



Quarterly Newsletter



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LFFP Explores Paths to Peace Through Summer Peace Camps

This summer, over 550 children, youth and adults explored ways to live and practice peace. Our peace train made stops across the country, with peace camps in Michigan, DC, Virginia and Maryland, and even across the globe, with a special trip to China.

At each site, our campers and counselors were able to explore different tools and strategies for how to solve conflicts nonviolently and how to maintain personal wellbeing. Each day, campers were exposed to new practices, such as yoga, mindfulness and cooperative games.

With your help, we were able to give 157 full scholarships and 37 partial scholarships to campers who may otherwise have been unable to experience, learn and practice peace with us this summer.

Former Campers Return as Junior Counselors



During this year's peace camp season, LFFP welcomed several former campers return to camp and join us as junior counselors!

One of this year's junior counselors, Piper, has been with LFFP since she was five years old and has been at peace camp every year since then.

"I've been going to peace camp since I was little, so to now be a counselor feels like I'm going full circle. Peace Camp is something I've always looked forward to and wouldn't give up for the world. It gives me hope that people are willing to spend time and money on making sure kids learn about peace. This camp has a very special place in my heart."

- Piper

We are so happy to have had Piper and our other junior counselors on our team this summer to help us plant new seeds of peace!



Camper Spotlight: Wilgus

At week two of our camp at the Unitarian Universalist Church of Arlington, a peace camper named Wilgus decided to create his own peace machine.

During one of our large group sessions, Wilgus shared with us his prototype for a Peace Filter that can separate love from hate and can even turn bad thoughts into good things. According to Wilgus, "the bad stuff goes through the pipe to the box, and when people talk at the peace table, it turns into peace and goes out."



LFFP Brings Peace Toolbox To China



A surprise invitation to China came from Joy, a former Georgetown University volunteer. She had returned to China and wanted LFFP to train her IDEAS Camp staff in Social-Emotional Learning. MJ had her hands full with our weekly summer camps in DC, Maryland and Virginia, so Jerry went along with former camper and veteran peace camp counselor Sarah Magno on the adventure!

During their two weeks at the IDEAS Camp, Jerry and Sarah demonstrated LFFP's opening rituals, our win-win games and peace circle sharing. The Chinese and international counselors really picked up on the techniques and enjoyed them with their camper groups. We hope to build on this wonderfully enriching and energizing cross-cultural experience!

LFFP Named 'One of the Best' Nonprofits by the Catalogue for Philanthropy

After a careful vetting process, the Catalogue for Philanthropy: Greater Washington has selected LFFP to be part of the Class of 2018-19!

This year the Catalogue celebrates its 16th anniversary: since its inception it has raised \$40 million for nonprofits in the region. It also offers trainings, neighborhood-based opportunities for collaboration, and a speakers series for individuals who want to learn about and engage with the needs, challenges, and accomplishments of our shared community.

The network now includes 400+ vetted nonprofits working in the arts, education, environment, and human services sectors throughout Greater Washington.



Peace Clubs are Coming To A College Campus Near You!

This fall, LFFP is launching a campaign to bring Peace Circles to college campuses!

College students are exposed to pervasive violence today, through their families and communities, technology, gaming and social media and as a result, levels of anxiety and depression and incidents of suicide and campus violence are on the rise.

Through these campus Peace Clubs, we hope to create safe spaces for college students to help them practice peace within themselves and with one another in daily life.

If you are interested in learning more, contact Caity Dee (c.dee@lffp.org) or Matt Moosavian (m.moosavian@lffp.org)!



MARK YOUR CALENDARS!

September 29th, 2018

9th Annual Boat Cruise Fundraiser

Join us for an evening of friends, food and fun as we sail the Alexandria waterfront for a three hour cruise with beautiful night time views of our nation's capital!

For more information or to purchase tickets, visit our website!

September 17th, 2018

Peace Academy - Level 1

Are you a coach, teacher, social worker, or manager? Just interested in learning more about our tools and practices? Attend a Level 1 session!

September 26th, 2018

Peace Academy - Level 2

At Level 2, you'll learn our skill set and become a certified peace agent.

Registration is open on our website!

November 11-18th, 2018

Annual Matching Campaign

Any donations made during this week will be matched by our board!

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 New Community Solutions Fellow, Mika!



Hi! I'm Mika. I came 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! Peace education is something new for me, but back in Kazakhstan I run a young and small social enterprise with my wife that provides different courses and programs that uses

social-emotional learning techniques to help or children and adults develop different soft skills. Helping people make peace and not break peace, to be able to find peace inside and spread peace around is so important today in our globalized and rapidly changing world full of competition, bias, prejudice, intolerance and tons of negative information.

I am really excited to learn more about peacebuilding techniques and get this incredible experience working among the amazing people of LFFP who try to bring more peace and hope to this World.

And I'm looking forward to continuing to spread peace in Kazakhstan when I return home! I've started exploring a path of peace and I'm sure it is going to be a wonderful, life-long journey!

LFFP Brings Peace Circles to Alexandria Jails

This year, LFFP has been doing our course, Path To Peace, in the Alexandria Jail. We met for 6 weeks with the women and then 6 weeks with the men, holding weekly sessions with about 10 to 12 participants each time. Each session has been full of transformation as the participants experience the power of a safe and trusting circle, learning new practices to find peace and communicate and solve problems non violently. It is a time of rewiring and renewal, not shame and blame. LFFP leaders come out of the sessions full of hope as we see the need and appreciation for the peace workshops.

Want to Get Involved?!

We are always happy to have more volunteers! If you are interested in volunteering with us, visit our website to learn more about current and upcoming volunteer opportunities or email us at volunteer@lffp.org

Message From Our Directors : Doors From Summer to Fall 2018

Our Summer Peace Camps opened new doors to hearts - of one another and of our campers. We felt safe to be ourselves and share our self awareness with our little team during a day of art, music, yoga. Win-win games demanded 're-wiring' our brains and hearts to winning together, not at the expense of others. The mini Peace Museum was a favorite place to explore artifacts, puzzles, stories and flags from around the world.



As we move into the fall season LFFP will be launching Peace Circles on university and high school campuses to help students feel connected as they keep their wellness wheel balanced and at Peace. We'll continue the same dynamics in schools, shelters, offices and prisons.

Our world is experiencing lots of un-peace, trauma and fear along with uncertainty. But in the peace room, camp and circles we 'fill people's buckets' and care about helping one another. We answer the polarization with social-emotional skills.

Thanks for being team with us!

MJ & Jerry Park
Co-directors

Live Peace, Teach Peace: Best Practices and Tools *by Mary Joan 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. Like the other LFFP books, it's available in both English and Spanish.

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.

