

[Opinion](#)
[Guest Voices](#)
[News](#)
[Social Justice](#)



Loreto Sr. Wamuyu Wachira speaks during an event to inaugurate the Catholic Institute for Nonviolence at the Istituto Maria Bambina in Rome Sept. 29, 2024. (CNS/Justin McLellan)



by John Dear

[View Author Profile](#)

[Join the Conversation](#)

October 5, 2026

[Share on Bluesky](#)[Share on Facebook](#)[Share on Twitter](#)[Email to a friend](#)[Print](#)

On this week's episode of "The Nonviolent Jesus Podcast," I speak with [Sr. Teresia Wamuyu Wachira](#) from Nairobi, Kenya. She is co-president of Pax Christi International, the global Catholic peace movement.

A member of the Institute of the Blessed Virgin Mary (known as the Loreto Sisters), Wachira is a scholar, educator and peace practitioner with a doctorate in peace studies. She serves as senior lecturer and program leader in peace and conflict studies at St. Paul University in Nairobi.

"Nonviolence is a way of love, compassion, mercy and peace," she said. "Pax Christi has 120 member organizations worldwide and has been promoting peace, justice and human rights for 81 years. We believe peace is possible and the cycles of violence can be broken. We try to look at nonviolent ways to resolve conflict and war. We are committed to Gospel nonviolence and call the church to dedicate itself to Gospel nonviolence."

Advertisement

"I believe the Beatitudes should be part of our DNA," Wachira said. "If someone cuts my finger, I want them to see nonviolence flow out of it. We have to defuse evil by first disarming ourselves. We have to choose daily the path of nonviolence."

"Don't give up!" she concluded. "You never know who sees you and is inspired by your nonviolent living."

[Listen to the full episode here.](#)

This story appears in the **The Nonviolent Jesus Podcast** feature series. [View the full series.](#)