the grace to live the Gospel life of nonviolence, that I might be a faithful follower of the nonviolent Jesus and Francis.

Send the Holy Spirit of nonviolence upon me that I will love everyone, from my neighbors to my enemies. That I may see You in everyone, and know everyone as my sister and brother, and never hurt or fear anyone.



Make me an instrument of Your peace, that I might give my life in the struggle for justice and disarmament, that I may work for the abolition of war, poverty and nuclear weapons; that I may always respond with love and never retaliate with violence; that I may accept suffering in the struggle of justice and never inflict suffering or death on others; that I may live more simply, in solidarity with the world's poor, that I may defend the poor and resist systemic injustice and institutionalized violence, that I may always choose life and resist the forces of death.

Guide me on the Way of nonviolence. Help me to speak the truth of peace, to practice boundless compassion, to radiate unconditional love, to forgive everyone who ever hurt me, to embody Your nonviolence, to walk with You in contemplative peace, to be Your beloved servant and friend.

Disarm my heart, and I shall be Your instrument to disarm other hearts and the world. Lead me, O God of nonviolence, with the whole human family, into Your nonviolent reign of justice and peace where there is no more war, no more injustice, no more poverty, no more nuclear weapons, no more violence.

I ask this in the name of the nonviolent Jesus, our brother and our peace. Amen.

(John Dear, S.J.)