

Living Resistance

Nonviolent Resistance Training



Karen Ridd





Land Acknowledgement: Anishnaabeg,
Asininewuk, Dakota Oyate, Ininiwak, Red River
Métis

Mennonite Action Minneapolis

(photo Candace Lauth)



Quakers Respond to ICE Deployment in Twin Cities



72% of Canadians will risk death to
defend Canada

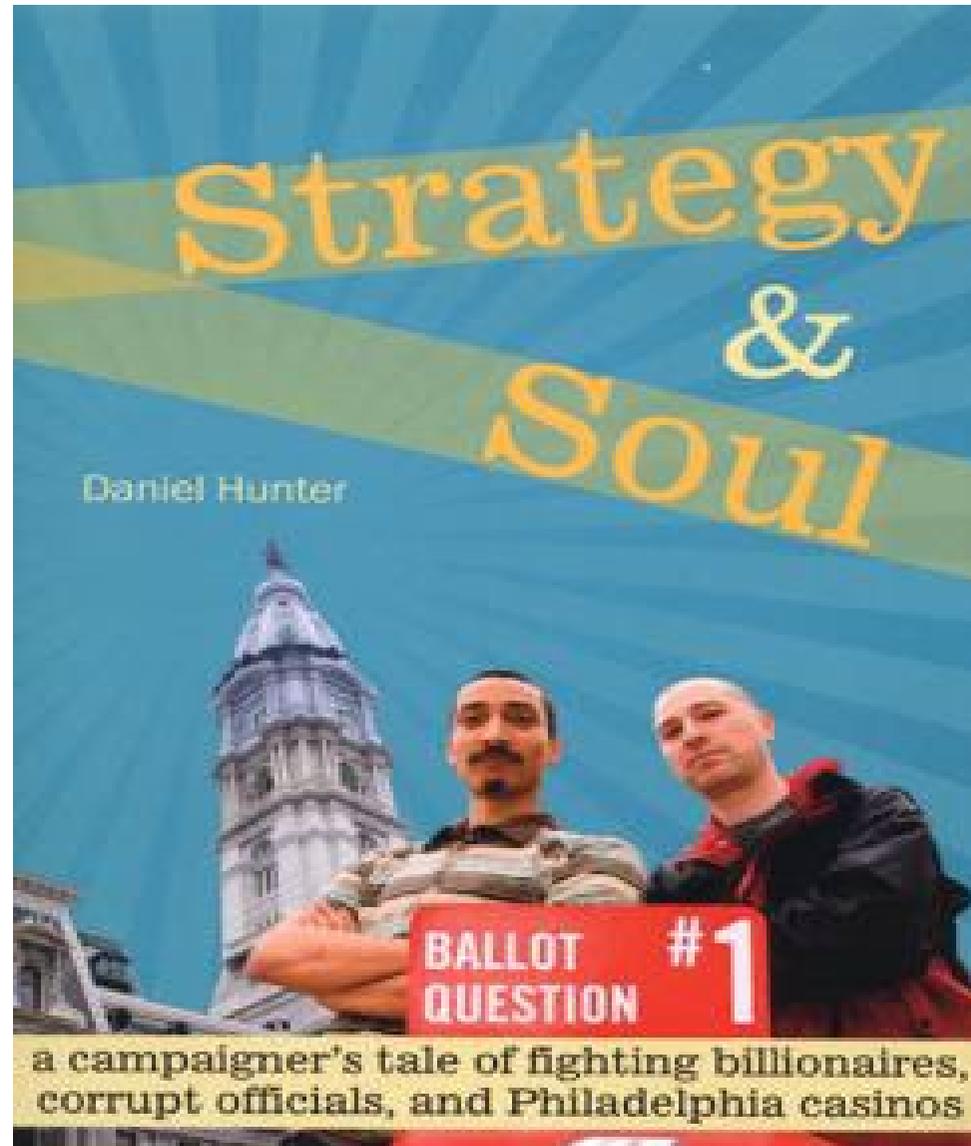
54% - Resistance

(Pew Poll, Globe and Mail, July 2025)

<https://homerdixon.com/resource/would-you-die-for-canada-polling-suggests-canadians-are-more-willing-to-fight-for-their-country/>



Daniel Hunter: 700,000 trained



Objectives

- Welcome!
- Hope
- Explode a few myths
- History and efficacy of NVA
- Understanding NVA theory/practice
- Stories
- Resources
- Connections to the current situation in the US
- Practice
- Next Steps



Building Community

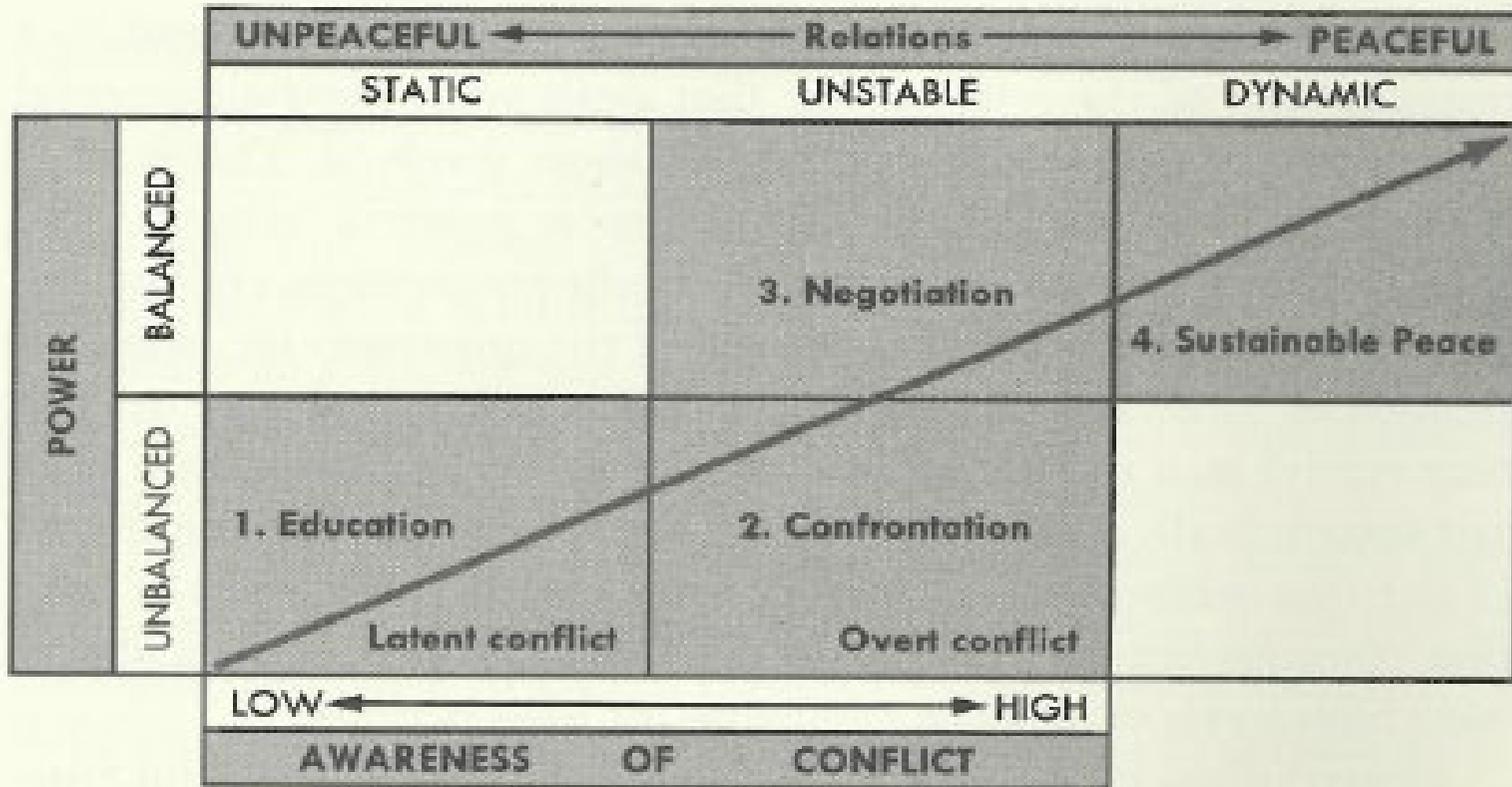
Greet the people around you

Why are you here?



The Progression of Conflict

Adam Curle



Gene Sharp



Gene Sharp Definitions

Nonviolent Action: A behavioural definition.

“Acts of commission or omission [with political intent] without use or threat of injurious force.”

Nonviolence: A way of living and being that is committed, among other things, to nonviolent action.

Nonviolent Direct Action (NVA)

- Behavioural: acts of omission or commission [with political intent] without threat or use of injurious force
- Practitioners: strikers, Greenpeace, Otpor...
- Other terms: Direct Action, Passive Resistance

Nonviolence

- Nonviolence: way of being in the world, that includes nonviolent direct action
- Philosophy
- Practitioners: Gandhi, Chavez, Martin Luther King Jr.

Civil Disobedience

- NVA that intentionally breaks the law
- Thoreau: “When the law is unjust, the place for a just man [sic] is in prison”
- Examples: Sit-ins, marches without permits, tree-sitting etc.
- Conscientious Objection is a form of civil disobedience: when people refuse to serve for the military

Pacifism

- Refusal to take part in or support war
- May lead to Conscientious Objection
- Does not necessarily, but may, include anti-war activism
- May include ‘alternate military service’ – medics etc.

Gene Sharp's [incomplete!] list of 198 actions

<https://www.documentcloud.org/documents/23888118-albert-einstein-institute-198-methods-of-non-violent-action/>

Nonviolence International

<https://www.tactics.nonviolenceinternational.net/tactics>

346 ACTIONS!



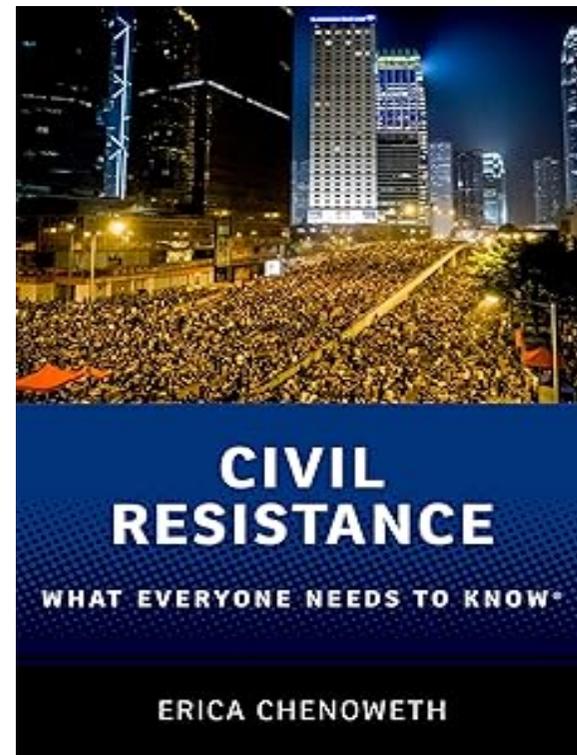
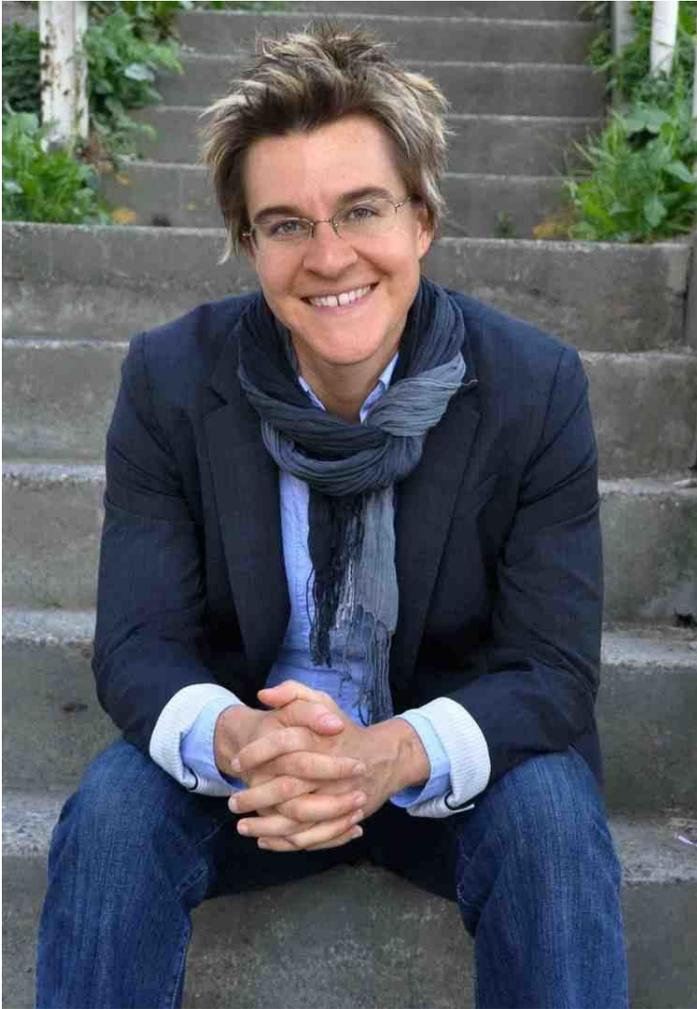
198 Methods

- Protest and Persuasion
- Social Noncooperation
- Economic Noncooperation
 - Boycotts
 - Strikes
- Political Noncooperation
- Nonviolent Intervention

COMADRES EL Salvador



Erica Chenoweth



Every third
Thursday starting
March 19 at 7:00
PM Eastern.

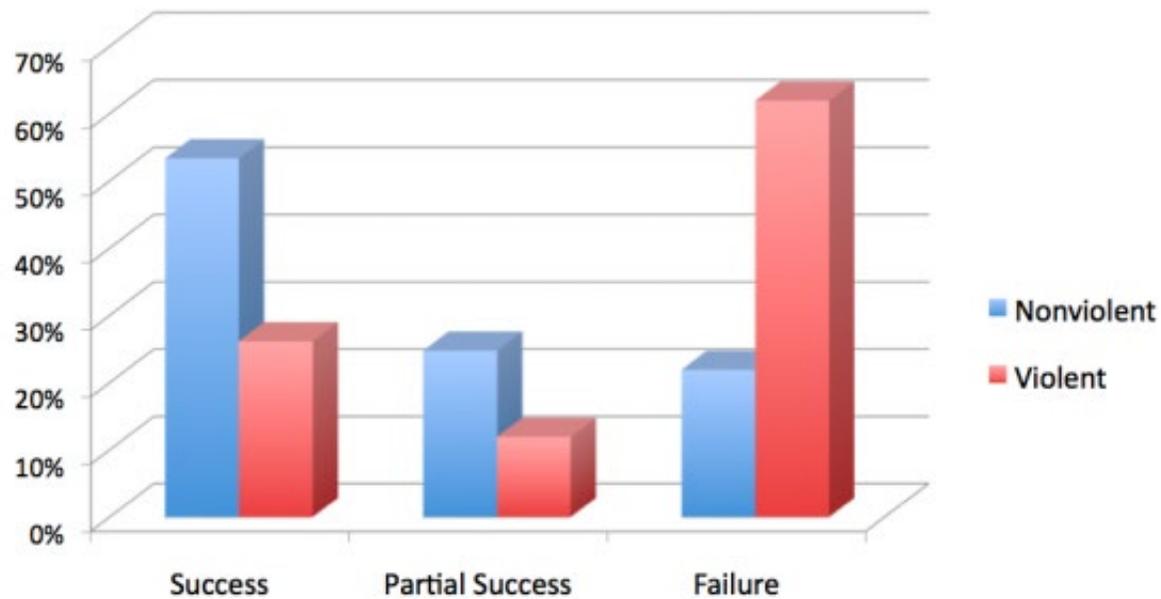
Register at
<https://QuakerService.ca/BookClub>

QUAKERS
Canadian Friends
Service Committee



Chenoweth

Figure 1. Success Rates of Nonviolent and Violent Campaigns, 1900-2006



p=.000

Chenoweth: 3.5% Rule (or even 2.8)

https://www.youtube.com/watch?v=YJSehRIU34w&ab_channel=TEDxTalks

- Creativity
- Diversity
- Inclusion
- Dispersion and Concentration

How does it work?

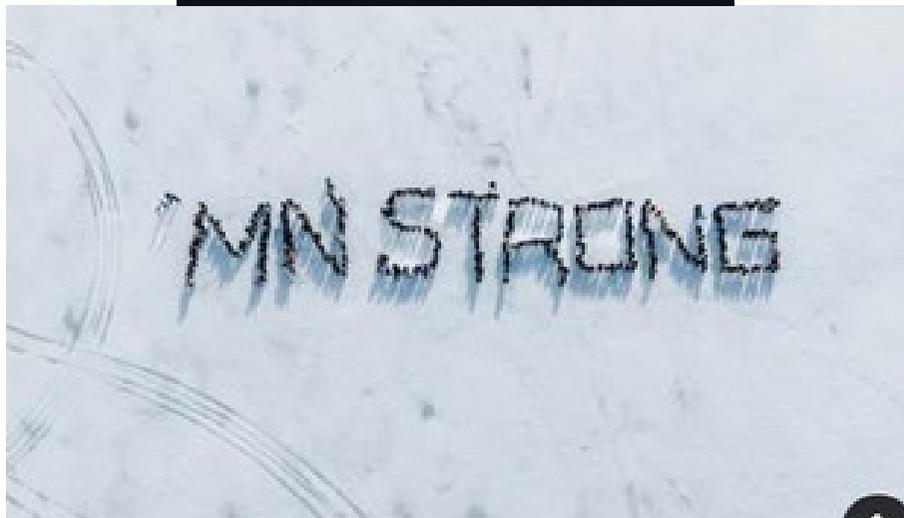


Historic examples of NVAs

- India - Gandhi and B.R. Ambedkar
- Philippines - the Yellow Revolution
- Poland - Solidarity
- South Africa - Anti-Apartheid in
- Serbia - Otpor
- United States - Civil rights movement
- Arab Spring
- Dakota access pipeline

ICE OUT OF MINNESOTA
TARGET ACTIONS
2/11
ROSEVILLE
RICHFIELD
EDINA
DINKYTOWN
ST. PAUL MIDWAY
QUARRY

TARGET, IT'S TIME TO STAND WITH US.
WEDNESDAY, FEBRUARY 11
5PM. MEET AT LOCATIONS ABOVE.
ICEOUTNOWMN.COM



Affinity Groups

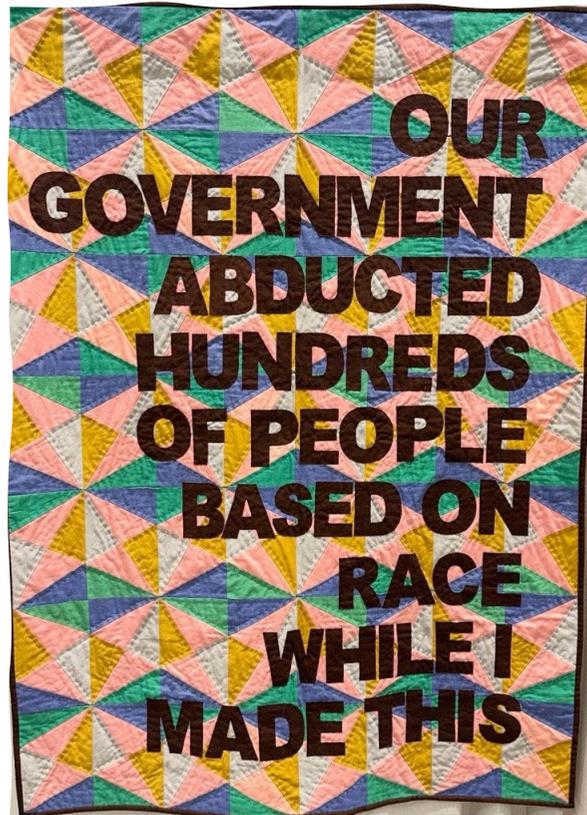
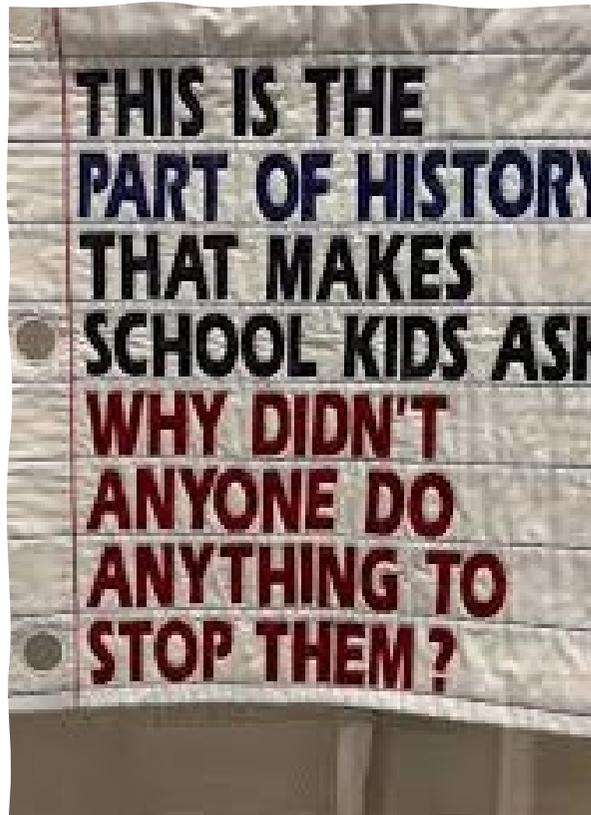


ACTION ALERT

**Tell Congress to
Protect the Boundary
Waters Wilderness
from Toxic Mining!**



The Quilters



Affinity Groups AND Reaching Out!



NVA in Canada





THE 1919 WINNIPEG GENERAL STRIKE



NVA vs Nazis



Grand Mosque, Paris

Si Kaddour Benghabrit



Irena Sendler – 2,500 children



Anne Frank



Miep Gies



Bulgarian Resistance



Albania – “Besa”



Germany: White Rose Movement



Germany: Rosenstrasse



German Scientists: Werner Heisenberg



Norwegian Teachers “redlining”



Norwegian 10 Commandments

1. You must not go to work in Germany and Norway.
2. You shall do a bad job for the Germans.
3. You shall work slowly for the Germans.
4. You shall destroy important machines and tools.
5. You shall destroy everything that may be of benefit to the Germans.
6. You shall delay all transport.
7. You shall boycott German and Italian films and papers.
8. You must not shop at Nazis' stores.
9. You shall treat traitors for what they are worth.
10. You shall protect anyone chased by the Germans.

IGNITE USA

TEN COMMANDMENTS OF NONCOOPERATION

1. Greet your neighbors, spend time talking to the people who live on your street once a week.
2. Do not support the tech companies enabling war and violence. Buy refurbished technology - not new.
3. Participate in mutual aid.
4. Support and organize unions.
5. Boycott corporations complicit in the regime! Shop local, not corporate.
6. Take time to rest and recharge.
7. Post a positive sign in your yard or in your window that says you support immigrants.
8. Engage in protests.
9. Prepare for strikes by creating a budget and organizing with others.
10. Protect individuals from assaults and kidnappings by ICE. Join or create a neighborhood ICE watch.



CCNVD



Canadian Coalition for
Nonviolent Defence

Coalition canadienne pour
la défense non violente

Ten Commandments

1. Get Trained. It's like first aid training, but for citizens resisting military occupation.
2. Form Small Groups. Small group solidarity supports courage. We can't do this alone.
3. Disobey Orders. Mass disobedience will frustrate the invaders, demoralize soldiers, and make it impossible to govern us.
4. Don't Work. If you have to work for a U.S. company, your labour is power. Work badly, slowly, or not at all — until the companies take a stand.
5. Boycott Everything. Boycott all U.S. companies that support the current regime. This includes travel, sports, academia, media.
6. Shun Ethically. We'll need to cancel Canadians who collaborate with the U.S. regime. Key caveat: cancel with fairness and kindness.
7. Recruit Fence-sitters. Persuade neutral civilians to join the resistance.
8. Befriend U.S. Soldiers. Friendly persuasion can encourage regime forces to mutiny
9. Practice Solidarity. Support victims of US oppression, including refugees.
10. Maintain Nonviolent Discipline. If we maintain nonviolent discipline, it will help erode the morale of invading soldiers and erode legitimacy for the invasion within the U.S.

Q and A



Practice



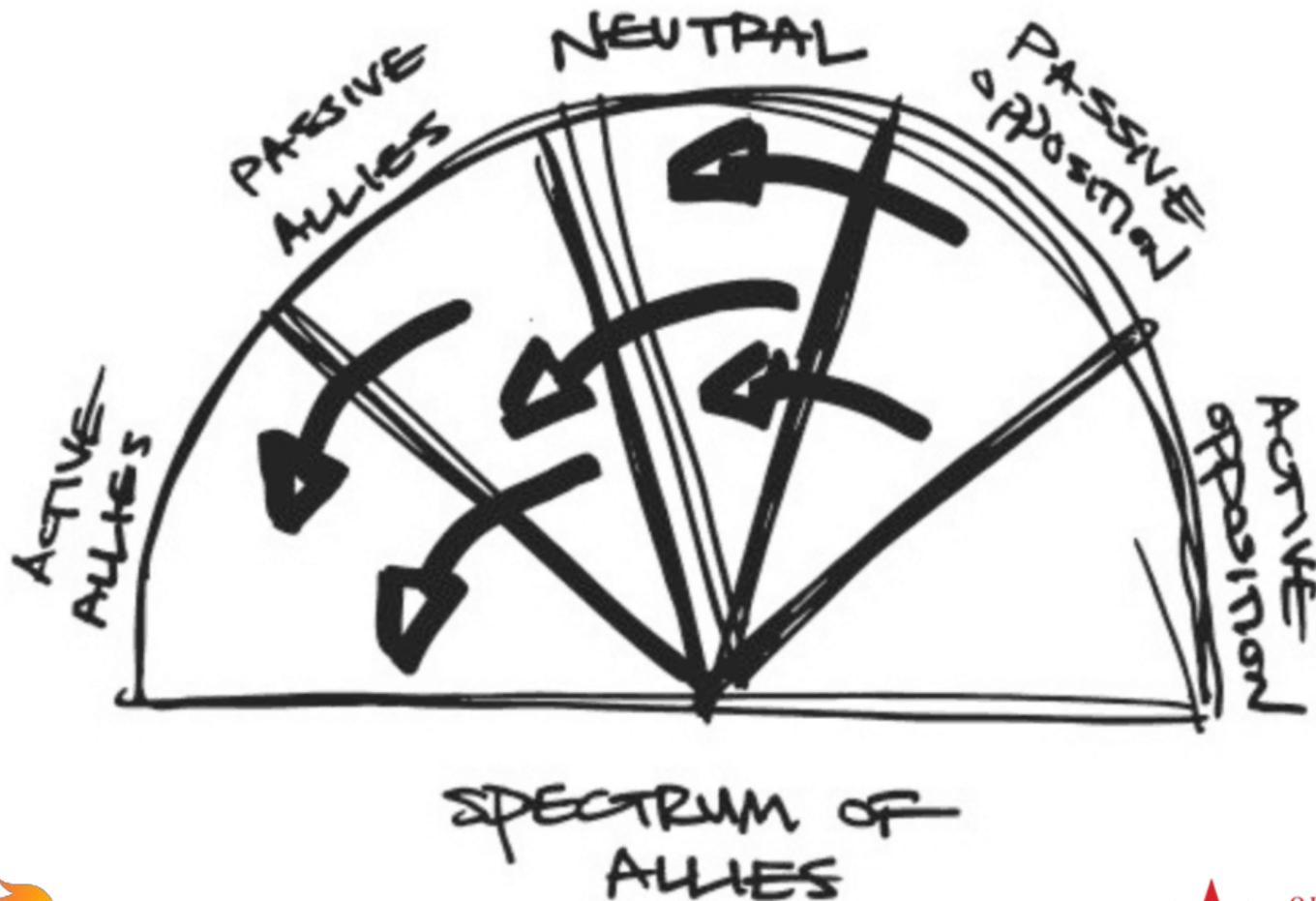
Compassionate Listening



Five Core Practices

1. Cultivate compassion
2. Develop the Fair Witness
3. Respecting Self and Others
4. Listening with the Heart
5. Speaking from the Heart

Spectrum of Allies



Singing Resistance

- <https://www.tiktok.com/@interfaithalliance/video/7603611559419530510>
- <https://www.youtube.com/watch?v=s7N4fwSf-ww>

Next Steps



Actions

- <https://www.standwithminnesota.com/send-a-love-note>
- Funds to Minneapolis
- Keep Learning
- Boycott: Target, Home Depot, Enterprise Car Rental, Hilton, and Delta Air Lines
- Talk About Immigration, and Make it Clear You Think It's GOOD
- Strengthen and build networks and community
- Gain capacity in NVA: teach in your community
- Think about how your workplace, organization, or community could respond
- Practice NVA on your favourite issue
- Reach out to USers
- Wpg. Churches letter writing initiative



Local Resources

- Singing at Harrow United Church 1 and 3 Tuesdays of every month at 6:30 – 8:00 PM
- CMU – Singing Resistance – April 6, 7:00 PM
- CMU - Rapid Response Choir “Voice for Peace”





Voices for Peace

Rapid-response community choir

Further Learning

- <https://freedomtrainers.net/trainings/>
(free online 2-hour trainings)
- World Beyond War – online courses
- CMU – Nonviolent Social Change course
- CMU – Xplore – Winter 2027 (continuing education)



Resources

- <http://nvdatabase.swarthmore.edu/content/campaigns-not-movements>
- <https://paceebene.org/rise-and-shine#!>
- <https://indivisibletwincities.org/>
- <https://www.standwithminnesota.com/>
- <https://nonviolentdefence.ca/>

TED Talks

- Julia Bacha “Pay Attention to Nonviolence”
https://www.ted.com/talks/julia_bacha
- Julia Bacha “Women and NV”
https://www.ted.com/talks/julia_bacha_how_women_wage_conflict_without_violence
- Jamila Raqib “The Secret to Effective NV”
https://www.ted.com/talks/jamila_raqib_the_secret_to_effective_nonviolent_resistance
- Srjda Popovic “Toppling a Dictator”
https://www.ted.com/talks/srdja_popovic_how_to_topple_a_dictator (also check out “Bringing Down a Dictator”)
- Erica Chenoweth “The Success of NV Civil Resistance”
<https://www.youtube.com/watch?v=YJSehDU34w>

Homework: Watch “A Force More Powerful”

<https://www.youtube.com/watch?v=hpBoHb59iVY>

Notice:
Creativity, Diversity,
Dispersion/concentration

What did you learn today?

What are your next steps?

