



## **A Season For Nonviolence**

**January 30 - April 4**

**"The essence of nonviolence is love.  
Out of love and the willingness to act selflessly,  
strategies, tactics, and techniques for a  
nonviolent struggle arise naturally.  
Nonviolence is not a dogma; it is a process."  
-- Thich Nhat Hanh**

**Be a Hero for a Better World**

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