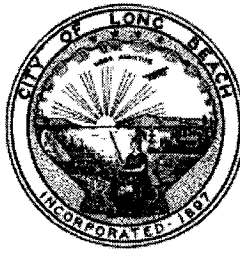


City of Long Beach
Working Together to Serve



Suja Lowenthal
Councilmember, 2nd District

Memorandum

Date: January 9, 2007

To: Mayor and City Council

From: Bonnie Lowenthal, Vice Mayor, First District *BL*
Suja Lowenthal, Second District *SL*
Tonia Reyes Uranga, Seventh District *TR*
Rae Gabelich, Eighth District *RG*

Subject: A Season for Nonviolence

REQUESTED ACTION:

Respectfully request the City Attorney to draft a resolution in support of designating the sixty-four days between January 30th and April 4th, as "A Season for Nonviolence" on an annual basis.

Request that City Council members consider ways to participate in *A Season for Nonviolence* by hosting or promoting events in their district that encourage meaningful dialogue and demonstrate that every person can move our city in the direction of peace through their daily nonviolent choice and action.

Request the City Manager work with Season organizers to develop a community calendar on the City of Long Beach's website in service to residents interested in attending the various events throughout our city.

Request the City Manager designate other resources for supporting *A Season for Nonviolence* in this and coming years, that could include but not be limited to resources such as street banners, street closures or other actions taken to promote Season of Nonviolence events.

BACKGROUND INFORMATION:

A Season for Nonviolence, January 30 - April 4, is a national 64-day educational, media, and grassroots campaign dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower lives and communities. Inspired by the 50th and 30th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr., this event honors their vision for an empowered, nonviolent world starting with our city.

A Season for Nonviolence was co-founded by Arun and Sunanda Gandhi of the M.K. Gandhi Institute for Nonviolence and a group of ten ministers forming the Leadership Council of The Association for Global New Thought, the organization that convenes *A Season for Nonviolence* on an annual basis.

For the past eight years, the United Nations has marked the beginning of *A Season for Nonviolence* through events, endorsements and commitments by the likes of former UN Secretary General Kofi Annan, the U.S. Ambassador to India, the Director General of UNESCO and Vice President Al Gore. In general, *A Season for Nonviolence* has received the written support of the Dalai Lama of Tibet, the late Coretta Scott King, Dr. Robert Muller, and many other distinguished individuals from virtually all sectors of the world leadership community. *A Season for Nonviolence* has also been recognized in 200 cities in 40 states and 10 countries. At least 350 organizations, religious, business, arts, and learning institutions have elected themselves as official co-sponsors of *A Season for Nonviolence* initiative.

It is our hope that each of the religious, spiritual and civic leaders and organizations in Long Beach embrace *A Season for Nonviolence* and bring their own events and activities to their members as a means of encouraging them to build a community that honors the dignity and worth of every human being. Organizations participating in *A Season for Nonviolence* in Long Beach have spent the last two months reaching out to various community groups for their involvement and we anticipate that with the City of Long Beach's participation, several more organizations will be encouraged to contribute their own efforts to making the sixty-four days between January 30th and April 4th, a commencement for thoughtful discussion and foundation for exemplary action in all 365 days of the year.

The City of Long Beach and its residents, businesses and visitors should aspire to and deserve nothing less in our communities.

A Season for Nonviolence - 64 Ways in 64 Days

Daily Commitments to Live By

These principles for nonviolence were adapted by the Denver Area Task

Force for: A Season for Nonviolence - January 30-April 4, 1998

Inspired by the 50th & 30th memorial anniversaries of Mahatma Gandhi

and Dr. Martin Luther King, Jr.

- 1 -- Today, I will reflect on what peace means to me.
- 2 -- Today, I will look at opportunities to be a peacemaker.
- 3 -- Today, I will practice nonviolence and respect for Mother Earth by making good use of her resources.
- 4 -- Today, I will take time to admire and appreciate nature.
- 5 -- Today, I will plant seeds--plants or constructive ideas.
- 6 -- Today, I will hold a vision of plenty for all the world's hungry and be open to guidance as to how I can help alleviate some of that hunger.
- 7 -- Today, I will acknowledge every human being's fundamental right to justice, equity, and equality.
- 8 -- Today, I will appreciate the earth's bounty and all of those who work to make my food available (i.e., grower, trucker, grocery clerk, cook, waitress, etc.)
- 9 -- Today, I will work to understand and respect another culture.
- 10 -- Today, I will oppose injustice, not people.
- 11 -- Today, I will look beyond stereotypes and prejudices.
- 12 -- Today, I will choose to be aware of what I talk about and I will refuse to gossip.
- 13 -- Today, I will live in the present moment and release the past.
- 14 -- Today, I will silently acknowledge all the leaders throughout the world.
- 15 -- Today, I will speak with kindness, respect, and patience to every person that I talk with on the telephone.
- 16 -- Today, I will affirm my value and worth with positive "self talk" and refuse to put myself down.
- 17 -- Today, I will tell the truth and speak honestly from the heart.
- 18 -- Today, I will cause a ripple effect of good by an act of kindness toward another.
- 19 -- Today, I will choose to use my talents to serve others by volunteering a portion of my time.
- 20 -- Today, I will say a blessing for greater understanding whenever I see evidence of crime, vandalism, or graffiti.
- 21 -- Today, I will say "No" to ideas or actions that violate me or others.
- 22 -- Today, I will turn off anything that portrays or supports violence whether on television, in the movies, or on the Internet.
- 23 -- Today, I will greet this day--everyone and everything--with openness and acceptance as if I were encountering them for the first time.
- 24 -- Today, I will drive with tolerance and patience.
- 25 -- Today, I will constructively channel my anger, frustration, or jealousy into healthy physical activities (i.e., doing sit-ups, picking up trash, taking a walk, etc).
- 26 -- Today, I will take time to appreciate the people who provide me with challenges in my life, especially those who make me angry or frustrated.
- 27 -- Today, I will talk less and listen more.
- 28 -- Today, I will notice the peacefulness in the world around me.

- 29 -- Today, I will recognize that my actions directly affect others.
- 30 -- Today, I will take time to tell a family member or friend how much they mean to me.
- 31 -- Today, I will acknowledge and thank someone for acting kindly.
- 32 -- Today, I will send a kind, anonymous message to someone.
- 33 -- Today, I will identify something special in everyone I meet.
- 34 -- Today, I will discuss ideas about nonviolence with a friend to gain new perspectives.
- 35 -- Today, I will practice praise rather than criticism.
- 36 -- Today, I will strive to learn from my mistakes.
- 37 -- Today, I will tell at least one person they are special and important.
- 38 -- Today, I will hold children tenderly in thought and/or action.
- 39 -- Today, I will listen without defending and speak without judgment.
- 40 -- Today, I will help someone in trouble.
- 41 -- Today, I will listen with an open heart to at least one person.
- 42 -- Today, I will treat the elderly I encounter with respect and dignity.
- 43 -- Today, I will treat the children I encounter with respect and care, knowing that I serve as a model to them.
- 44 -- Today, I will see my so-workers in a new light--with understanding and compassion.
- 45 -- Today, I will be open to other ways of thinking and acting that are different from my own.
- 46 -- Today, I will think of at least three alternate ways I can handle a situation when confronted with conflict.
- 47 -- Today, I will work to help others resolve differences.
- 48 -- Today, I will express my feeling honestly and nonviolently with respect for myself and others.
- 49 -- Today, I will sit down with my family for one meal.
- 50 -- Today, I will set an example of a peacemaker by promoting nonviolent responses.
- 51 -- Today, I will use no violent language.
- 52 -- Today, I will pause for reflection.
- 53 -- Today, I will hold no one hostage to the past, seeing each-as I see myself-as a work in process.
- 54 -- Today, I will make a conscious effort to smile at someone whom I have held a grudge against in the past.
- 55 -- Today, I will practice compassion and forgiveness by apologizing to someone whom I have hurt in the past.
- 56 -- Today, I will reflect on whom I need to forgive and take at least one step in that direction.
- 57 -- Today, I will forgive myself.
- 58 -- Today, I will embrace the spiritual belief of my heart in my own personal and reflective way.
- 59 -- Today, I will enlarge my capacity to embrace differences and appreciate the value of every human being.
- 60 -- Today, I will be compassionate in my thoughts, words, and actions.
- 61 -- Today, I will cultivate my moral strength and courage through education and creative nonviolent action.
- 62 -- Today, I will practice compassion and forgiveness for myself and others.
- 63 -- Today, I will use my talents to serve others as well as myself.
- 64 -- Today, I will serve humanity by dedicating myself to a vision greater than myself.