

FOR IMMEDIATE RELEASE

Hamilton's Centre for Civic Inclusion Promotes Week 4 of a Season for Non-Violence

Tuesday, February 20, 2007 – HAMILTON: Hamilton's Center for Civic Inclusion (HCCI) is continuing its commitment to supporting *Season for Nonviolence* that runs until April 4. *Season for Nonviolence* is an international 64-day educational, media, and grassroots campaign dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. Season for Nonviolence Co-founders & Conveners are the M.K. Gandhi Institute for Nonviolence & The Association for Global New Thought.

Inspired by the 50th and 30th memorial anniversaries of Mahatma Gandhi and Dr. Martin Luther King, Jr., this international event honors their vision for an empowered, nonviolent world. *Season for Non Violence* includes daily commitments to live by with a weekly focus.

Week Four: Forgiveness

22. Today, I let go of one feeling of anger or resentment.
23. Today, I let go of the past by forgiving.
24. Today, I forgive myself for the wrong's I've done
25. Today, I know the ultimate test of a relationship is to disagree but to hold hands. I reach out to hold hands.
26. Today, I deal with the faults of others as gently as with my own.
27. Today, I forgive someone who has hurt or harmed me.
28. Today, I turn an enemy into a friend.

“Our commitment to support this great initiative will be ongoing because we believe in the promotion of a peaceful and inclusive Hamilton,” said **Madina Wasuge, Executive Director of HCCI**. “We ask each and every one of you in the local community to make a daily commitment to promote non-violence.”

In addition to sending out Media Releases with this information, HCCI will also post the *Season for Non Violence* weekly commitments on their website at www.hcci.ca

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Background

HCCI is a grass-roots community-based initiative committed to working as a catalyst for anti-racist change across Hamilton. It addresses everyday racism of joblessness, poverty and the lack of access and equity within institutionalized health, education and other services by building partnerships and working with these institutions.

For more information or interviews contact:

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