

PEACE

will not come out of a clash of arms but out of justice lived and done by unarmed nations in the face of odds.

—Gandhi

THERE IS NO SUCH THING AS
DEFEAT
IN NON-VIOLENCE.

—Cesar Chavez

VIOLENCE

just hurts those who are already hurt...Instead of exposing the brutality of the oppressor, it justifies it.

—Cesar Chavez

AN ACT OF LOVE,

a voluntary taking on oneself of some of the pain of the world, increases the courage and love and hope of all.

—Dorothy Day