

ALTERNATIVES TO VIOLENCE PROJECT - AVP

Founded in the Green Haven, NY prison in 1975, AVP is a grassroots, worldwide movement dedicated to building peace in ourselves and in our homes, schools, institutions, and communities.

We seek to release everyone's innate power to positively transform ourselves, and in so doing, transform the world. Our workshops use the shared experience of participants and facilitators to examine how injustice, prejudice, frustration, and anger can lead to aggressive behavior and violence.

We explore our innate power to respond in new and creative ways.

We call it ***Transforming Power***. It is the heart and soul of AVP.

AVP-USA & AVP-International chapters are in 38 states and 72 countries.

OMAHA AVP

Founded In 1995 by Sr. Marian Klostermann, Omaha AVP is a volunteer-led, nonprofit chapter of AVP-USA. As a prison-based program, we offered monthly 3-day transforming power workshops at the Omaha Correctional Center from 1995 – 2017. Workshop topics included AVP basics, forgiveness, conflict resolution, & healthy relationships. We intend to offer AVP workshops at OCC again in the coming months.

For more than 10 years, Omaha AVP has provided AVP meetings at the Community Corrections Center – Omaha (CCC-O), a low security facility for men at various stages of transitioning out of incarceration and returning to employment, school, families and communities. In our meetings, we use exercises from the AVP 3-day workshop curriculum.

The CCC-O group also enjoys community field trips. As one participant described the trips, "We know how to survive on the inside, but we don't know how to succeed on the outside. Field trips let us see what successful living in the community looks like."



Learn more about Omaha AVP, how to contribute to our work, attend the Dec. 4 community workshop and explore volunteer opportunities, by emailing avp.outreach@gmail.com or visiting our website omahaavp.wixsite.com/oavp

NOVEMBER 27, 2022 ORDER OF SERVICE

Gathering Music	The River, by Leon Bridges (Offbeats)
Welcome and Land Acknowledgment	Dave Richardson
Chalice Lighting	Dave Richardson & Soulful Suzanne
Call to Worship	Soulful Suzanne, Mighty Mary, Courage Camron, Mexican Marcos, Authentic Angel, Grateful Jerrold, Gregarious Greg, Worthy Williams
Opening Song	#1053, How Could Anyone, teal book
Time for All Ages - Far Apart, Close in Heart by Becky Birtha	Courage Camron & Determined Donna
Joys and Concerns	Colin McDonald
Reading & Meditation: Integrity by Chris Hedges	Gregarious Greg
Offertory & Music	I Am Light, by India Aria (Offbeats)
Introduction of Speakers	Dave Richardson
First Speaker	Grateful Jerrold
Martin Luther King, Jr Quote	Dave Richardson
Second Speaker	Jambo Jason
As I Began to Love Myself by Kim McMillen	Authentic Angel
Third Speaker	Jubilant Jason
Closing Hymn Sing Along	Blowin' in the Wind, by Bob Dylan
Extinguish Chalice & Announcements	Dave Richardson
Closing AVP Words	Soulful Suzanne
Question and Answer Session	AVP Participants
AVP Info Table in Common Room	Kind Kim & Diligent Daryl



UNITARIAN UNIVERSALIST PRINCIPLES

The Principles are not dogma or doctrine, but rather a guide for those of us who choose to join and participate in Unitarian Universalist religious communities.

1st Principle: The inherent worth and dignity of every person;

2nd Principle: Justice, equity and compassion in human relations;

3rd Principle: Acceptance of one another and encouragement to spiritual growth in our congregations;

4th Principle: A free and responsible search for truth and meaning;

5th Principle: The right of conscience and the use of the democratic process within our congregations and in society at large;

6th Principle: The goal of world community with peace, liberty, and justice for all;

7th Principle: Respect for the interdependent web of all existence of which we are a part.

8th Principle (proposed): Journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

TRANSFORMING POWER AND AVP MANDALA

There is a power that is able to transform violent and destructive situations and behaviors into liberating and constructive experiences and cooperative behaviors.

This power is always present – it is in you, in your opponent and it surrounds you both. It is able to work through people who are open to it.

We are talking about a power everybody has to change opponents into friends and bring justice out of injustice.

We call it Transforming Power. It is at the heart of AVP. Participants in AVP learn to use the Transforming Power Mandala and the Guides to Transforming Power to transform violence and hostility in their lives into goodwill and peace.



Guides for Transforming Power

1. Seek to resolve conflicts by reaching common ground.
2. Reach for that something in others that seeks to do good for self and others.
3. Listen. Everyone has made a journey. Try to understand where the other person is coming from before you make up your mind.
4. Base your position on truth. Since people tend to seek truth, no position based on falsehood can prevail.
5. Be ready to revise your position if you discover it is not fair.
6. When you are clear about your position, expect to experience great inward power to act on it. A response that relies on this power will be courageous and without hostility.
7. Do not expect that this response will automatically ward off danger. If you cannot avoid risk, risk being creative rather than violent
8. Surprise and humor may help transform.
9. Learn to trust your inner sense of when to act and when to withdraw.
10. Work towards new ways of overcoming injustice. Be willing to suffer suspicion, hostility, rejection, even persecution if necessary.
11. Be patient and persistent in the continuing search for justice.
12. Help build community based on honesty, respect and caring.