



Little
FRIENDS For
PEACE

Quarterly Newsletter



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Little Friends for Peace has had a busy fall of Peacebuilding. Peace is possible if we prioritize giving space and time to create a culture of peace at home, work, school, and in our communities. Enjoy reading our newsletter full of stories of where and how LFFP is planting seeds of peace and equipping people with tools and practices to live and teach peace.

Stay in Touch!

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Fall Program Highlights

Peace Week at Chance Academy

Chance Academy is a school that educates students ages 5 to 18. They aim to create a learning community composed of the students, their families, and the Chance Academy staff, focusing on intellectual growth, developing critical thinking skills, social-emotional and personal wellness, creativity, and restorative justice practices.

During the first week of school at Chance Academy, Little Friends for Peace was invited to run a weeklong Peace week. Together with Chance Academy, we aimed

- To allow the students and staff to connect outside of the academic environment,
- To have investment by all at Chance Academy,
- To establish a culture of peace, and
- To connect with nature.

Day 1 - Connection

The focus of the first day of Peace week was to help the students get to know one another and bond. We discussed what was filling and tipping our buckets. We played win-win and cooperative games. We explored nature and collected items to share. Finally, we interacted with a peace museum, which created opportunities to practice sharing, caring, and socio-emotional regulation skills.

Day 2 - Investment

On the second day, LFFP and Chance Academy worked toward establishing common ground and having investment by all at Chance Academy. All the students were given the agency to write their own rules for Chance Academy and contribute ideas for a peace pledge. The older students then compiled and composed a Chance Academy Peace Pledge.



Chance Academy Peace Pledge

I pledge to Chance Academy
To bring peace,
To follow the I-care rules,
and
To treat everyone equally
with respect.
I will be a role model for
those around me
And to those who look up to
me each day



Fall Program Highlights

Peace Week at Chance Academy Continued

Day 3 – Culture of Peace



Day three of Peace week provided an opportunity to establish a culture of peace at Chance Academy. There was a conflict that arose over a newly suggested class name. Some proposed the name the “Peaceful Lions,” while others suggested “Caring Clouds.” With a little facilitation by MJ, the students began putting forward alternative names and asking each other how they felt about each new name. Eventually, one of the students combined “peaceful” and “clouds.” Every member of the class agreed to the new name, and they became the Peaceful Clouds.

Day 4 - Nature



The final day of Peace week was spent finding peace in nature at National Colonial Farm. The students took a nature walk and visited farm animals, including chickens, pigs, and sheep. All the Chance Academy students and staff walked along the Accokeek Creek Marsh Boardwalk. Throughout the walk, there were many inter-age interactions. Frequently, older students accompanied younger students to ensure they remained with the group.

LFFP Leads Peace Circles at McKenna Academy for Homeless Men

Mckenna Center, a shelter for homeless men in DC, has started an Academy to help men on their path to a better life. LFFP offers Peace Circles to the men every Tuesday morning to help them learn tools and practices for social-emotional wellness. LFFP provides a safe place for them to become more self-aware and learn how to handle their thoughts and feelings. One of their favorite tools is “Stop, Think, and Act,” which helps them reset and think of positive, non-violent actions. One of the men shared that the circles have enabled him to love himself and rewire in the way of Peace.



Fall Program Highlights

Monday Night Tutoring

LFFP's Monday night tutoring circle is the highlight of my week. Every Monday, more than 30 students and tutors meet on Zoom. Many of the students, brought together by Vincentian Amigos on the Periphery, are refugees or newly immigrated to the United States.

At the beginning of each circle, we share about our days – often answering MJ's infamous question: what has filled your bucket, and what has tipped your bucket? We encourage the students to express their emotions in healthy ways and teach them peaceful ways to resolve conflicts with their friends.

We break into small groups of about 1-3 students per tutor. I love our smaller groups as I genuinely get to know and connect with my students. I have had the same three students for over a year, and I am excited to learn what is going on in their lives each week. While we generally stick to focusing on schoolwork, we have also had great discussions about our dream cars, best video game characters, and family and friends.

I can confidently say that I have learned just as much from my students as they have from me. I have found such a caring, grateful, and energetic group of students and tutors through our Monday night community, and I look forward to it every week!



Fall Program Highlights

LFFP International Ambassador



Kirin Taylor is the LFFP International Peace Ambassador. She is currently a student at Syracuse University pursuing a degree in Political Science. Kirin teaches and applies LFFP tools throughout her commitments at school. She also occasionally leads teacher training sessions and peace circles. Kirin will continue to network and help spread LFFP's teachings while at Syracuse.

Impactful Peace Circles at Archbishop Carroll High School

For the past year, Little Friends for Peace has teamed up with Archbishop Carroll High School to bring peace circles, conflict resolution work, and teaching to their students and staff. This fall, we helped the freshman and sophomore classes start the year on the right foot. Both classes attended a full-day retreat with LFFP that focused on building healthy relationships with yourself and others and learning the practical peace tool of "Stop, Think, and Act." Student participation at the retreats was incredible! Students left the retreat with increased positivity and a feeling that they could make an impact on peace at Archbishop Carroll High School over the school year.



Fall Program Highlights

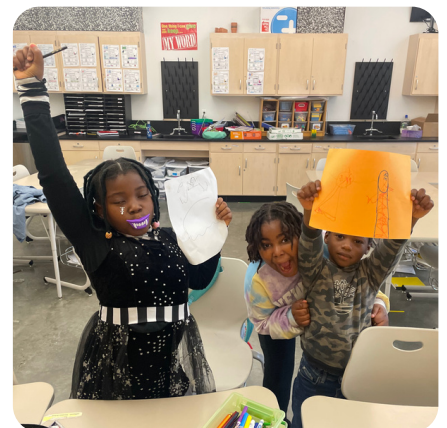
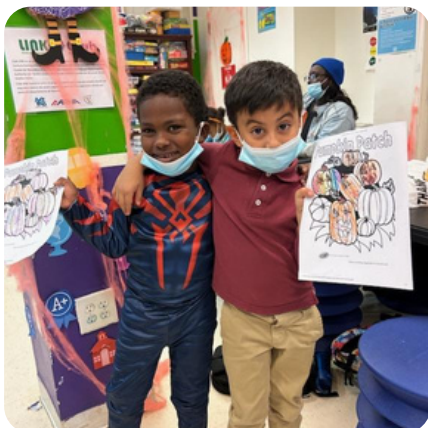
Peace and Yoga

LFFP celebrated peace in our hearts, bodies, and minds this fall with four weeks of Peace & Yoga. This was a virtual event for anyone looking to move with the theme of Grounding & Restoring on the Path to Peace. It was open to all levels of experience.



LINK Peace Clubs

This fall, LFFP has continued our partnership with Alexandria's after-school LINK program to provide peace clubs to youth and meet them where they are. During the clubs, we introduce tools such as "Stop Think and Act," Wellness Wheel, and more while focusing on connections and filling each others' buckets with peace. Additionally, we incorporate check-ins, games, and more while having the kids talk about their experiences and discuss how they can sprinkle peace into their lives to reduce conflict and boost relationships. LFFP is always excited to expand peace clubs to new locations, so let us know if you have a group that might enjoy partnering with us!



Fall Program Highlights

Uganda Peace Academy

Every Friday at 8:30 AM, LFFP, in partnership with Passion Aid Foundation Africa, conducts peace-building training for community women groups and in-school youths who have experienced violence and injustices. Together, we learn, discuss, and practice the practical and powerful peace-building tools developed by Little Friends for Peace. In addition, the training incorporates beads to promote peace among women, including single mothers.

- The sessions offer space for the victims of abuse and injustice to speak to peers about their experiences and devise solutions for their issues.
- The tools taught have helped the participants appreciate the values of conflict resolution.
- The participants of the peace training sessions have learned to live with others peacefully.



My life is changing every day, the stop think and act tool is a game changer, it has moderated my emotions, controlled my actions and improved my relationship with my friends and family,” said Franka Akello.



engageDC

Through engageDC, George Washington University students serve with a partner community organization to meet the everyday needs addressed by the organization, including tutoring sessions, meal preparation, or program coordination. Students work with the organization to address issues such as increasing the organization’s capacity, expanding the mission, or addressing infrastructure issues. engageDC students create a diverse network at GW and beyond of people committed to social justice.

2023 LFFP Peace Camps

Peace Builders



EXPERIENCE PEACE
LEARN PEACE TOOLS
CONNECT WITH OTHERS

CREATE ART
EXPLORE NATURE
PLAY WIN-WIN GAMES

Tentative Upcoming Peace Camps

UUCA: June 19th - June 23rd

UUCA: June 26th - June 20th

DC Site : July 17th - July 21st

Greenbelt: July 24th - July 28th

St. Camillus: July 31st - Aug 4th

Columbia: Aug 7th - Aug 11th

At Peace Camp, LFFP uses art, games, and presentations to teach children ages 5-14 mindfulness, empathy, anger management, conflict resolution, and self-empowerment

Registration to follow



Kids ages 5-14

Are you looking for volunteer opportunities and want to spread the message of peace? You're looking at the right place. Check out our website or email volunteer@lffp.org to sign up for volunteer opportunities.

Give the Gift of Peace This Holiday Season

Looking for the perfect gift that is portable and powerful?

Live Peace, Teach Peace includes instructions for making and using their signature Peace Train, themes, and activities for a full week of Peace Camp, a treasury of 27 time-tested win-win games, peace hero biographies, peace tools, and a list of resources for all ages. | 101 pages in English and Spanish | **\$25** |

Peace Tool Cards

Teach how to disarm youth, spouses, bullies, and self with good habit-forming techniques, and more! | 20 Cards in English and Spanish | **\$2.50** each |



Little FRIENDS For PEACE

BOOK: \$25 **SET OF 15 CARDS: \$20**

TOOLS FOR TEACHING & PRACTICING PEACE

LIVE PEACE, TEACH PEACE
BEST PRACTICES AND TOOLS

Live Peace, Teach Peace Book & Tool Cards

BOOK INCLUDES:

- ✓ Peace Train
- ✓ Win-win games
- ✓ Inspirational posters
- ✓ Peace songs
- ✓ Peace hero biographies

Little Friends for Peace founders, MJ and Jerry Park drew on 35 years of peace building experience to produce this comprehensive teaching toolbox.

LFFP.ORG

LFFP Tool Cards and Live Peace, Teach Peace: Best Practices and Tools are available for purchase at <http://www.lffp.org/store.html>

Volunteer Spotlights

Our programs would not be possible without the dedication and spirit of our volunteers & interns.



Michelle Macias (she/her)
Interpreter & Advocate
Favorite Tool Card: Connect Before
You Correct



Kelly Stickney (she/her)
LFFP Program Lead
Favorite Tool Card: Peace Begins in
the Heart



in Frances Reinhart (she/her)
Program Associate
Favorite Tool Card: Connecting With
Others



Margaret Koulen (she/her)
LFFP Program Lead
Favorite Tool Card: Being a Bucket
Filler



Carter Morgan (he/him)
LFFP Program Lead
Favorite Tool Card: Restorative
Practices



Kirin Taylor (she/her)
International Peace Ambassador
Favorite Tool Card: Peace Begins in
My Heart



Zyeasha Ba (she/her)
Eastern Mennonite University Intern
Favorite Tool Card: Wellness Wheel



Robb Herndon (he/him)
LFFP Program Lead
Favorite Tool Card: Stop, Think, and
Act



Piper Powell (she/her)
Social Media Coordinator
Favorite Tool Card: Connect Before
You Correct

Volunteer Spotlights Continued



Hania Sindhu (she/her)
Social Media Coordinator
Favorite Tool Card: Rewire Your Brain

Ernesto Sandoval (he/him)
Social Media Coordinator
Favorite Tool Card: Be a Bucket Filler

Lila Powell (she/her)
Financial + Development Intern
Favorite Tool Card: Positive Thinking



Rico Kainama (he/him)
Community Solutions Fellow
Favorite Tool Card: Be a Bucket Filler

Ishag Yagoub (he/him)
Community Solutions Fellow
Favorite Tool Card: Be a Bucket Filler

Youssef Sililem (he/him)
Community Solutions Fellow
Favorite Tool Card: Wellness Wheel



Abigail Lam (she/her)
engageDC Lead
Favorite Tool Card: Be a Bucket Filler

Haley Hogenkamp (she/her)
LFFP Program Lead
Favorite Tool Card: Being Mindful in Hard Times

Dana Cook (she/her)
Enthusiastic Volunteer
Favorite Tool Card: Peace Begins With Me



Isabella Mackinnon (she/her)
LFFP Volunteer
Favorite Tool Card: Be a Bucket Filler

Julia Bereche (she/her)
Newsletter Editor-in-Chief
Favorite Tool Card: Positive Thinking

Message From Our Directors

Time of gratitude for the many blessings amid the challenges. Our LFFP community brings Hope as we work together to create peace. From our school circles to adult circles, from prisons and shelters in the United States to Uganda, People are connecting and learning tools to live and practice peace.

Let's keep planting those non-violent seeds of peace, starting with ourselves.

Thank you, and may peace prevail in all of us.

Peace,

MJ and Jerry Park
LFFP Co-Directors

*Community is about doing something together that makes belonging **MATTER***



"Educating the mind without educating the heart is no education at all." -Aristotle

Donate to our 2022 Matching Campaign!

ALL OF US NEED ALL OF US TO MAKE IT!



Your support helps us continue spreading peace to children in school or after school, men experiencing homelessness, individuals in prisons, recent immigrants, individuals in the United States and in Uganda, and all seeking peace.

LFFP needs **YOU** to keep the Peace Train rolling.

Donate before midnight December 5th, and your donation will be matched!

To donate, go to <http://cfp-dc.org/szGS>