

Commitment Card

Martin Luther King, Jr.
1963

I hereby pledge myself—my person and body—to the nonviolent movement. Therefore I will keep the following ten commandments:

1. Meditate daily on the teachings and life of Jesus.
2. Remember always that the non—violent movement seeks justice and reconciliation — not victory.
3. Walk and talk in the manner of love, for God is love.
4. Pray daily to be used by God in order that all men might be free.
5. Sacrifice personal wishes in order that all men might be free.
6. Observe with both friend and foe the ordinary rules of courtesy.
7. Seek to perform regular service for others and for the world.
8. Refrain from the violence of fist, tongue, or heart.
9. Strive to be in good spiritual and bodily health.
10. Follow the directions of the movement and of the captain on a demonstration.

I sign this pledge, having seriously considered what I do and with the determination and will to persevere.

Name_____

Address_____

Phone_____

Nearest Relative_____

Address_____

Besides demonstrations, I could also help the movement by (Circle the proper items):
Run errands, Drive my car, Fix food for volunteers, Clerical work, Make phone calls, Answer phones, Mimeograph, Type, Print Signs, Distribute leaflets.

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505 1/2 North 17th Street
F.L. Shuttlesworth, President