

Practical actions for peacemaking

Pax Christi USA's model of Prayer-Study-Action reflects its grounding and commitment in the spirituality of nonviolence and anti-racism. This list of practical actions is arranged according to this model.



Prayer

- **Hold a public witness:** focus on a location that represents the actions that concern you — a jail or a detention center if one is in your area. Decide on the area where you will stand and check for local restrictions, and make sure you know your rights.
- **Use one of the prayer services** posted on the Pax Christi USA website for guidance for prayers. What is your message? Make it clear. Decide on the length of your service, who will speak, keeping in mind a diversity of voices, and language differences if applicable. Invite local clergy/church leaders.
- **Pray with the Pax Christi USA [vow of nonviolence](#)** and consider taking it as an individual and/or as a parish community. Here is a [printable format](#) where you can commit to the vow and send a copy to your local bishop. Pax Christi International has translated the vow into [multiple languages](#) including French, Arabic, Italian, Korean, German, Spanish and Swahili.
- **Meet with your parish priest or deacon** and ask him to preach on peace, to use his homily to amplify nonviolence and peace in the Scriptures. Encourage them to invite lay people to preach or offer a Gospel reflection on nonviolence.
- **Utilize the [Eucharist of Gospel Nonviolence](#)** by the Association of US Catholic Priests (AUSCP).
- **Identify important feast days of peacemakers** and amplify the lives of peacemaker saints and holy people, including St. Martin of Tours, Franz Jaggerstatter, St. Rita of Cascia....
- **Every year, read the Holy Father's message on the World Day of Peace, January 1.** ("[Peace be with you all: Towards an 'unarmed and disarming' peace](#)," the first World Day of Peace message of Pope Leo XIV.)
- **Hold prayer services and vigils** after violent attacks and during other days of commemoration: International Day of Peace on September 21, Conscientious Objector's Day on May 15, Hiroshima and Nagasaki days August 6-9, World Day of Peace on January 1 ...

Study

- **Watch "[Taken, broken, shared: Catholic witness today](#),"** a 75-minute Zoom vigil, reflection, and call to action rooted in prayer, testimony, and Catholic Social Teaching following immigration enforcement tactics in Minnesota that violate human dignity.

- **Learn how Catholics around the world** are using the practices of nonviolence to advance change in their communities. The [Catholic Nonviolence Initiative](#) has published two books: [Advancing nonviolence and just peace in the Church and the world](#) and [Choosing peace](#).
- **Learn more about active nonviolence:**
 - Maria Stephan on “The Late Show with Stephen Colbert,” January 22, 2026
 - **Clip 1:** [How blowing a whistle is an act of nonviolent resistance](#)
 - **Clip 2:** [“They have agency in this moment. They can walk away.”](#)
 - Find more information at this link: <https://nonviolence.info>, a collaboration of Horizon Project and Pax Christi International’s Catholic Institute for Nonviolence
- **Read recent addresses from Church leaders:**
 - [Cardinal Tobin and executive director of NETWORK speak on National Faith Call to Action](#), posted by Tomorrow’s American Catholic, January 26
 - **Address of Pope Leo XIV to the members of the diplomatic corps accredited to the Holy See**, January 9, 2026: *“War is back in vogue and a zeal for war is spreading. The principle established after World War II, which prohibited nations from using force to violate the borders of others, has been completely undermined. Peace is no longer sought as a gift and a desirable good in itself, or in the pursuit of ‘the establishment of the ordered universe willed by God, with a more perfect form of justice among men and women.’ Instead, peace is sought through weapons as a condition for asserting one’s own dominion. This gravely threatens the rule of law, which is the foundation of all peaceful civil coexistence.”*
 - [Cardinals Cupich, McElroy and Tobin cite Pope Leo XIV’s direction to diplomats](#), January 19, 2026
 - [USCCB special message on immigration](#), November 2025
 - [Pope Leo XIV receives delegation from El Paso, TX](#), November 2025
 - [Pope Leo XIV says ‘inhuman treatment of immigrants’ in the U.S. isn’t ‘pro-life’](#)
 - **Catechism of the Catholic Church, from *The duties of citizens*, paragraph 2242:** *The citizen is obliged in conscience not to follow the directives of civil authorities when they are contrary to the demands of the moral order, to the fundamental rights of persons or the teachings of the Gospel. Refusing obedience to civil authorities, when their demands are contrary to those of an upright conscience, finds its justification in the distinction between serving God and serving the political community. “Render therefore to Caesar the things that are Caesar’s, and to God the things that are God’s.” “We must obey God rather than men”: When citizens are under the oppression of a public authority which oversteps its competence, they should still not refuse to give or to do what is objectively demanded of them by the common good; but it is legitimate for them to defend their own rights and those of their fellow citizens against the abuse of this authority within the limits of the natural law and the Law of the Gospel.*
 - [Amidst ICE and CBP’s brutal violence, Congress is planning to give them even more money](#), January 21, 2026

Action

- **Find a [state](#), regional, or local Pax Christi group.** If you can't find a Pax Christi group in your area, see if there's another faith-based advocacy group, or consider inviting people into a Pax Christi group.
- **Take a nonviolence training.** Rev. Dr. Martin Luther King Jr. said that “[t]hose who love peace must organize as effectively as those who love war.” Find online and in-person training offered by groups like the [Meta Peace Team](#), [DC Peace Team](#), and [Pace e Bene](#).
- [Precautionary measures for public demonstrations](#)
- **Call and write letters to your members of Congress:** “Hello, my name is _____ from zip code _____. I’m contacting you to …” Find contact information at www.house.gov and www.senate.gov.
- **Follow [NETWORK](#) and the [Maryknoll Office for Global Concerns](#),** which provide action alerts directed to Congress.
- **Set up a meeting with your pastor or your bishop** and ask him to speak directly to the parish/diocese in support of Catholic social teaching
- **Participate in the [Season of Faithful Witness](#):** A Catholic, public season of nonviolent witness tied to the liturgical calendar. If you're leading locally, begin by gathering a small team, inviting others through one-to-one conversations, and holding a single planning meeting to start. [Use this link](#) to sign up and connect with others in your area.