

## PRAYER/STUDY/ACTION

Based on

### **‘An appeal to the Catholic Church to Re-Commit to the Centrality of Gospel Nonviolence’**

In a recent ‘Nonviolence and Just Peace’ Conference held in Rome this week, a [brief 2 page document](#) emerged that has called us once again to commit ourselves to living the nonviolence of the Gospel and to work tirelessly to create and embody a theology of just peace.

It is in this context that we offer you this PSA to be used for individual reflection, as group interaction and dialogue. It is our hope that it will lead to actions that will change the systems that have created such a culture of violence that we have grown accustomed to.

Here are some resources that you are welcome to use:

#### **1. EXAMPLES OF VIOLENT LANGUAGE THAT HAVE BECOME PART OF EVERYDAY SPEECH**

|                         |                             |
|-------------------------|-----------------------------|
| Adding insult to injury | Killer smile                |
| Armed with the facts    | Killing time                |
| Assault                 | Leading the charge          |
| Attack                  | Loose cannon                |
| Bite the bullet         | Mine field                  |
| Blow up in your face    | Mobilize                    |
| Blown away              | Moving target               |
| Bomb                    | Need more ammunition        |
| Bring out the big guns  | On your radar screen        |
| Bullet points           | Overkill                    |
| Campaign                | Pick your battles           |
| Combat                  | Rally the troops            |
| Do a drive by           | Ramp up                     |
| Drop dead gorgeous      | Ride shotgun                |
| Drop you in your tracks | Right on target             |
| Enemy                   | Shell shocked               |
| Force                   | Shoot from the hip          |
| Get away with murder    | Shoot me an e-mail          |
| Give it a shot          | Shoot off your mouth        |
| Going ballistic         | Shoot the breeze            |
| Gun shy                 | Shoot yourself in the foot  |
| Gunning for trouble     | Shooting holes in the story |
| Hair-trigger temper     | Shot in the dark            |
| Hate                    | Something to shoot for      |
| High caliber            | Straight shooter            |
| Hired gun               | Strategic                   |
| Hit up                  | Take a shot/stab at it      |
| If looks could kill     | Target                      |
| Join the battle         | That kills me               |
| Jumped the gun          | That really bombed          |
| Kicking around an idea  | That really burned me       |

That slays me  
Twist your arm  
Under the gun  
Went in with guns blazing  
When push comes to shove  
Wipeout

## **2. EXAMPLES OF VIOLENT ATTITUDES**

Intolerance  
Revenge  
Inappropriate laughing at others  
No patience  
Anger that has you walking on eggs  
or tip-toeing around the person  
Negative attitude  
Paranoia  
Insists they are always right  
Inability to accept responsibility for  
their actions...it is always someone  
else  
Silent treatment

## **3. EXAMPLES OF VIOLENT BEHAVIORS**

Bullying  
Road rage  
Screaming  
Out of control  
Throwing objects around  
Slamming doors  
Slamming people  
Fighting  
Giving the finger  
Driving too fast  
High risk behaviors  
Video games, songs, movies, TV shows

## **4. CONVERSATION TOPICS AND QUESTIONS (see 2<sup>nd</sup> document)**