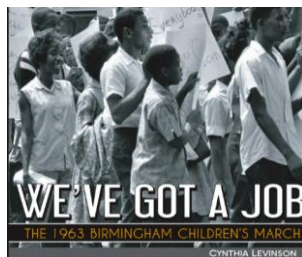


Ten Commandments of Nonviolence

“I hereby pledge myself—my person and body—to the nonviolent movement, therefore I will keep the following ten commandments!”

1. MEDITATE daily on the teachings and life of Jesus.
2. REMEMBER always that the nonviolent movement in Birmingham seeks justice and reconciliation—not victory.
3. WALK and TALK in the manner of love, for God is love.
4. PRAY daily to be used by God in order that all men might be free.
5. SACRIFICE personal wishes in order that all men might be free.
6. OBSERVE with both friend and foe the ordinary rules of courtesy.
7. SEEK to perform regular service for others and for the world.
8. REFRAIN from the violence of fist, tongue, or heart.
9. STRIVE to be in good spiritual and bodily health.
10. FOLLOW the directions of the movement and of the captain on a demonstration.



Distributed by Cynthia Levinson for Readers Theater based on *We've Got a Job: The 1963 Birmingham Children's March*.. Curriculum guide and materials for *We've Got a Job* are available at www.cynthialevinson.com and at <http://peachtree-online.com/>.