Welcome!

This fall, LFFP has been busy spreading peace in schools, prisons, shelters, churches, and after-school programs. We've kicked off our normal after-school program at Perry School and have a new partnership with Wheatley EC! Inside this issue, you'll find details on these and other fall programs, highlights from some of our recent activities, and reminders for upcoming programs and events!
On October 1st, we officially resumed our after-school program at Perry School Community Services Center for the 2018-2019 school year. This year 14 students, K through 5th grade, from the neighboring public school are participating in the program.

Each after-school day begins with a trip to Walker Jones Education Campus where we meet with our team of Perry kids. Usually at least one is eagerly waiting outside of the school, asking questions about where we're going to play, what we're going to eat, what games we're playing, and who will be their tutor. We return to the Perry School where the walls are covered in children's artwork. The messy script of a 1st grader says "Perry is the best place! MJ is the nicest teacher" next to their hand-drawn portrait of the Peace Teacher herself.

Each kid has space to express themselves and be heard

The transitions are often noisy, but the kids have space to express themselves and be heard. Even eating is an opportunity for learning as we practice good table manners and nutrition.

Afternoons include a rotation of either art or peace activities designed with social-emotional learning and leadership development in mind. Some activities rely on using play as a means of practicing different responses to unpeaceful situations. Others rely on every child bringing their own skills to the team in order to create successful projects. Like one day when a fifth grader got to teach everyone (including the adults!) how to make slime.

Finally we do homework, a nightly struggle in homes all over the world. It would be a lie to say it goes smoothly, but with encouragement and one-on-one attention, we come away with a bit more knowledge and a bit more confidence.
Peace Workshops at Wheatley EC!

This fall, we began a new in-school partnership with Wheatley Education Campus. Every other week, we send a team of peace practitioners into Wheatley to supplement their scheduled Social Emotional Learning time.

During our sessions, we teach or students mindfulness, empathy, anger management, conflict resolution, and self-empowerment. Students build self-esteem, and learn how to counter bullying and work together to solve problems. Our goal is to give students and teachers the tools they need to transform their schools into peaceful and collaborative communities.

So far, our partnership is off to a great start! We can really see the commitment to peace in the actions of the faculty and staff at Wheatley. Their support makes all the difference in our work’s success!

Program Update: Peace Club Rome

Kirin Taylor, LFFP’s Peace Ambassador, established Peace Club Rome in Fall of 2016, in partnership with Marymount International School and St. John’s University. Each semester, new social justice students serve at Peace Club, and tailor the LFFP curriculum to use their own talents, and to meet children’s interests. This semester, the club will also be offered to Middle School students, who will be challenged to think critically about how peace can be actualized in our world.
On September 29th, Little Friends For Peace held its 9th Annual "No Speeches, No Asks, Just Fun" Boat Cruise on the Potomac River! We spent the evening connecting and reconnecting with each other while enjoying the view as we floated down the Potomac. Timmy’s famous brownies, treats from Astro Doughnuts & Fried Chicken, and all the other delicious food and drinks were a hit!

Thank you to all who showed up and danced the night away! There was something so special about just having fun with people who care so deeply about this organization and its mission. We can’t wait to do it again next year!

LFFP Awarded Grant for Work in Silver Spring Community!

LFFP is excited to announce that we have been selected to receive the ACR/JAMS Foundation grant for our proposal titled, "Living in the Shelter of Each Other: From Personal Wellness to Empowered Community."

Under this grant, we will be able to expand our work in the Silver Spring community and focus on providing more positive development opportunities for children, youth, and families. We are already very active in the area with the work that we do in the Saint Camillus/Saint Francis International School communities. However, the support of this grant will allow us to provide programming for families in the surrounding neighborhoods and bring our sessions to other schools in the area.
Circle Up!
This November, Little Friends For Peace is holding its Annual Matching Campaign! Between November 11th and November 18th, all donations received will be matched, up to $25,000!

This year, our campaign theme is **Circle Up!** We invite children and adults to circle up, connect, check in on the wellness wheel for what brings and breaks their peace – to let go of stress and take on calm, let go of hate and fear and take on love, let go of despair and take on hope, let go of alienation and join the community.

All of our work is grounded in peace circles, but we specifically aim to bring new Peace Circles to workplaces, homes, prisons, shelters, congregations, and schools. If this campaign meets its goal, we’ll bring 3,000 more people together across divides to experience, learn, and practice peace in safe and compassionate circles, changing the world one heart at a time!

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**MARK YOUR CALENDARS!**

**November 11-18th, 2018**
**Annual Matching Campaign**
Any donations made during this week will be matched by our board, up to $25,000!

Visit http://cfp-dc.org/6k8Y to donate or head to our website for more information!

**November 16th, 2018**
**Second Annual Peace Symposium**
Join us as we build community through a dialogue on finding peace in today’s society. There will be time for sharing strategies and reflections, as well as a panel discussion.

Visit our website for more information or register at: https://goo.gl/forms/IEqjUzdbn7XUnA0M2.

Note: RSVP is not required but is strongly encouraged.

**December 16th, 2018**
**DC Santa Ruck Light**
This year, LFFP is the designated charity for the Team Ninja Santa Ruck in DC. All proceeds from the event will go towards an in-school Peace Program at a DC public school.

Register at: teamninja.org/santaruck
Meet Our Fall Team!

Caitlyn
Admin Intern

I attend American University and am majoring in Religious Studies, with a double minor in Law and Society and Education Studies. I have been interning with LFFP for the Fall semester and came here due to my interests in peace education. I am passionate about gender equality, education, and international travel. Next semester I will be leaving LFFP to study abroad in Varanasi India to conduct religious research!

Chris
Development Intern

I'm a senior at the George Washington University double-majoring in Political Science and Human Services & Social Justice. I have been volunteering with LFFP since early fall of 2017. I wholeheartedly support and encourage the message and mission of LFFP and enjoy thinking of new ideas to advocate for peace.

Helen
Program Intern

I'm a senior at the George Washington University double-majoring in Human Services and Social Justice and Psychology with a minor in STEM education. I've been volunteering with LFFP's After-School Program for three years and I work at the summer Peace Camps, too! I'm really passionate about hands-on learning and socio-emotional development for all ages.

Rose
After-School Program Intern

I graduated from Eastern Mennonite University this spring with a B.S. in Psychology. I've been interning with LFFP this fall semester through one of my university's programs called Washington Community Scholars Center and I have loved every second of it! I am very passionate about working with children, specifically developing relationships with inner-city children and their families. LFFP has shown me peace tools that I wished I had in the past; I can't wait spread my new knowledge wherever I end up next!
Meet Our Fall Staff (Continue)!

Juliet
Program Teacher
I am a 2018 graduate of The Catholic University of America in Washington, D.C., where I received a Bachelors of Arts in Psychology and played on the varsity soccer team. I started with LFFP as an intern in my senior year at Catholic, as a Peace Teacher in the in school programs and the Perry After School Program. I am passionate about mental health, physical health, and education.

Bria
Marketing and Communications Volunteer
I am currently a graduate student at American University, studying for an MA in International Development with plans to graduate this December. I started volunteering with LFFP in January and was a Summer Intern and Peace Camp Counselor this year. I'm passionate about community development, especially through youth and livelihood development programs!

Caity
Director of Development and Operations
I am a 2016 graduate of Georgetown University, where I majored in Marketing at the McDonough School of Business. I have been working full-time at LFFP for over 2 years now. I started volunteering here through the Sursum Corda Literacy Program, a program where Georgetown students tutor students in the after school program at the Perry School. I am passionate about fitness and meditation.

Mika
Community Solutions Program Fellow
I am here from Kazakhstan for a 4 months practicum with LFFP under the Community Solutions Program – 2018, an international exchange program sponsored by IREX and the US Department of State Bureau of Education and Culture. My focus is Tolerance and Conflict Resolution and I am so lucky to be here with LFFP and to become a part of this wonderful community of peacemakers! I'm looking forward to continuing to spread peace in Kazakhstan when I return home!
Message From Our Director

Dear LFFP Friends,

During this season of gratitude, Jerry and I give thanks for our LFFP family and friends. So much peace and love in the world. We celebrate Good News and the many acts of peacebuilding that are taking place everyday.

Over and over we are finding the power of connections, positive environment, sharing tools and practices to help each other on the path to peace.

As we go forward lets us connect, circle up, heal and restore, move on using our gifts, and talents to build a culture of peace by each of our actions.

Wishing you peace during this holiday season and may it be a time of connections - Love not Hate.

Peace,

MJ & Jerry Park
Co-directors

"Be Mindful, be grateful, be positive, be true, be kind."

Roy Bennett

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.