

Litany of Non-Violence

Provident God, aware of my own brokenness, I ask the gift of courage to identify how and where I am in need of conversion in order to live in solidarity with Earth and all creation.

Deliver me from the violence of superiority and disdain. Grant me the desire, and the humility, to listen with special care to those whose experiences and attitudes are different from my own.

Deliver me from the violence of greed and privilege.

Grant me the desire, and the courage, to risk speaking and acting for the common good. Deliver me from the violence of irreverence, exploitation and control. Grant me the desire, and the strength, to act responsibly within the cycle of creation. God of love, mercy and justice, acknowledging my complicity in those attitudes, actions and words which perpetuate violence, I beg the grace of a non-violent heart.

Amen.

From the Sisters of Providence of St. Mary of the Woods

