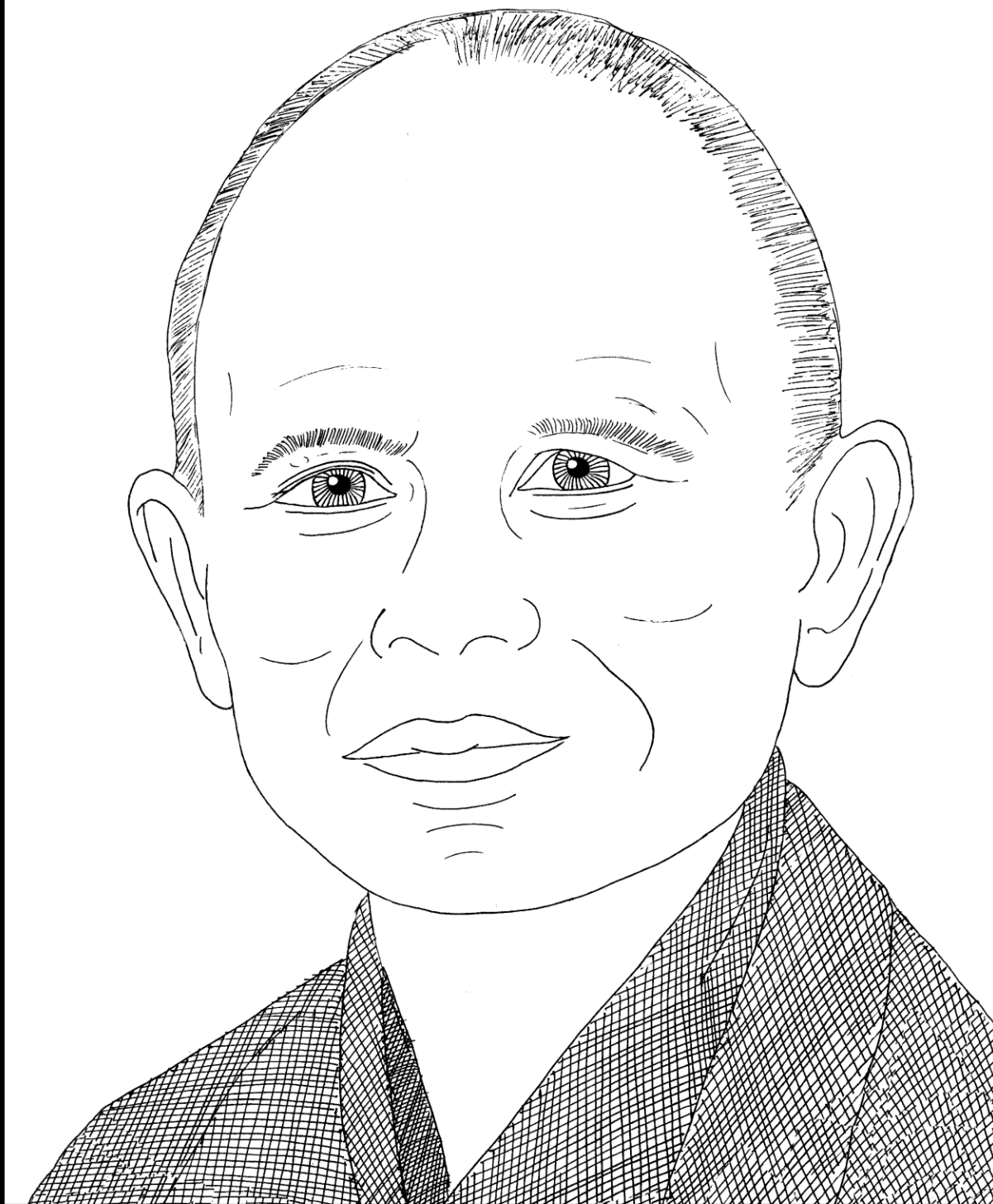


# SEASON FOR NONVIOLENCE

JANUARY 30 - APRIL 4

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**"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 - [betterworld.net](http://betterworld.net)**

*...every act of compassion makes a difference...every day counts for a better world...*

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