



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 all Earth's people.

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 will, to live simply
so others may have their just share of Earth's resources.**

Deliver me from the silence that gives consent
to abuse, war and evil.

**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.

Sisters of Providence of Saint Mary-of-The-Woods.
Breaking boundaries, creating hope.