

A SEASON FOR PEACE AND NONVIOLENCE NEVADA COUNTY EVENTS

Gandhi King Chavez Season for Peace and Nonviolence—

Active Compassion for Global Healing

January 30 - April 4, 2010

a national 64-day celebration dedicated to demonstrating that nonviolence is a powerful way to heal, transform, and empower our lives and our communities. 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.

Saturday, January 30 – 1:30-4:00 p.m.-- A Season for Peace and Nonviolence Opening Event—

Begin our celebration with an introduction to heroes of peace and nonviolence and activities for adults and children at this lively and interactive program of song, film, theater, and inspiration. Special children's program and crafts.

Location: Unity in the Gold Country, 180 Cambridge Court, Grass Valley.

Tuesday, February 2 –March 23 – 6:30-9:30 p.m.—Parenting from the Inside Out with Aida

Baker. Based on the book, Parenting From the Inside Out, by Dan Siegel and Mary Hartzell, parents will learn how a deeper self-understanding will lead to more effective and joyful parenting. This 8 week course will give parents tools for self exploration that will support their ability gain more mastery over undesirable reactions to their children's behaviors and in turn develop more secure bonding patterns.

Cost: \$5.00 per person, each evening. Instructor: Aida Baker, MFT Registered Intern #58844

For further information please call Aida @ 530-263-6882

Location: Peace Center of Nevada County, 216B Main Street (next to SYRCL), Nevada City. 530 265-0500.

Wednesday, February 3-March 10 (6 Wednesdays)—6:30-8:30 p.m.—Compassionate

Communication with Terri Harmon. Explore how our words and our thoughts both create and interfere with compassionate communication and connection – with ourselves and with others.

Gain clarity about our own thoughts, feelings, desires, and strategies. Learn choices for moving beyond defensiveness. Connect compassionately with ourselves. Communicate compassionately with others.

* February 3 is an introductory evening, open to all, by donation (donations apply towards tuition for those who continue) cost: \$125

Location: Peace Center of Nevada County, 216B Main Street (SYRCL Building), Nevada City. 530 265-0500.

Friday, February 5, 7:00 p.m.-- Film--- SAVE LIFE AND LIMBS--Film and program on Land Mine detection and disarmament. A detector and display will be on site. Contributions can be given to purchase a detector to be used to disarm US land mines in a foreign country. This project is sponsored by the Peace and Social Justice Committee of the Grass Valley Friends Meeting (Quakers).

Location: Sierra Center for Spiritual Living, 119 Florence Ave, Grass Valley

Friday, February 5-Sunday, February 7-- Alternatives to Violence Project Basic Workshop

Unique opportunity for community members to participate in a prison workshop to be held at the Washington Ridge Fire Camp. Friday evening 5:30 pm – 9:00 pm, Saturday, 2:00 pm – 9:00 pm, Sunday, 2:00 pm – 9:00 pm. Prior clearance by prison authorities required. Apply by contacting Joyce Banzhaf, (530) 477-7455

Friday, February 12, 7:00 p.m.—At the River I Stand (MLK)

Memphis, Spring 1968, marked the dramatic climax of the Civil Rights movement. At the River I Stand skillfully reconstructs the two eventful months that transformed a local labor dispute into a national conflagration, and disentangles the complex historical forces that came together with the inevitability of tragedy at the death of Dr. Martin Luther King, Jr. This 58-minute documentary brings into sharp relief issues that have only become more urgent in the intervening years: the connection between economic and civil rights, the debate over violent vs. nonviolent change and the demand for full inclusion of African Americans in American life. 1994 by Erik Barnouw who received the Award for Best Documentary, Organization of American Historians. Donation requested, no one turned away.

Location: Sierra Center for Spiritual Living, 119 Florence Ave, Grass Valley

Saturday, February 13, 9:30-11:30 a.m.—Children’s Event--Peace Heroes – Children are introduced to some of the many Peace heroes found on the shelves of our Nevada County Public Library. Library staff and Peace Center volunteers will lead this “Show and Tell” demonstration of stories of people of many different ages and countries who have stood for peace. Children will be invited to pick a Peace Hero to learn about and represent that person in the Parade of Heroes of Peace and Nonviolence at the final event of our celebration of A Season for Nonviolence on March 27th.

Location: Community Room, Madelyn Helling Public Library (Check schedule—location may change).

Saturday, February 13, 4:00-6:00 p.m.—Labyrinth Walk with Lynn Goodman

Location: Grass Valley United Methodist Church

Tuesday, February 16, 6:30 p.m. – Film--Gandhi – starring Ben Kingsley. Benefit for the Peace Center of Nevada County. A revival screening of the epic film of the life of Mahatmas Gandhi and his development of the strategy of nonviolence to fight injustice and bring social change. See it again on the big screen and bring a friend who appreciates Gandhi’s contribution. A must-see if you missed it the first time! **Location: Del Oro Theater.**

Friday, February 19, 7:00 p.m.-- Spiritual Cinema Ocean of Pearls

Location: Sierra Center for Spiritual Living, 119 Florence Ave, Grass Valley

Saturday, February 20, 9:30-11:30 a.m.— Children’s Program – Songs of Peace—Tanya Rentz will entertain and teach children’s songs of peace from around the world
Location: Library Community Meeting Room, Madelyn Helling Library.

Saturday, February 20 –1:00-3:00 p.m.-- Jacob Pace, Nonviolent Resistance to Occupation in Palestine Location: Community Room, Madelyn Helling Public Library.

February 20-27—Gaden Shartse Monks, Sand Mandala at St. Joseph's Cultural Center

Sunday, February 21—1:30-3:00 “To War or Not to War?” –Pacifism, Conscientious Objection, and Just War—Panel discussion.

Location: Unitarian Universalist Community of the Mountains, 246 So. Church St., Grass Valley

Wednesday, February 24 – 7:00 p.m.-- Tibetan Buddhist View of Nonviolence.

Location: St. Joseph's Cultural Center

Friday, February 26, 7:00 p.m.-- Film--A Force More Powerful—Part 1- “A Force More Powerful,” shows how Gandhi’s tactic of nonviolent power overcame oppression and authoritarian rule in six different parts of the world.

Location: Sierra Center for Spiritual Living, 119 Florence Ave, Grass Valley

Saturday, February 27, 9:30-11:30 a.m.— Children’s Program – Shingebiss—Thea Blair presents a Chippewa shadow puppet tale about a little duck who practices nonviolence.

Location: Library Community Meeting Room, Madelyn Helling Library.

Saturday, February 27 –1:00-3:00-- Shirley McDonald, Peace Talks

Location: Community Room, Madelyn Helling Public Library.

Sunday, February 28—10:30 a.m.-- Aman Motwane author of Yes, You Can Change the World

Guest Speaker at Unity in the Gold Country service.

Location: Unity in the Gold Country, 180 Cambridge Court, Grass Valley.

Sunday, February 28—12:00-2:00 p.m.—Workshop with Aman Motwane, author of Yes, You Can Change the World. There will be a fee to cover the speaker’s expenses.

Location: Unity in the Gold Country, 180 Cambridge Court, Grass Valley.

Friday, March 5, 7:00 p.m.— Film--A Force More Powerful—Part 2- “A Force More Powerful,” shows how Gandhi’s tactic of nonviolent power overcame oppression and authoritarian rule in six different parts of the world.

Location: Sierra Center for Spiritual Living, 119 Florence Ave, Grass Valley

Friday-Sunday, March 5-7 – Building Community through Peaceful Communication—an experiential workshop facilitated by the Alternatives to Violence Project/California, Friday evening 5:30 pm – 9:00 pm, Saturday, 9:00 am – 5:00 pm, Sunday, 9:00 am – 5:00 pm. Space is limited. Register by contacting Joyce Banzhaf (530) 477-7455.

Location: Peace Center of Nevada County, 216B Main Street (SYRCL Building), Nevada City.

Saturday, March 6, 10:00 a.m.-12 noon— Connecting Generations: A Special Opportunity for Adults! Join us to share and explore activities which build upon the values we wish to pass along to **children** and create loving relationships as well. We'll bring: resources, children's books, quilts, family stories, and journals. **Please bring your own ideas, as well.** Come and let's all share!

Location: Unitarian Universalist Community of the Mountains, 246 So. Church Street, Grass Valley

Friday, March 12, 7:00 p.m.— Film--Pray the Devil Back to Hell

Location: Sierra Center for Spiritual Living, 119 Florence Ave, Grass Valley

Saturday, March 13, 9:30-11:30 a.m.— Children's Program--Karen Olson, Storyteller

Location: Library Community Meeting Room, Madelyn Helling Library.

Friday, March 19, 7:00 p.m -- Spiritual Cinema --(film TBA)

Location: Sierra Center for Spiritual Living, 119 Florence Ave, Grass Valley

Saturday, March 20 – PEACE MARCH & RALLY. March 20 marks the 8th anniversary of the US occupation in the Middle East. Join the Peace Center for a Peace March and rally to follow with music and speakers addressing the war and peace issues of our times. Visit www.ncpeace.org for more information.

Saturday, March 20, 9:30-11:30 a.m.— Children's Program--Karen Olson, Storyteller

Location: Library Community Meeting Room, Madelyn Helling Library.

Saturday, March 20 –1:00-3:00 An Inside Out Look at Peace with Bob Mackura, Soulworkers

Location: Community Room, Madelyn Helling Public Library.

Sunday, March 21-- 4:00-6:00 p.m.—Labyrinth Walk with Lynn Goodman

Location: Unity in the Gold Country

Saturday, March 27, 1:30 p.m. – Celebration of Cesar Chavez and parade of Heroes of Peace and Nonviolence (Closing Event), Location: St. Canice Center, 236 Reward Street, Nevada City.

Compassionate Communication

6 week class Wednesday evenings, February 3*-March 10, 6:30-8:30 pm

Explore how our words and our thoughts both create and interfere with compassionate communication and connection – with ourselves and with others.

Beginning with exploring the basic concepts of Marshall Rosenberg's Nonviolent Communication (NVC) model, and drawing also on

Sharon Ellison's Powerful Non-Defensive Communication Model (Taking The War Out of Our Words), Difficult Conversations: How To Discuss What Matters Most, by Stone et al of The Harvard Negotiation Project, and

Watering the Flowers, Not the Weeds, by Fletcher Peacock,

we will use experiential exercises and role plays with material from participant's experience to

Gain clarity about our own thoughts, feelings, desires, and strategies

Learn choices for moving beyond defensiveness

Connect compassionately with ourselves

Communicate compassionately with others

6 Wednesdays 6:30-8:30 p.m.

February 3 - March 10, 2010

* February 3 is an introductory evening, open to all, by donation

(donations apply towards tuition for those who continue)

cost: \$125

location: Peace Center of Nevada County, 216B Main Street (SYRCL building), Nevada City 530 265 0200

Class size: limited to 15 participants

Contact: Terri Harmon at 432-7818 www.LivingCompassion.com

8 Week Parenting Class
Based on the book, *Parenting From the Inside Out*
by Dan Siegel and Mary Hartzell

This class is not a “how to” but rather an exploration for parents to learn how a better self-understanding can bring about more effective and joyful parenting. Grounded in recent discoveries in neuroscience, insights into the following processes are explored:

- | | | |
|------------------|--------------|---------------------------------|
| *How we remember | *Communicate | *Disconnect and reconnect |
| *Perceive | *Attach | *Reflect on the nature of our |
| *Feel | *Make sense | children’s internal experiences |

Using tools such as *mindfulness*, parents can increase their capacity to be *present* to their children and gain mastery over old reactive patterns that interfere with their desire to be more effective at parenting.

When: Tuesday evenings 7:00 – 9:00
Beginning February 2nd – March 23rd, 2010

Where: Peace Center of Nevada County
216 Main Street, Nevada City

Cost: \$5.00 per person, each evening

Instructor: Aida Baker, MFT Registered Intern #58844
For further information please call Aida @ 530-263-6882

"A Season for Peace and Nonviolence" sponsored by the Nevada County Peace Center is pleased to offer,

Building Community through Peaceful Communication,

an experiential workshop facilitated by
the Alternatives to Violence Project/California

to be held at the
Nevada County Peace Center, 216 Main St., Nevada City, CA 95959 on
Friday, March 5, 2010 through Sunday, March 7, 2010
Friday evening 5:30 pm – 9:00 pm
Saturday, 9:00 am – 5:00 pm
Sunday, 9:00 am – 5:00 pm

Space is limited
register by contacting
Joyce Banzhaf
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and

Alternatives to Violence Project Basic Workshop

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Washington Ridge Fire Camp
On
Friday, February 5, 2010 through Sunday, February 7, 2010
Friday evening 5:30 pm – 9:00 pm
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Prior clearance by prison authorities required
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**AVP workshops are for everyone seeking harmony
in their work, family and community relationships...**

More Information at: <http://www.avpcalifornia.org/>

