



Little  
FRIENDS For  
PEACE

# Quarterly Newsletter



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This summer, Little Friends For Peace has been active both virtually and in-person! It has been wonderful to see some of your faces in person, and we are equally as grateful to be able to connect virtually with our friends around the world. In tough times, connecting with others is one of the best things we can do to spread peace around ourselves.

Check out the rest of this newsletter to catch up with all that LFFP has been doing this summer! We love to see our partnerships growing and peace spreading through our communities.

## Stay in Touch!

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[www.lffp.org](http://www.lffp.org)



@littlefriendsforpeace

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240-838-4549



Little Friends for Peace

Email:  
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## Uganda Peace Academy



The goal of LFFP's weekly Uganda Peace Academy sessions is to help provide our friends across the world with some tools they can use to foster peace within their disjointed community.

LFFP's work with our friends in the Kiryandongo Refugee Settlement in Uganda began with just three sessions for a singular group of ten South Sudanese refugees in June. Since then, the program has grown three-fold. Excitement to cultivate peace has surged in the camp, and we now have a continuous flow of participants who have decided to meet despair with hope, fear with fortitude, doubt with perseverance, and hate with love. In spite of the trauma they have faced and continue to face on a daily basis, these inspiring and resilient individuals have made it a priority to build peace in their current community.

This initiative could not be possible without the continued support and planning of Victor Lee. Victor has spearheaded these connections on the ground and inspired the rest of his community to come together for peace.

"Dear Little Friends for Peace,  
We give you thanks, for all the teaching  
that you have given unto us,  
May God bless you and reward you greatly

God be with you dear Little Friends for Peace,  
we don't know how much can we give to you,  
but we believe that God will bless you all

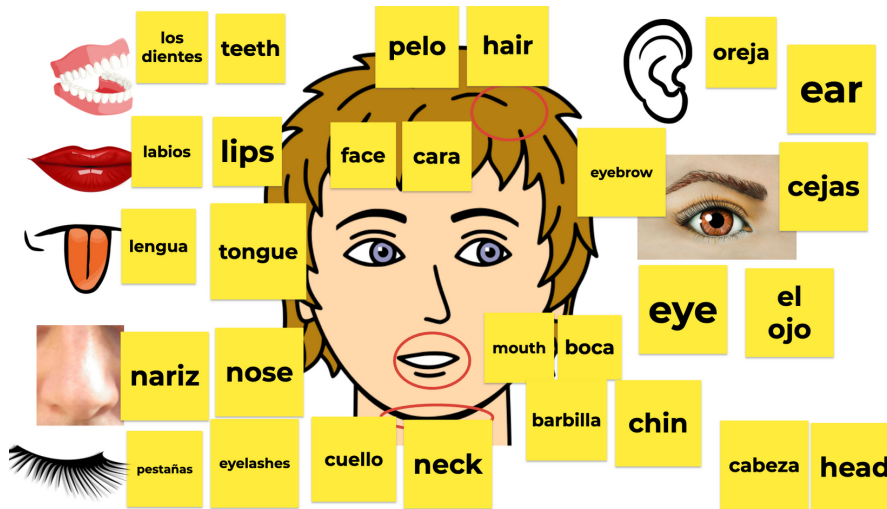
We pray to God that God be with you all  
and bless the works of your hands  
so thank you Little Friends for Peace"

**- Song written and  
performed for LFFP by  
Group One of the  
Uganda Peace Academy**

*Check out the recording on our  
Instagram and/or Facebook page!*

## Academic Enrichment with Vincentians on the Periphery

Vincentians on the Periphery, a fantastic organization started by Hispanic Vincentians, works to help newly-arrived migrant families from Latin America with food, rent, and academics. When COVID-19 hit, the group realized that various health needs were being unmet. This is where LFFP came into the picture, focusing on social and emotional wellness as well as peace education. Throughout the summer of 2021, LFFP has (virtually) gathered a group each Monday evening to connect with and learn from one another.



## Peace Circles

This summer we continued our peace circles! These revolve around participants discussing where our lives do and don't have peace. During and after discussing our peace(s) and conflicts, we learn about various peace tools that can be used to navigate our way towards peace. This includes *I Statements*, the *Stop, Think, Act* method, and using tools from our *Peace Train*. We held our own Adult Peace Circles every other Wednesday night and partnered with the Makenna Center to offer special peace circles with their community.

### Being Mindful in Hard Times

*In today's rush, we all think too much, seek too much, want too much and forget about the joy of just Being.*

-Eckhart Tolle



#### A Four Step Process for Using Mindfulness in Difficult Times

- R - Recognize that a strong emotion is present
- A - Allow an event to unfold and reveal its path
- I - Investigate your inner experience
- N - Non-identification. You are not defined by your thoughts and emotions



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Peace Tool Card  
Mindfulness

For more, visit [www.lffp.org](http://www.lffp.org).

### Mindfulness Practice

*"Nothing can bring you peace but yourself."*  
Ralph Waldo Emerson



Mindfulness is the ability to be present, to rest in the here and now, and to be fully engaged with whatever you are doing in the moment.

#### Mindful Movements

- Sit Quietly
- Walk with intention
- Stretch: Up, Down, Side
- Stand firmly on your two feet and breathe in and out
- Feel your body relax



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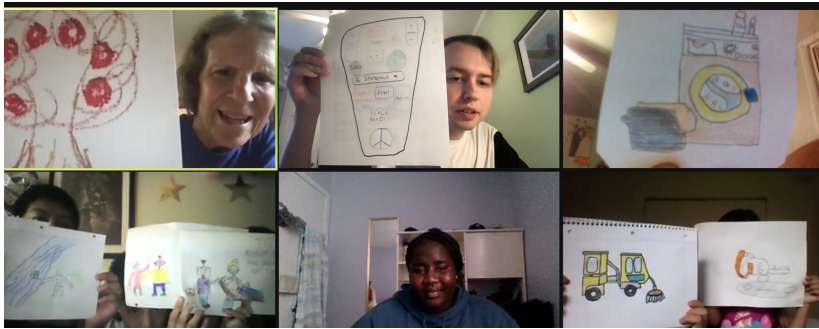
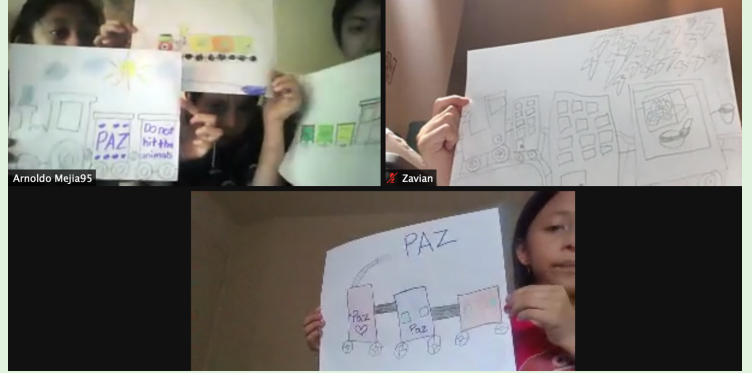
For more, visit [www.lffp.org](http://www.lffp.org).

## Practicing Peace

This summer we practiced peace with many weekly peace programs. This included Peace Club, Peace & Yoga, Peace & Art, and Peace & Robots. All of these programs began with a peace circle, where participants talked about where their lives did and didn't have peace. They continued with different activities depending on the program.

### Peace Club

Students learned peace tools, read books, drew different peace pictures, and learned about many important peacemakers.

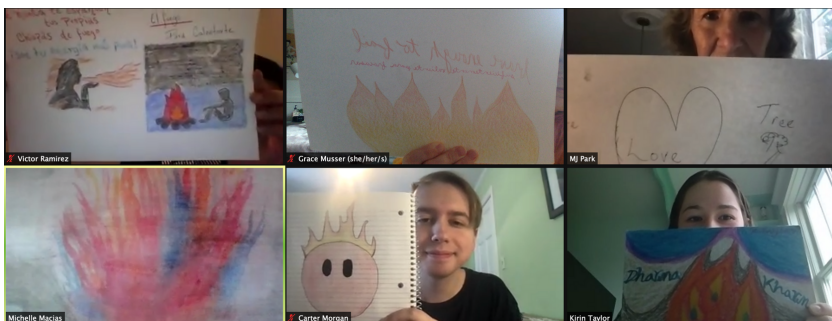


### Peace & Robots

Students built/drew robots or machines that could improve a problem, solve an issue, and/or promote peace.

### Peace & Yoga

Participants practiced yoga and breathing exercises to calm their spirit and focus on peace.



### Peace & Art

Students created art depicting how their peace interacts with and relates to the environment and Earth's different elements.

# Summer Programming Highlights

## Peace Camps

This summer we held many Peace Camps, both within LFFP and with some of our community partners. We generally opened and closed each peace camp by checking in on each others' peace (peace circles) and continued with a variety of activities. At each of these camps the main focus was introducing the idea of peace and what it means to each of the children.



### Hope and a Home

Hope and a Home provided dinner and books, we provided activities! In addition to our opening and closing peace circles, we painted, colored, jump-roped, played basketball, played with a big parachute, and completed ice breakers with the kids.

UUCA



UNITARIAN UNIVERSALIST CHURCH  
OF ARLINGTON VIRGINIA  
A Place to Connect, Grow and Serve

We focused on five key words each day: care, share, cooperate, shine, and celebrate. We incorporated these into the opening and closing circles. Throughout the day we had arts and games that helped us think in new ways and work together as a team.



### Perry School

Kids participated in fun activities such as our peace circle check-ins, peace posters, Peace Jenga, puppet-making, and ice skating.

# Summer Programming Highlights

## Peace Camps



### St. Camillus

Participants learned about using peace in our daily lives, conflict resolution, and the beauty of diversity. Activities included peace collages, peace flags, water coloring, and leaf tracing.

### Mt. Rainier



In this Young Leaders' Training Camp for high school students, we focused on self awareness, taking responsibility for personal peace, our passions, and ways we can accomplish their dreams (together).

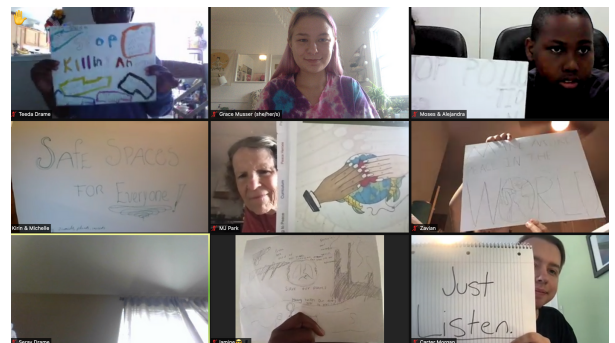


In this virtual camp, we used both English and Spanish to learn about language, peace, and ourselves!

### Kelly's Bilingual Enrichment

We had so much fun connecting with our friends all around the world in our virtual international peace camp. Together, we wrote and performed stories, dances, and songs! We were joined by participants from Trinidad, Kenya, Uganda, and all around the United States!

### International Peace Camp



# Intern Spotlight

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

## We value...

Nonviolence    Equity  
 Vulnerability  
 Multiculturalism    Education  
 Acceptance    Kindness  
 Love    Connection  
 Balance    Peace  
 Faith    Growth  
 Stories    Justice  
 Wholeness  
 Diversity  
 Community

## We love...

Running  
 Exercise  
 Family  
 Kids    Dogs  
 Travel    D.C.    Smiling  
 Water    Nature  
 Writing    News  
 Dancing  
 Basketball  
 Service-learning

## We are...

Loving  
 Resourceful  
 Focused  
 Caring    Kind  
 Organized    Peaceful  
 Committed  
 Empathetic    Idealistic  
 Creative    Resilient  
 Active  
 Positive

**Name/Pronouns:** Alessandra Ponce (she/her/hers)

**School:** George Washington University (graduated 2021)

**Major:** Criminal Justice

**Minors:** Psychology & Brain Sciences, Law & Society

**Fun Fact:** Alessandra plays softball for GW and is a dog mom to three Dachshunds!

**Favorite Peace Quote:** "Peace cannot be kept by force, it can only be achieved by understanding" -Albert Einstein



**Name/Pronouns:** Carter Morgan (he/him/his)

**School:** George Washington University

**Major:** Psychology

**Minor:** Political Science

**Fun Fact:** Carter loves music - especially singing - justice, and spending time with his friends!

**Favorite Peace Quote:** "True peace is not merely the absence of tension; it is the presence of justice" - Martin Luther King Jr.

**Name/Pronouns:** Grace Musser (she/her/hers)

**School:** St. John's University

**Majors:** Global Development & Sustainability, Anthropology

**Minor:** Spanish

**Fun Fact:** Grace is passionate about social, economic, and environmental justice!

**Favorite Peace Quote:** "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has" - Margaret Mead



**Name/Pronouns:** Lene Andrewas (she/her/hers)

**School:** Eastern Mennonite University

**Major:** Peacebuilding

**Favorite Peace Quote:** "Never be in a hurry, do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset"  
- St. Francis de Sales

**Name/Pronouns:** Lauren Dahler (she/her/hers)

**School:** Ohio State University

**Majors:** Public Affairs, International Studies

**Minors:** French, History

**Fun Fact:** Lauren enjoys traveling, reading, her dog, and connecting with new people!

**Favorite Peace Quote:** "It is in collectivities that we find reservoirs of hope and optimism" - Angela Davis



# PEACE



# Intern Spotlight



**Name/Pronouns:** Jamie Dickstein (she/her/hers)

**School:** George Washington University

**Major:** Human Services & Social Justice

**Minor:** American Studies

**Fun Fact:** Jamie loves to cook and travel, and she is passionate about antiracism, especially in education!

**Favorite Peace Quote:** “What you think you know about people affects how you treat them” - Laura Newland

**Name/Pronouns:** Eliza Wizner (she/her/hers)

**School:** George Washington University

**Majors:** Philosophy, Peace Studies

**Minor:** Sustainability

**Fun Fact:** Eliza loves cooking, dogs, the outdoors, and reading. She's especially into Stephen King novels right now!

**Favorite Peace Quote:** “Close your mouth, block off your senses, blunt your sharpness, untie your knots, soften your glare, settle your dust. This is the primal identity.” - Lao Tzu



## 2021 LFFP Golf Charity Classic

Come out this September to show your support for LFFP and enjoy some golf!

**SEPT 27 • 12 PM CHECK-IN  
1 PM SHOTGUN START  
6 PM COCKTAILS/APPETIZERS/AWARDS**

**KENWOOD GOLF & COUNTRY CLUB  
BETHESDA, MD**

**Cart Sponsor.....\$5,000**

- Recognized as cart sponsor on website, social media, and event materials
- Sponsor name/logo on carts
- Two foursomes w/ carts

**Leadership Sponsor.....\$2,500**

- Recognized as leadership sponsor on website, social media, and event materials
- Two hole signs      - One foursome w/ carts

**Community Sponsor.....\$1,500**

- Recognition as community sponsor on website, social media, and event materials
- Two hole signs

**Hole Sponsor.....\$300**

- Recognition as hole sponsor on event promotional materials
- One hole sign

**Golf (Classic Foursome).....\$700**

- 18 holes for four players w/ golf carts
- Admission to cocktail hour & celebration
- Lunch & drinks on course

**TO SPONSOR EVENT, EMAIL C.DEE@LFFP.ORG**

## MARK YOUR CALENDARS!

**Peace Circles for Adults**

*Every other Wednesday*

*Sep. 1 to Dec. 15*

*7:30 p.m. - 8:30 p.m. EST*

*\*virtual\**

**Golf Charity Classic**

*September 27*

*12 p.m. EST*

**MORE EVENTS COMING SOON!**

**Want to bring a peace circle to your school, organization, or community? Email us!**

***littlefriendsforpeace@lffp.org***



For more information, fees, or to register for these and other events, visit the upcoming events page on our website ([www.lffp.org](http://www.lffp.org)) and/or email us at ***littlefriendsforpeace@lffp.org***

## Message From Our Director

Dear LFFP Community,

This summer has been about experiencing safe and transforming Circles - on screens and in person, around the planet.

Circle members connect by listening to one another's joys and challenges, and reflect on how the 'peace tool' of the day helps them to navigate.

Many issues challenge our peace, from gun violence to hate crimes and global warming. But by coming back to these little communities we give each other the peace and the hope to move into them.

As we continue this journey in the fall, we feel your support and your lives encourage us.

**MJ and Jerry Park**  
Co-Directors

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



*"We have all known the long  
loneliness and we have learned that  
the only solution is love and that love  
comes with community."*

Dorothy Day

### Live Peace, Teach Peace: Best Practices and Tools by MJ and Jerry Park

MJ and Jerry Park drew on 35 years of peace building experience to produce this comprehensive teaching toolbox. It 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 songs, inspirational posters, and a list of books and other resources for all ages.

Learn how to disarm youth, spouses, bullies, and self with good habit-forming techniques, win-win games, and more!

To order your copy, visit the "Books and Publications" section of our website! Also available in Spanish.

