

MADV Non-Violence Newsletter

FOR A NON-VIOLENT & HEALTHY COMMUNITY

The Lineage of ✧ Non-Violence ✧

We are lucky in our time and place in the world. We have been alive to know and see the idea of Non-Violence become practice and principal throughout America and the world. But prior to 1915 it wasn't a word or idea anyone had employed until Mahatma Gandhi brought it to bare in South Africa and then later in India. His thoughts on the matter have influenced Dr. Martin Luther King Jr, Thich Nhat Hahn, Dorothy Day, and Mother Theresa to name a few. While this lineage is a pinnacle of wisdom, faith and fortitude we do not have to think that we must rise to this level in order to practice Non-Violence. In fact, the purpose of this monthly newsletter is to provide small steps that can help lead us to a more Non-Violent life and hopefully a Non-Violent community.



Who is the March Against Drugs and Violence

We are a community-driven movement dedicated to raising awareness and fostering collective action against the destructive impact of drugs and violence in our neighborhoods.





Non-Violence In Action

At the 26th Annual March Against Drugs and Violence, we heard from many people within our community that want to see and are working towards many goals, all of which will help us build a stronger community with less addiction and violence.

In parting we asked you to take a journey with us this coming year. Instead of the March coming to our community once a year the March will come to you monthly, as well, in your email or on our website. Each month we will highlight different aspects of sobriety and non-violence to help keep our



larger mission: through unity, education, and advocacy, seeking to inspire positive change, promote healing, and create environments where every person can live free from the threats of substance abuse and violence. This month we asked you to take a moment before acting.

Hopefully you have, if not don't stress, habits of reactionary fear, stress, anger and violence took time to learn and will take time to change. By even thinking about making the change you are already on the road to making the change.

As a reminder, the ask was that when you feel yourself becoming stressed and frustrated take five deep breaths. With those breaths evaluate your reaction to what is happening and try to focus on what will be the safest and healthiest choice for you and whomever else may be involved. Remember that we cannot control the input that comes at us, but we can choose how we will react to it. We hope you will walk with us and choose Non-Violence.

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MADV

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