



September 29, 2009

RE: 2 Day Core Nonviolence Training

Dear Friend,

The Institute for the Study and Practice of Nonviolence is pleased to announce the following dates for an upcoming **2 Day Core: Introduction to Dr. King's Theory and Practice of Nonviolence** training:

**Saturday, December 12<sup>th</sup>, 2009 from 10am to 3pm**

**Sunday, December 13<sup>th</sup>, 2009 from 12 to 4pm**

As a community-based nonprofit organization, we teach by word and example the principles and practices of nonviolence and foster a community that addresses potentially violent situations with nonviolent solutions. Since 2002, the Institute for Study and Practice of Nonviolence has conducted over 315 community trainings.

Our work is driven by people like you – those who seek alternative ways of handling conflict and solving problems. We hope that you will join us for the upcoming **Introduction to Dr. King's Theory and Practice of Nonviolence** training as we work together to reflect and engage in dialogue about nonviolence as a way of life. As a participant in this training, you will learn ways to start practicing Kingian nonviolence in your daily life, reflect on how we can, together, create a beloved healthy community in all environments, and help us to grow and foster the nonviolence movement in the 21<sup>st</sup> century.

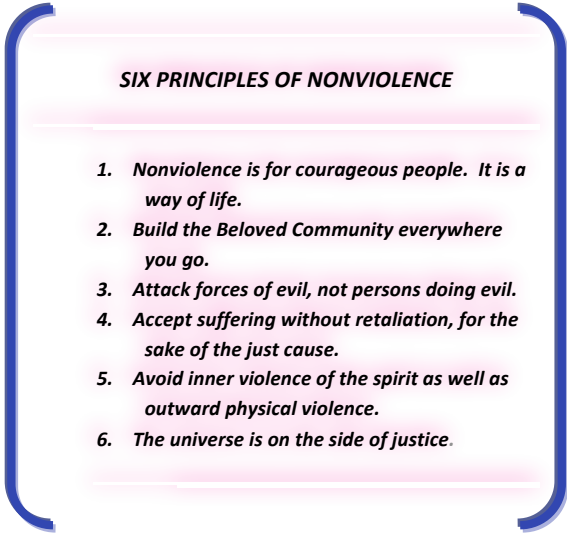
Consider this an invitation to join a larger movement for change.

To apply, please fill out the attached application and send to Alyssa Metthe at [alyssa@nonviolenceinstitute.org](mailto:alyssa@nonviolenceinstitute.org) **no later than** Friday, November 20, 2009 or call us at (401)785-2320 with any questions you may have. We look forward to working with you.

Sincerely,

PJ Fox,  
Director of Training and Special Projects

Alyssa Metthe  
Assistant Director of Training



**SIX PRINCIPLES OF NONVIOLENCE**

1. *Nonviolence is for courageous people. It is a way of life.*
2. *Build the Beloved Community everywhere you go.*
3. *Attack forces of evil, not persons doing evil.*
4. *Accept suffering without retaliation, for the sake of the just cause.*
5. *Avoid inner violence of the spirit as well as outward physical violence.*
6. *The universe is on the side of justice.*



## **Institute for the Study and Practice of Nonviolence**

### **2 Day Core Nonviolence Training**

#### ***What is the 2 Day Core Nonviolence Training?***

The 2 Day Core Nonviolence Training is a basic introduction to the theory and practice of nonviolence. By learning Dr. Martin Luther King Jr.'s six steps and six principles of nonviolence, participants will gain a greater understanding of nonviolence as a way of life and learn ways to begin practicing it. The training consists of lectures, small group work, and interactive community-building games and activities.

#### ***Who participates in a 2 Day Core Nonviolence Training?***

Training is open to adults ages 18 or older. Participants come from all walks of life – from college and university professors to community residents. Most participants come from Rhode Island and are committed to making a positive change in their personal lives and/or in the larger community. There are no prerequisites to participate. We welcome all!

#### ***How do I sign-up?***

To sign-up, all you have to do is fill out an application. Please send all completed applications via snail mail to 9 Central Street, Providence, RI 02907 or via email to PJ Fox or Alyssa Metthe. If you have additional questions please contact either PJ Fox, Director of Training, by email at [pj@nonviolenceinstitute.org](mailto:pj@nonviolenceinstitute.org) or Alyssa Metthe, Assistant Director of Training, by email at [alyssa@nonviolenceinstitute.org](mailto:alyssa@nonviolenceinstitute.org) or call the office number at (401)785-2320.

#### ***How much does it cost to participate?***

The cost to participate in a 2 Day Core Nonviolence Training is \$25. This fee includes all training materials and lunch on both days. The Institute for the Study and Practice of Nonviolence offers limited scholarship opportunities for individuals that are unable to pay the application fee due to financial hardship. Please contact PJ Fox for scholarship information.

#### ***How will I know that I've been accepted?***

A staff member from ISPN's Nonviolence Training Department will contact you. The sooner we received your application, the more likely you will reserve a space in the training. Applications are due no later than Friday, November 20<sup>th</sup>. However, the training may fill up sooner. If this is the case, you will be informed that you are being put on a waiting list.

#### ***What's the mission of the Institute for the Study and Practice of Nonviolence (ISPN)?***

The Institute for the Study and Practice of Nonviolence teaches by word and example the principles and practices of nonviolence and fosters a community that addresses potentially violent situations with nonviolent solutions.

#### ***Do you offer other nonviolence training opportunities?***

Some participants in the 2 Day Core Nonviolence Training may be interested in going deeper into the principles and practices of nonviolence with the intention of becoming a nonviolence trainer. About twice yearly, ISPN offers Training-of-Trainers (TOT). A TOT is an intensive 30-plus hours of training which focuses on preparing adults to teach nonviolence to youth in local schools and community-based organizations and offers strategies to organize an community around nonviolence.



THE INSTITUTE  
FOR THE STUDY  
& PRACTICE OF  
NONVIOLENCE

**Institute for the Study and Practice of Nonviolence**

**2 Day Core: Introduction to Dr. King's Theory and Practice of Nonviolence**

**Please print clearly:**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Telephone: (H) \_\_\_\_\_ (C) \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Why are you interested in nonviolence training?

---



---



---



---



---

Have you ever previously been trained in nonviolence?

Yes \_\_\_ No \_\_\_

If Yes, please describe:

---



---

Do you have previous experience with community building?

Yes \_\_\_ No \_\_\_

If Yes, please describe:

---



---

Are you a college student? Yes \_\_\_ No \_\_\_

If Yes, what school do you attend? \_\_\_\_\_ Graduation Year \_\_\_\_\_

How did you hear about the Institute for the Study and Practice of Nonviolence?

\_\_\_ friend            \_\_\_ colleague            \_\_\_ internet search            \_\_\_ information table            \_\_\_ my college/university  
\_\_\_ family            \_\_\_ streetworker            \_\_\_ the media            \_\_\_ other: \_\_\_\_\_

The cost to participate in a 2 Day Core is \$25/person. Please write out a check to *the Institute for the Study and Practice of Nonviolence* and mail it to our address (please look below). Applications are due no later than Friday, November 20<sup>th</sup>.

Please send completed applications to the Institute for the Study and Practice of Nonviolence, 9 Central Street, Providence, RI 02907 or email to [alyssa@nonviolenceinstitute.org](mailto:alyssa@nonviolenceinstitute.org)