

SUNBEAMS

There are situations in life to which the only satisfactory response is a physically violent one. If you don't make that response, you continually relive the unresolved situation over and over in your life.

Russell Hoban

You can get a whole lot more done with a kind word and a gun than with a kind word alone.

Al Capone

I'd kill for a Nobel Peace Prize.

Steven Wright

There have been periods of history in which episodes of terrible violence occurred but for which the word *violence* was never used. . . . Violence is shrouded in justifying myths that lend it moral legitimacy, and these myths for the most part kept people from recognizing the violence for what it was.

Gil Bailie

Everyone's a pacifist between wars. It's like being a vegetarian between meals.

Colman McCarthy

As a punishment for refusing to serve in the army, poet Robert Lowell was imprisoned for five months by the U.S. courts. While waiting to be transferred to Connecticut to serve the sentence, Lowell spent a few days in New York's West Street Jail. During his stay there he was put in a cell next to Louie Lepke, a convicted member of Murder Incorporated. "I'm in for killing," Lepke told the poet. "What are you in for?" Lowell answered, "Oh, I'm in for refusing to kill."

Bartlett's Book of Anecdotes

Ordinarily, a person leaving a courtroom with a conviction behind him would wear a somber face. But I left with a smile. I knew that I was a convicted criminal, but I was proud of my crime.

Martin Luther King Jr.

Agitators are a set of interfering, meddling people who come down to some perfectly contented class of the community and sow the seeds of discontent among them. That is the reason why agitators are so absolutely necessary.

Oscar Wilde

The acquisition of the spirit of nonresistance is a matter of long training in self-denial and appreciation of the hidden forces within ourselves. . . . It puts different values upon things and upsets previous calculations. . . . It is the greatest force because it is the highest expression of the soul.

Mohandas K. Gandhi

Gandhi once declared that it was his wife who unwittingly taught him the effectiveness of nonviolence. Who better than women should know that battles can be won without resorting to physical strength?

Barbara Deming

When we are violent to our enemies, we do violence to ourselves. When we brutalize others, we brutalize ourselves. And eventually we run the risk of becoming our oppressors.

Arundhati Roy

War will exist until that distant day when the conscientious objector enjoys the same reputation and prestige that the warrior does today.

John F. Kennedy

My father . . . used to say, "I need my anger. It obliges me to take action." I think my father was partly right. Anger arises, naturally, to signal disturbing situations that might require action. But actions initiated in anger perpetuate suffering. The most effective actions are those conceived in the wisdom of clarity.

Sylvia Boorstein

Truth has a power of its own. . . . A poem can inspire a movement. A pamphlet can spark a revolution. Civil disobedience can arouse people and provoke us to think.

Howard Zinn

For every one torturer, there are a thousand people ready to risk their lives to save another. For every soldier who shoots in a neighborhood, there are a thousand compañeros who help and protect each other.

Isabel Allende

Soft is stronger than hard, water stronger than rock, love stronger than violence.

Hermann Hesse

Prayer is meaningless unless it is subversive, unless it seeks to overthrow and to ruin the pyramids of callousness, hatred, opportunism, falsehoods.

Abraham Joshua Heschel

'Tis not the dying for a faith that is so hard . . . 'tis the living up to it that is difficult.

William Makepeace Thackeray

Don't do nothing because you can't do everything. Do something. Anything.

Colleen Patrick-Goudreau

Sunbeams are welcome and may be sent to The Sun, 107 North Roberson Street, Chapel Hill, NC 27516. We're sorry, but we're unable to respond personally to your suggestions.