

# SEASON FOR NONVIOLENCE

JANUARY 30 - APRIL 4

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"Non-violence can truly flourish when the world is free of poverty, hunger, discrimination, exclusion, intolerance and hatred - when women and men can realize their highest potential and live a secure and fulfilling life. Until then, each and every one of us would have to contribute - collectively and individually - to build peace through non-violence."

-- Anwarul Chowdhury

## Do One Thing for a Better World

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

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