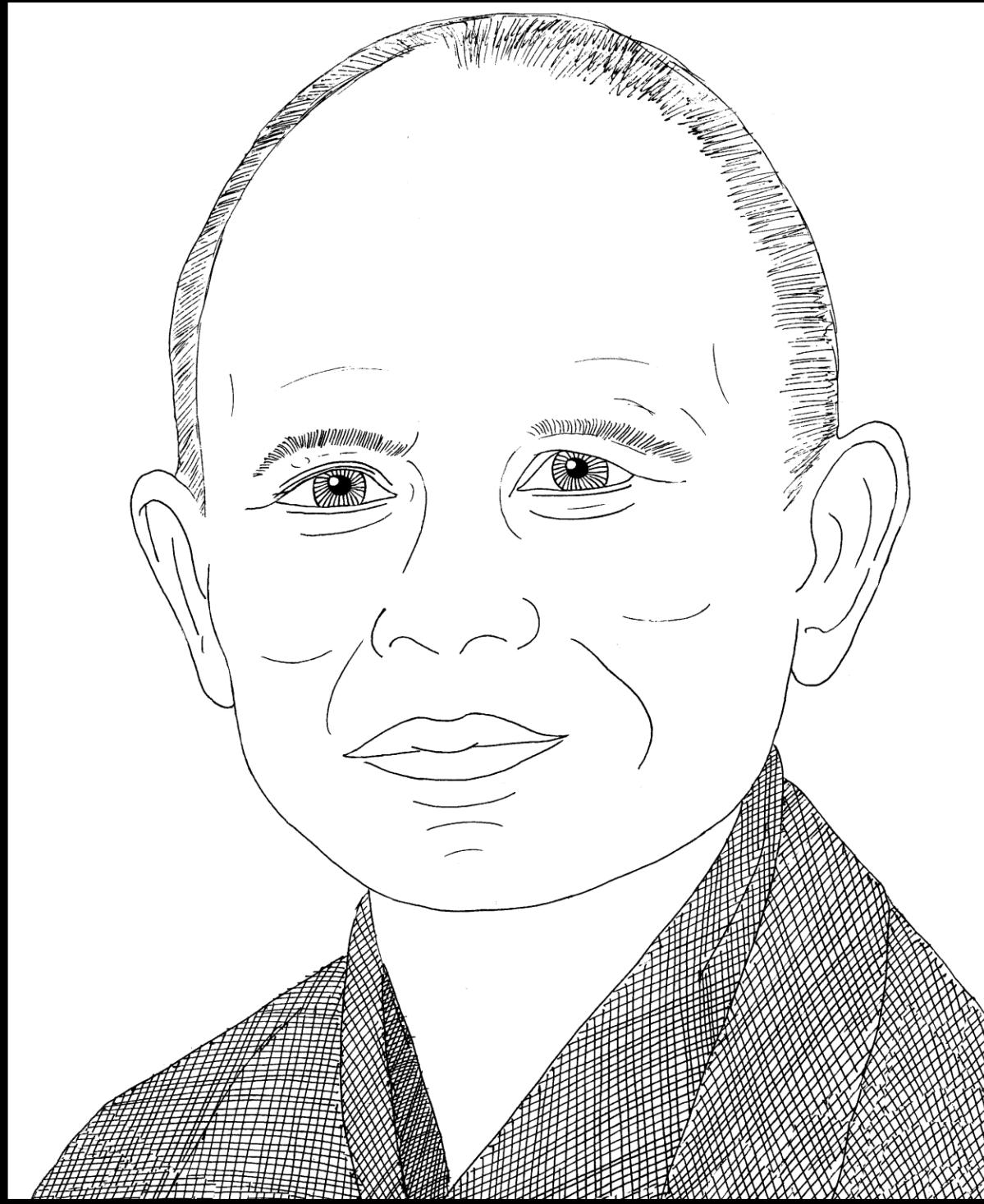


# SEASON FOR NONVIOLENCE

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

**Do One Thing for a Better World**

...every act of compassion makes a difference... [DoOneThing.org](http://DoOneThing.org)

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