**Cardinal Joseph Tobin**

**Introductory Remarks:**

**Path of Nonviolence Session 2 Experience and Power of Nonviolence**

Nonviolence is a core value of the Gospel. Jesus consistently practiced nonviolence in a context that was extremely violent. He calls the Church and its people to live the nonviolent life. In our time of great violence, the Church is beginning to re-commit itself to the way of Gospel nonviolence.

What is nonviolence? Nonviolence is a *way of life*, a *spirituality*, a *virtue* and an *active method* for resisting, stopping or preventing violence *without using violence*; for transforming and resolving conflict; for protecting all people and our common home; and for building cultures of peace and justice.

Resisting systems of violence and injustice, nonviolence is a paradigm for the fullness of life that reaches into all aspect of our lives and our world. It includes a broad spectrum of approaches and activities, from trauma healing to diplomacy; from nonviolent communication to restorative justice; from nonviolent civilian protection to atrocity prevention; and from nonviolent civil resistance to nonviolent social change. It is being practiced and lived all over the world, including in extremely violent situations. Ground-breaking empirical research has demonstrated the effectiveness of active nonviolence.

Nonviolence is at the heart of a culture of peace.A sustainable culture of peace cannot be established or maintained by violence. It requires, instead, a deliberate, long-term initiative to spread the power, practices and methods of active and creative nonviolence for justice, peace and reconciliation for all.

The following presenters will help us glimpse specific aspects of the power of active nonviolence.