

# Newsletter Against Drugs and Violence

FOR A NON-VIOLENT & HEALTHY COMMUNITY

## Trust in Community



Non-Violence isn't about pacifism or shying away from conflict. Non-Violence is about difficult conversations, uncomfortable situations, and finding a way to connect to with whom, Martin Luther King Jr called the blessed community. The blessed community he spoke of was not just those we agree with but also those we disagree with. Our hope is that we will help build that blessed community. But, before we can build it we must anchor ourselves. Having trust that we have the emotional collateral to have deeper, and often harder interactions with others that we don't see eye to eye with. Last month we encouraged taking time to breath before acting. This month we encourage you to trust what you are feeling, when you know your emotions you can act in a way that is Non-Violent.



## Who is the community supporting the MADV?

The March is lead by Montana State Senator Mike Yakawich. Who saw a need 26 years ago, and has tirelessly worked with community partners ever since to grow this event into what it has become today. Organizations and community members from around Billings have worked along side Mike to share their hope and time, to create a better community through these efforts. Each month we will use this space to highlight those community organizations and members.



# Trust Yourself

Hopefully this past month you have taken time to breath and pause before acting. Taking five deep breaths to center yourself. If this has been successful that is wonderful! Perhaps taking ten breaths before getting out of your car before heading in to work, or the store can be a new step providing a centered feeling before you are even in a stressful position. Often times front loading or preparing yourself before a stressful situation arises can be the key to keeping your cool and taking a non-violent approach. Perhaps the five breaths were difficult, that is wonderful as well. Being able



to recognize when things are difficult and sticking with them is important. If we only ever did what was easy we would never make progress and we couldn't achieve the things we aspire to. So trust yourself and stick with it, you will find that in time it will become second nature.

This month our focus is Trust. Hopefully trusting others is possible, but our focus for now is trusting in yourself. When you have taken your breaths, your body will let you know how you are feeling. Are you upset, frustrated, angry, sad, irritated? Trust that if you are feeling any of these ways, or even if they are positive emotions, that you can

make a healthy decision moving forward. By trusting yourself to know when you are angry, sad, upset, hungry or frustrated you can then make a move in the direction of non-violence. Something as simple as making a phone call to vocalize your emotions, walking away and engaging in physical activity, getting a healthy snack, are simple changes that can be made instead of engaging in physical or verbal violence with someone. This month trust that you can make the world more non-violent, one breath at a time, one choice at a time.

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# MADV

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