Mary Mother of Jesus Inclusive Catholic Community
Together We Commit to Nonviolence (February 1, 2025)
[World Day of Peace (January 1) & Dr Martin Luther King Day (January 20)]

Liturgy team: (Russ ✝ Banner),
Jan & Den Rigdon, Michael Rigdon, Andrea Seabaugh

Welcome. Den. Welcome to our community gathering this Saturday afternoon. We extend to one another words of welcome, peace, and thanksgiving assuring one another that all are welcome to this holy place. Let us rejoice that we can celebrate together!

Theme. Michael. Each year for more than 30 years Russ Banner committed to a life of nonviolence. At his suggestion, we have celebrated World Day of Peace the past 4 years by committing as a community to nonviolent action. Russ selected the readings for this service. It is his lasting gift to all of us. Today seems an especially good time to recommit for a 5th year to our shared vow of nonviolent action after today's Gospel!

Sign of Peace. Michael. Let us offer each other a sign of peace.
All: Namaste. The peace of Christ be with you! Namaste.

Gathering 🎶 Prayer of St Francis **https://youtu.be/hC77O0fMuL0** stop 2:46

Make me a channel of your peace.
Where there is hatred, let me bring your love.
Where there is injury your pardon, God,
And where there's doubt, true faith in you.
Make me a channel of your peace.
Where there's despair in life, let me bring hope.
Where there is darkness only light,
And where there's sadness, ever joy.
Oh God, grant that I may never seek
So much to be consoled, as to console,
To be understood as to understand,
To be loved, as to love with all my soul.
Make me a channel of your peace.
It is in pardoning that we are pardoned,
In giving of ourselves that we receive,
And in dying that we're born to eternal life.

Make me a channel of your peace.

Transformation Prayer. Jan. May we be transformed into peacemakers who show people how to cooperate instead of competing or fighting. We commit to respond to the needs of others in whatever ways we can and to share our faith that goodness and love will prevail. **All:** Transform us, O Holy One!

Gloria. Jan. Glory to the Spirit of Life, to the Holy One who surrounds us, who lives within us and shares the Sacred Word with us.

Glory to the Spirit of Life, who offers us peace—peace in our hearts, peace in our thoughts, peace with one another, and peace between nations.
Glory to the Spirit of Life, who cares for health workers, postal workers, store clerks, garbage collectors and all those who serve our special needs in numerous ways.
Glory to the Spirit of Life, who sent Jesus—Jesus who taught us how to live the Gospel, Jesus who brings hope and healing to all those in need.

O Holy One, you are one with us. We will live a life of peace and faithfulness to you, committed to the Gospel message.

All: We depend upon the ever-present Spirit, Wisdom Sophia,
to walk with us as we journey in the present & rejoice in the life before us.
Glory to the Spirit of Life!

Liturgy of the Word (Please pause for a moment of silence.)

Andrea. The first reading is from *The Nonviolent Life* by John Dear.

How can we become people of nonviolence and
help the world become more nonviolent?
What does it mean to be a people of active nonviolence?
How can we help build a global grassroots movement of nonviolence
to disarm the world,
relieve unjust human suffering,
make a more just society and
protect creation and all creatures?
What is a nonviolent life?"
[In my book] I propose a simple vision of nonviolence that
every one of us can aspire to.
I commend three dimensions of nonviolence:

practicing nonviolence toward ourselves,
practicing nonviolence toward all others, all creatures and creation,
and practicing active nonviolence
by joining the global grassroots movement of nonviolence—

and suggest that to be a person of nonviolence,
we each need to practice each dimension simultaneously
if we are to become authentic practitioners of nonviolence.
Many of us do practice one, or maybe two, of these dimensions.
We might be nonviolent toward ourselves and most others,
but we are not part of the global movement of nonviolence.
Or we might be committed activists involved in
the movements for justice and peace,
but filled with self hatred
or mean toward those around us.
The nonviolent life in all its fullness demands
that we practice all three dimensions at the same time!
It is life straddling a tightrope, or juggling three bowling pins,
or for that matter, walking on water.
We are called to a new kind of centered mindfulness
where we practice nonviolence in our private lives
as well as work publicly and actively in the movements
for disarmament, justice and peace through creative nonviolence.
It means becoming in our own ordinariness
new Gandhis, Kings and Dorothy Days.
These are the inspired words of John Dear,
and the community affirms our assent by saying, **All: May it be so!**

Acclamation 🎶 Alle, Alle, Alleluia. **https://youtu.be/ID5UGWcS6Ws stop :29**

Den. The second reading is the conclusion of *The Nonviolent Life* by John Dear**.**

The historic student-led demonstrations in France in 1968 rang with a chant
that is as apt today as it was then:
“Be reasonable. Demand the impossible.”
Like those French protesters, practitioners of nonviolence are
reasonable people who demand the impossible.
With our spirituality of nonviolence and peace
we trust in the God of peace,
open our hearts in universal love,
maintain a conscious mindfulness, see with a long haul vision,

and willingly risk the cross and resurrection
as the way to nonviolent social change.

We root our life journey of nonviolence in the God of peace,
the nonviolent Jesus,
and the Holy Spirit of peace and love
so that we become one with the universe,

with heaven and earth, and with all the saints and martyrs and peacemakers
who have gone before us on the path of peace.
This spiritual framework, context and practice gives each one of us
the strength to live a nonviolent life.
We have enough strength to step out into the world
as people of peace, love and nonviolence,
rooted and grounded in a whole new spirituality,
fashioned on Jesus himself.
These are the inspired words of John Dear, and the community affirms our assent by saying, **All: May it be so!**

Acclamation 🎶 **Alle, Alle, Alleluia. https://youtu.be/ID5UGWcS6Ws** stop :29

Jan. A reading from the Good News attributed to Matthew.
Contemporary translation of the beatitudes by Eugene H Peterson.
When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him, the committed, climbed with him. Arriving at a quiet place, he sat down and taught his climbing companions. This is what he said:

You're blessed when you're at the end of your rope.
With less of you there is more of God and his rule.
You're blessed when you feel you've lost what is most dear to you.
Only then can you be embraced by the One most dear to you.
You're blessed when you're content with just who you are—no more, no less.
That's the moment you find yourselves proud owners
of everything that can't be bought.
You're blessed when you've worked up a good appetite for God.
He's food and drink in the best meal you'll ever eat.
You're blessed when you care.
At the moment of being 'care-full,' you find yourselves cared for.
You're blessed when you get your inside world—your mind and heart—put right.
Then you can see God in the outside world.
You're blessed when you can show people how to cooperate

instead of compete or fight.
That's when you discover who you really are, and your place in God's family.
You're blessed when your commitment to God provokes persecution. The persecution drives you even deeper into God's kingdom.
Not only that—count yourselves blessed
every time people put you down or throw you out
or speak lies about you to discredit me.
What it means is that the truth is too close for comfort
and they are uncomfortable.
You can be glad when that happens—give a cheer, even!—
for though they don't like it, I do!
And all heaven applauds.
And know that you are in good company.
My prophets and witnesses have always gotten into this kind of trouble.
This is our Good News for today, and the community responds**: All: Alleluia!**

Acclamation 🎶 **Alle, Alle, Alleluia. https://youtu.be/ID5UGWcS6Ws** stop :29

Shared Homily. Michael & Community. Let us begin with moment of silence….
I highlighted John Dear's reflection on three dimensions of nonviolence. Joining together to renew our vow of nonviolence, just as we proclaimed the last four years—This takes us into the third dimension, past nonviolence toward self, and nonviolence toward others and creation. We publicly join together with the grassroots movement of nonviolence worldwide. I think Dear believes this dimension is so critical because we start to receive support in our commitment to peace and provide that support and education to others.
I propose that we proclaim our commitment to non-violence, then share our experience of the readings and our common commitment.

Vow of Nonviolence (All recite together**)**

Michael. Recognizing the violence in my own heart,
yet trusting in the goodness and mercy of God,
I vow for one year to practice the nonviolence of Jesus
who taught us in the Sermon on the Mount:
"Blessed are the peacemakers,
for they shall be called the daughters and sons of God...
You have learned how it was said, 'You must love your neighbor and hate your enemy, 'but I say to you, Love your enemies, and pray for those who persecute you. In this way, you will be daughters and sons of your Creator in heaven."

Den. Before God the Creator and the Sanctifying Spirit,
I vow to carry out in my life the love and example of Jesus,
by striving for peace within myself
and seeking to be a peacemaker in my daily life;
by accepting suffering rather than inflicting it;
by refusing to retaliate in the face of provocation and violence;
by persevering in nonviolence of tongue and heart;

Jan. by living conscientiously and simply
so that I do not deprive others of the means to live;
by actively resisting evil
and working nonviolently to abolish war and the causes of war
from my own heart and from the face of the earth.
God, I trust in your sustaining love
and believe that just as you gave me the grace and desire to offer this,
so you will also bestow abundant grace to fulfill it.

Michael. Please share your experience.

Prayers of the Community

Andrea. As we prepare for this sacred meal, we are aware that the needs of our country and our world are many. As a community and as individuals we do our part to be the healing power of Christ for the world as we bring our prayers to the Eucharistic Table.

We bring to the table those who exercise leadership roles in all faith traditions.

We bring to the table the leaders of our dear country. May we all work together for the common good and to preserve our democracy.

We bring to the table those who are suffering and dying in current wars. May the pause in the war between Israel & Gaza and those who continue working to bring an end to these hostilities, especially in Gaza and Israel.
We bring to the table all those who are unemployed and underemployed, all migrants and refugees.
We bring to the table all those who work to promote justice by promoting diversity, equity, & inclusion and by eradicating sexism, racism, and discrimination of every kind.

We bring to the table our desire to bring an end to the arms race and to promote peaceful ways to resolve conflicts among nations.

We bring to the table our desire to be faithful to our pledge for nonviolent action in every aspect of our lives.

Joan M. We bring to the table the concerns and prayers of our community….

Andrea. And for what else shall we pray? (*Unmute to be heard, then mute again*)

O Holy One, you know our needs even before we speak. Yet we must speak, if only to remind ourselves of our responsibility to care for the least among us. May we act justly and love tenderly in addressing the needs of our world. And may we walk peacefully on the earth all the days of our lives.
All: Hear the voices of your people, Spirit of Compassion, that our commitment to nonviolent action will steer us forward to live that for which we pray.

Offering of Our Gifts at the table

(Have bread and wine/juice on your table)
Michael. O Holy One, we bring you our gifts from creation, bread of the grain and wine of the grapes. We recognize that they are holy in you their creator. And we know that they will make us holy, one with you and one with each other.

Please join in song to begin our
Eucharistic Prayer
🎶 Here in This Place **https://youtu.be/sgkWXOSGmOQ** stop 1:10

Jan & **All**. We committed again today to be a community of nonviolent action and peace! To support us, we count on each other and on the Spirit of Christ present among us, especially as we gather now for Eucharist.
We commit ourselves to live the ministry of the Gospel as we speak clearly with respect and love, as we challenge the contradictions within our society, especially during these times of division and fear. We remind ourselves daily to remain faithful in our words and actions to our commitment to nonviolence. We are called to the inner life, our spiritual life, to be open to the new beginnings in our lives. We walk with Jesus seeking wisdom and peace.

(Hold your hand over bread and wine)
Den & **All.** Jesus, we celebrate the last meal you had with your followers. We call upon Sacred Spirit, ever and always with us, to bring blessing on this bread

and wine as they are made sacred through our faith in the presence of Christ with us.
During Jesus's life on earth, he lived and died loving the poor, healing the sick and challenging the injustices within society. Because of his ministry, Jesus was feared by the authorities of his day, and they sought out ways to bring him to his death.

Jan & **All**. On the night before he faced his own death, Jesus sat at the Seder supper with his companions and friends. He reminded them of all that he taught them, and to fix that memory clearly with them, he bent down and washed their feet. *All lift 🥖 and pray the following:*
When he returned to his place at the table, he lifted the bread, spoke the blessing, broke the bread and offered it to them saying:
Take and eat, this is my very self.

Pause, then lift the 🍷 and pray the following:
Andrea & **All**. He took the cup, spoke the grace, and offered it to them saying:
Take and drink. This is the new covenant. Whenever you remember me like this, I am among you. *(pause)*

What we have heard with our ears,
we will live with our lives.
As we share communion,
we will become communion
both love's nourishment and love's challenge.

Michael & **All**. Let us share this bread and cup to proclaim and live the gospel of justice, nonviolence and peace, remembering that we are bearers of light and hope. We are the Christ alive today.
Everyone consumes the bread and wine at this time

Instrumental 🎶 Sentinel Meadow, Mars Lasar
http://youtube.com/watch?v=B9JFOEcq1GA&fea 2:27

Prayer after Communion
Den. Sacred Spirit, we rejoice that the Universal Christ remains always and ever present within and around us. We remember all those who have transitioned from life on earth to complete union with your Sacred Presence—Mary of Nazareth and all saints, prophets and martyrs. We also remember family members, friends, and MMOJ members. We remember all those whose lives have been lost to war, to racism and other forms of exclusion and violence that

exist in our world. And we remember those you wish to be remembered (we pause to remember our loved ones) All are beloved souls who have blessed our lives and who continue to inspire us. And we respond together: **All**: May it be so!

Jan: We pray our common prayer that Jesus taught us:

All: Eternal Spirit, Earth-maker, Pain-bearer, Life-giver,
Source of all that is and that shall be,
Father and Mother of us all,
Loving God, in whom is heaven:
The hallowing of your name echoes through the universe!
The way of your justice be followed by the peoples of the world!
Your will be done by all created beings!
May your beloved community of peace and freedom
sustain our hope and come on earth.
With the bread we need for today, feed us.
In the hurts we absorb from one another, forgive us.
In times of temptation and test, strengthen us.
From trials too great to endure, spare us.
From the grip of all that is evil, free us.
For you reign in the glory of the power that is love, now and forever.
Amen.

(Adapted from The New Zealand Book of Prayer | He Karakia Mihinare o Aotearoa.
This version of the Lord's prayer was influenced by Maori theologians)

Michael. Please share the gratitude you hold in your hearts. Announcements.

Final Blessing. **Andrea**.

May we be a blessing in our times,
Ones who hold the Light
As we walk with all those who pray for peace
And work for peace!

Michael:

🎶 **Brigid's Prayer** https://youtu.be/hw-Z2Vfskvo?si=9nw3QleZwQAtlpDt

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If you want to add an intercession to our MMOJ Community Prayer book, please send an email to Joan Meehan: jmeehan515@aol.com

If you want to invite someone to attend our liturgy, please refer them to the day's liturgy at MaryMotherOfJesus.net

Vow of Nonviolence

In order to make the vow of nonviolence a source of daily reflection and commitment, the following guide was constructed from the PAX CHRISTI USA vow.

SUNDAY--Recognizing the violence in my own heart, yet trusting in the goodness and mercy of God, I vow for one year to practice the nonviolence of Jesus who taught us in the Sermon on the Mount: "Blessed are the peacemakers, for they shall be called the sons and daughters of God... You have learned how it was said, 'You must love your neighbor and hate your enemy, 'but I say to you, 'Love your enemies, and pray for those who persecute you. In this way, you will be daughters and sons of your Creator in heaven.'"

MONDAY--Before God the Creator and the Sanctifying Spirit, I vow to carry out in my life the love and example of Jesus, by striving for peace within myself and seeking to be a peacemaker in my daily life. God, I trust in Your sustaining love and believe that just as You gave me the grace and desire to offer this, so You will also bestow abundant grace to fulfill it.

TUESDAY--Before God the Creator and the Sanctifying Spirit, I vow to carry out in my life the love and example of Jesus, by accepting suffering rather than inflicting it. God, I trust in Your sustaining love and believe that just as You gave me the grace and desire to offer this, so You will also bestow abundant grace to fulfill it.

WEDNESDAY--Before God the Creator and the Sanctifying Spirit, I vow to carry out in my life the love and example of Jesus, by refusing to retaliate in the face of provocation and violence. God, I trust in Your sustaining love and believe that just as You gave me the grace and desire to offer this, so You will also bestow abundant grace to fulfill it.

THURSDAY--Before God the Creator and the Sanctifying Spirit, I vow to carry out in my life the love and example of Jesus, by persevering in nonviolence of tongue and heart. God, I trust in Your sustaining love and believe that just as You gave me the grace and desire to offer this, so You will also bestow abundant grace to fulfill it.

FRIDAY--Before God the Creator and the Sanctifying Spirit, I vow to carry out in my life the love and example of Jesus, by living conscientiously and simply so that I do not deprive others of the means to live. God, I trust in Your sustaining love and believe that just as You gave me the grace and desire to offer this, so You will also bestow abundant grace to fulfill it.

SATURDAY--Before God the Creator and the Sanctifying Spirit, I vow to carry out in my life the love and example of Jesus, by actively resisting evil and working nonviolently to abolish war and the causes of war from my own heart and from the face of the earth. God, I trust in Your sustaining love and believe that just as You gave me the grace and desire to offer this, so You will also bestow abundant grace to fulfill it.

Submitted by Pax Christi USA--Manasota Chapter, Florida