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My current home is in the north of Mexico, on the border with the United States, I have been living in this place for almost two years. There are several conflicts living on the border, though I see violence as the main one. Often, from where I live, I hear gunshots, most of the time those fights are between military and bands of cartels. The drugs cartels are powerful in this area because there are many vulnerable people. Additionally, there are people coming from different states of Mexico as well as others from Latin America. I can see that there are not opportunities of life for young women and men as a result they are an easy prey for the drug cartels.

As a Sister of the Holy Cross and following my commitment to promote nonviolence among children, I am working in an after school program where I teach peace's values. The resources I am using are the books from the Peace Education Foundation. Considering these books, I created a program called Children for Peace where children learn to see their value and dignity as a person as well as the others. Through some dynamics, they learn to see themselves as Children of God and they recognize and appreciate their differences. Likewise, girls and boys learn to express their feelings appropriately, while using the tools learned about conflict resolution. I strongly recommend the books of the Peace Education Foundation because they show the children a practical and fun way of learning about nonviolence.

In addition of helping the children, I am sharing the principles of peace with adults through the methodology ESPERE —Schools of Pardon and Reconciliation—. ESPERE was founded by Fr. Leonel Narvaez in Colombia in the year of 2002. These workshops are formed by groups of people who decided to have a strong experience of healing their wounds thus anger, resentment, hatred

or revenge caused by violence and from daily life conflicts. ESPERE works with all the dimensions of a person: emotional, cognitive, behavioral, and spiritual.

In 2004, ESPERE came to Mexico through Loyola Cultural Center. I had the opportunity of taking the program years ago, after that I took the training to work as a facilitator of the workshop. Also, I took the certification of the Culture of Peace and Pardon, offered by the Foundation of Reconciliation, to deepen my understanding of the theme of Peace. The program helped me to reaffirm my beliefs that peace is the way to put an end to corruption and violence. A culture of peace is necessary to create a systemic change.

It is my hope that more people could experience the programs of Children for Peace and ESPERE. These programs will provide them with more tools to transform their lives and therefore to live more fully. Furthermore, I envision an increase in promoters of values of peace, so that, eventually we will move forward from seen peace as a reflective theory to a fundamental and practical way to live our lives.