

# A Season for Nonviolence 2008

We must be the change we wish to see in the world...

Mahatma Gandhi

## Events

All events free and open to the public!

### Penny Jars

Donate your change to help the Regional AIDS Project. Penny Jars at area businesses. Sponsored by the Regional AIDS Project and CNV/CCNV

### Radio Kansas Sponsorship

Get involved in bringing community radio to Manhattan! Contact Linda Teener at UFM, 539-8763. Listen to 89.5 "Morning Edition" for CNV/CCNV announcements

### February 2

#177 Adopt-A-Highway Road Clean Up, 10 - 12 noon.  
Meet at Scenic Overlook on #177. Bring gloves and a sack lunch - everyone welcome! Sponsored by K-STATE Social Justice Alliance

### February 2-3

G.I. Rights Training Workshop for lawyers, social workers, clergy and concerned citizens. Topics include discharge, discrimination, sexual orientation, and conscientious objector status. Registration and information, contact Anne Cowan, 537-2025 or e-mail mapj@mapj.org. Sponsored by MAPJ, UU Social Action, Mennonite Church and others. CE credits available.

### February 11

"What is progressive spirituality?" Rev. Michael Nelson, UU Fellowship and F. Matt Cobb, Mercy Hospital Chaplain will introduce the Spiritual Progressive Network and tell us how it connects with nonviolence. 4 p.m. Union 207. \*Join us after for Evening Meditation from 5:15 - 6 p.m.

### February 13

"Let's Talk it Out -- Compassionate Communication in Relationships." 7 p.m. Union 212. Molly Traffas, Peace and Justice Center of South Central Kansas. Sponsored by ACTION and Alpha Phi Alpha.

### February 21

"Violence/Nonviolence and Disability," Ann Fahrback Branden, JustASK Coordinator/Injury Prevention and Disability & Health, Office of Health Promotion, KDHE, and Stephanie Sanford, Prairie Independent Living Resource Center, Hutchinson, KS. 7 p.m. Union 213. Sponsored by emPower cats and ACTION

### February 25

"Making Food Your Friend Again," Jessica Setnick National Eating Disorders Awareness Week Speaker 7 p.m., Union Main Ballroom. Sponsored by SNAC (Sensible Nutrition And Body Image Choices) PEER Educators, KSU Student Governing Association, and Lafene Health Center. Information at [www.ksu.edu/lafene/snac](http://www.ksu.edu/lafene/snac)

### March 10

Nonviolent Martial Arts  
Noon to 1 p.m., Union Courtyard  
Aikido, Tae Kwon Do, Yoga, Tai chi  
Sponsored Aikido Club and CNV ACTION

### March 15

St. Patrick's Day Parade: Walk with the CNV/CCNV "Whirled Peas for World Peace" group. Wear green! Call 532-6444 for information.

### Empty Bowls

Make a bowl to support local hunger organizations. Watch for ads at Texas Star, K-State and MHS Ceramics Departments, MAC and other locations.

### Date With Hate

A silent, nonviolent demonstration to counter the violent messages of Fred Phelps, early morning, K-State A&S graduation.

### New "64 Ways" CNV/CCNV Poster in Spanish

Available in the Union

The hope of a secure and livable world lies with disciplined nonconformists who are dedicated to justice, peace, and brotherhood.

Dr. Martin Luther King, Jr.

### ONGOING CNV/CCNV Events:

#### Noontime Yoga

Monday through Friday 12-1  
Ahearn 302

#### Evening Meditation

Monday 5:15 pm-6:00 p.m.  
UFM House

#### SafeZone:

Advanced Training on Gender Identity/Gender Expression:  
Wednesday February 13th, 12-2

Introductory Training:  
Wednesday March 5th, 12-2

Advanced Training on Dealing with Threats on Campus:  
Wednesday March 26, 12-2

Advanced Training on Helping Survivors of Sexual Assault:  
Thursday April 3, 3-5 p.m.

Sign up on-line at  
[www.ksu.edu/nonviolence](http://www.ksu.edu/nonviolence)

**A Season for Nonviolence** is an international, grassroots movement dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. It is observed annually during the 64-days between the assassination anniversaries of peacemakers Mahatma Gandhi on January 30 and Martin Luther King, Jr. on April 4. The K-State and Community Campaign for Nonviolence (CNV/CCNV) celebrates its 7th Season in 2008 with numerous events. Pick up your free "64 Ways to Practice Nonviolence" poster (now in English or Spanish) at the Women's Center/CNV/SafeZone Kiosk in the K-State Union, Manhattan, KS 66506.

Sponsored by the K-State CNV and the Community CCNV and a coalition of other groups.

