> In this world, hatred is never appeased by hatred.
> It is only appeased only by loving-kindness.
> This is an ancient law.
>
> —*Dhammapada*, 5

Watching a nightmare unfold in Israel and Gaza, words are insufficient to express the grief and anger felt there and felt here in our hearts. No words can bring back a life or heal a broken body. Words cannot free a hostage or release a million people from the destruction of their homes and forced evacuation.

But, even if words are insufficient, our silence is also unacceptable. Silence is easily mistaken for inattention. So today, irrespective of terrible things done on both sides of the conflict, let the world say: Enough! We love you all, Israelis and Palestinians. We are all of one human family. Let us talk among ourselves and ask how we can help, even in small ways.

In 1957, Martin Luther King Jr. gave a sermon in Montgomery, Alabama titled "Loving Your Enemies" which includes these thoughts:

> "…hate for hate only intensifies the existence of hate and evil in the universe. . . The strong person is the person who can cut off the chain of hate, the chain of evil. . . and inject within the very structure of the universe that strong and powerful element of love."

The Hamas attacks on Israeli civilians and the Israeli military's bombing and invasion of Gaza can only deepen the decades of intergenerational trauma on both sides. With bitterness and hatred, however understandable, etched upon hearts and minds there are no victors. We may not yet see clearly what to do, but we cannot turn away from this suffering. May all beings be safe; may all beings be free.

—Hozan Alan Senauke
Berkeley Zen Center, Clear View Project

Nonviolence International has created an extensive page of resources that include nonviolent action for peaceful resolution and justice, and background material on conflicts in Israel/Palestine. All of us need help like this to understand the crisis.
https://www.nonviolenceinternational.net/palestine?utm_campaign=nv_for_gaza&utm_medium=email&utm_source=nonviolenceinternational