



Little  
FRIENDS For  
PEACE

# Quarterly Newsletter



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This fall, we were thrilled to see some of our participants in person and to connect virtually with others from around the world.

We continue to offer regional and international opportunities for teaching skills that are crucial for individuals to understand themselves, navigate relationships, and ultimately become productive citizens.

Inside this issue, you will find descriptions of our activities this season.

## Stay in Touch!

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



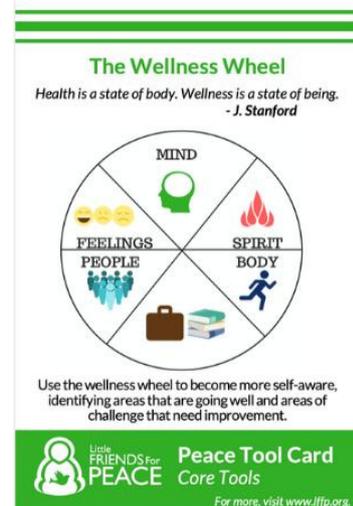
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FALL 2021

# Fall Programming Highlights

## LFFP Brings Peace to Alexandria



Little Friends for Peace partners with the Public Schools in Alexandria, VA to offer peace clubs aimed at developing skills in conflict resolution, communication, and empathy to children across a variety of grade levels. The after-school clubs meet weekly at schools and apartment community rooms.

Most sessions include both children and caregivers in sharing what is making and what is breaking peace for them on that day. Each week we introduce a tool card that describes a skill to learn and to practice that develops their emotional intelligence. For example “Stop, Think, and Act,” shows a peaceful way to resolve conflict, reducing stress for both the kids and the adults they interact with. The Alexandria Peace Clubs foster a sense of community that supports the children, and eventually their parents, who otherwise may not experience it.



# Fall Programming Highlights

## LFFP Helps Students With School Work

Monday nights are tutoring nights at LFFP! We are so grateful to our tutors for the time and passion they bring to their students, many of whom are refugees. Thank you for creating a safe space for our students to practice mindfulness and do their school work.



During a peace club this fall, students from Gonzaga High School helped students from The Perry School with homework while having a good time. Who wouldn't want to sit on some swings while doing homework?



# Fall Programming Highlights

## Peace Circles at Archbishop Carroll High School

This fall, Little Friends for Peace launched a partnership with the Archbishop Carroll High School in Washington, DC to bring peace circles to all of their teachers, staff and students. Our volunteers facilitated three circle discussions about Peace Tools described by MJ, including the "Wellness Wheel" and "Stop, Think, and Act."

College volunteer Indigo Stegner was particularly excited to learn how to work with the students. She stated, "I really enjoyed leading a peace circle for the first time!" LFFP will return to ACHS this December to continue providing the high school community with peace practices.



### Stop. Think. Act.

Before taking action, allow yourself to go to your heart, disarm, and choose an action that shows care and compassion for everyone involved.



- Resist the reflex to retaliate.
- Reclaim your center.
- Release your anger.



- Think compassionately.
- Consider all perspectives.



- Use an I-message.
- Listen actively.



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Peace Tool Card  
Core Tools

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

# Fall Programming Highlights

## Peace and Soccer

When one thinks of soccer, word peace does not necessarily come to mind. Together, LFFP and the Alexandria Soccer Association (ASA) are seeking to change that.

Jim Hogan, ASA's Deputy Director for Tournaments & Programs, stated: "The work that LFFP does through peace circles will help our staff develop the tools to make an impact on our participants and the community. Our hope is that participants feel more valued, understood, and motivated to interact with our coaches and programs because of integrating the best practices of peace circles on a regular basis."

During our first staff circle, several people shared their feeling of being overworked. This showed the need to find ways to unplug from their job duties.

One coach spent a whole practice doing a peace circle to get to know his players better and establish a safe space within the team.

We all brainstormed how circles fit into the soccer world, including to circle up at the beginning or end of a practice, ASA is clearly yearning to build a culture of peace on and off the field.



# Fall Programming Highlights

## Peace Circles at Father McKenna Center



At the Father McKenna Center in Washington, D.C., the peace circles with men experiencing homelessness are honest and raw. Outside the Center, the world can be unapologetically brutal and unfair, but on Tuesdays and Thursdays, peace circle participants can expect a space that where others will listen without judgment, and we collectively work to solve issues peacefully.



This fall, after going over the Wellness Wheel, we shared our tools to calm ourselves during stressful times: being aware of our emotions, sticking to goals, being consistent, and practicing gratitude.



Intern Avery Trinh will never forget the time when, after expressing the thought that he goes to people he trusts to de-stress when times get tough, a man responded that he has no one he can go to. When this peace circle participant walks out the doors of the Father McKenna Center, there is no family, friend, or neighbor he can reach out to. This issue is one that Little Friends for Peace hopes to help address.



We strive to provide a sense of community with our peace circle sharing and our peace tools so that the men can help each other solve problems peacefully.

# Fall Programming Highlights



## Perry School

This 25 year-old after-school program takes place in person. It provides neighborhood students in grades k-6 to grow their love for learning through enriching activities like playing ball with college volunteers, followed by art, circle sharing with Peace Tool learning, guest presenters and homework tutoring.

## Chance Academy

LFFP led a 4-day Peace Camp for all staff and students. We follow up weekly with class visits that refresh the environment for students and teachers to experience, learn, and practice peace skills.



## Arlington Jail

The peace circles at Arlington Jail have resumed! These circles take a restorative justice approach involving participants in honest exchanges about harm, change, and wellbeing. Every week, LFFP Director MJ Park leads discussions on peacebuilding and offers strategies for cultivating inner peace and peaceful conflict resolution.

## Uganda

The Uganda Peace Academy has taken place virtually this fall and is graduating its first group of Peace Leaders. The goal of LFFP's Uganda Peace Academy weekly sessions has been to help provide these refugees from South Sudan with some tools to foster peace within their community - and to re-enter and to re-build their country



**Monday Night Tutoring:**  
7 p.m. on November 29, December 6, and December 13

**Tuesday Peace Circle for College:**  
6:30 p.m. on December 7 and December 14

**Wednesday Peace Circle for Adults:**  
7:30 p.m. on December 1 and December 15

**Uganda Peace Academy:**  
8:30 p.m. on December 10 and December 17



For more information, contact Caity Moosavian at [c.dee@lffp.org](mailto:c.dee@lffp.org)

College roommates, spouses, teachers, parents, & coaches  
Come together to experience, learn, and practice skills of nonviolence to use in their home, church, school, office, or team.



Conflict Solving Peace Train



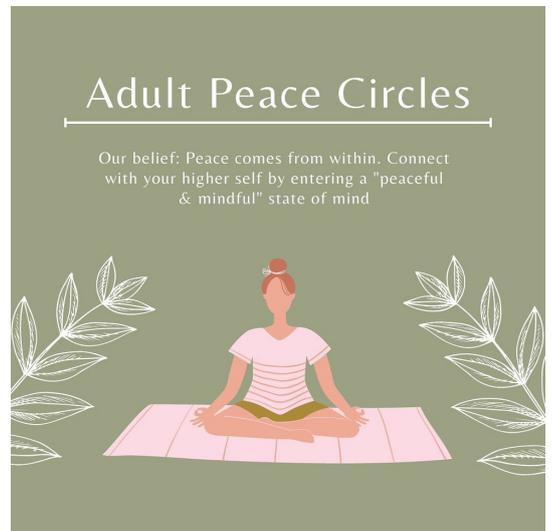
Wellness Wheel



Peace Circle Check-In



Cooperative Games



**Are you looking for volunteer opportunities?** Do you want to spread the message of peace to your community? You're looking at the right place. There are so many programs and opportunities for you to learn about peace and help others. We are beginning planning for spring programming and Summer Peace Camps. Check out our website or email [volunteer@lffp.org](mailto:volunteer@lffp.org) to sign up for volunteer opportunities. See you soon!

# Holiday Gifts

## Looking for holiday gifts that are portable and powerful?

Shop our new collection of laminated Peace Tool Cards for your teachers, parents, and all peace practitioners. They feature exercises, and reflective quotes that enhance our social emotional skills. 13 cards: E.g. I-Care Language, Connect Before You Correct, Stop-Think-Act, Being Mindful In Hard Times... (some in Spanish)  
Price: \$5 for 3 on Store tab at [www.LFFP.org](http://www.LFFP.org) or call 301 927-5474



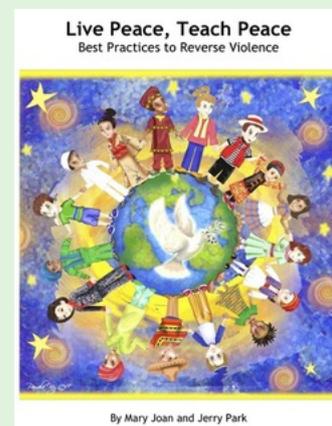
## Live Peace, Teach Peace: Best Practices and Tools by MJ and Jerry Park

MJ and Jerry Park drew on 35 years of peace building experience to produce this comprehensive and beautiful teaching toolbox, 101 pages in English and Spanish.

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 tools and a list of resources for all ages.

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

Price: \$25 plus s&h Visit the "Books and Publications" section on our website [www.LFFP.org](http://www.LFFP.org).



# Volunteer 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:** Daria Nastasia (she, her, hers)

**School:** The George Washington University

**Majors:** Political Science, Journalism and Mass Communication

**Minor:** Film Studies

**Fun Fact:** I was born in Romania and I love to travel internationally

**Favorite Peace Quote:** "Peace is its own reward" -

Mahatma Gandhi

**LFFP Newsletter Editor**



**Name/Pronouns:** Melissa Owusu-Ansah (she, her, hers)

**School:** The George Washington University

**Major:** Neuroscience

**Minor:** Public Health; Biology

**Fun Fact:** I've always loved reading (I read over 700 books in high school). I also write children's stories centered on instilling community values in an individualistic society.

**Favorite Peace Quote:** "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel" - Maya Angelou

**LFFP Newsletter Contributor**



# Volunteer Spotlight

**Name/Pronouns:** Katy Ronkin (she, her, hers)

**School:** The George Washington University

**Majors:** Political Science, History

**Minor:** Women's and Gender Sexuality Studies

**Fun Fact:** I am the general manager of the GW radio station!

**Favorite Peace Quote:** "I am not free while any woman is unfree, even when her shackles are very different from my own." - Audre Lorde

**LFFP Newsletter Contributor**



**Name/Pronouns:** Avery Trinh (he, him, his)

**School:** Eastern Mennonite University

**Major:** Psychology

**Minor:** Math, Neuroscience, Theater

**Fun Fact:** I was on four different continents in one week!

**Favorite Peace Quote:** "...A prayerful and meditative life can give us... the freedom to respond instead of react" - Douglas Abrams

**LFFP Intern & Newsletter Contributor**

**LFFP's mission is to counter violence and contribute to a worldwide culture of peace by sharing skills to prevent, resolve, and transform conflict with individuals, families, teams, and communities.**

**LFFP's vision is the Beloved Community, a world where relationships are based on respect and acceptance, conflicts end in reconciliation, and everyone is safe, cared for, and able to realize their unique potential.**

## Message From Our Directors

Dear LFFP Community,

The challenges of emerging from quarantine and of responding to global pains call us to use our peace tools now!

LFFP is circling with students, grandparents, coaches, prisoners, refugees... to equip and support them in meeting these challenges.

We are grateful to our team leaders for facilitating the peace circles locally and internationally.

As LFFP celebrates 40 years, we feel hopeful that we will continue to find creative ways to infuse peace into our daily lives.

Thank you for your support and help. Your spirit fills us with energy.

Peace.

**MJ & Jerry Park**  
LFFP Directors

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



*"Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has."*

**Margaret Mead**

### Interested in making a donation?

Your donation will help children, youth, and adults join the circle, cultivate healthy relationships, and foster peaceful communities. 60% of our program participants are children and adults from low-income and newly-arrived immigrant families that cannot afford to pay. You can join us in helping them restore and renew! Donate before midnight on December 5th and your donation will be matched!

Campaign link: <http://cfp-dc.org/b2zQ>

PEACE