



Quarterly Newsletter



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Welcome!

LFFP has been off to a great start in 2019! We kicked the year off with a celebration of the life of Dr. Martin Luther King Junior, resumed our normal programming at The Father McKenna Center and have been forming new connections and partnerships around the DC-Maryland-Virginia area! Inside this issue, you'll find details on these and other spring activities and announcements and reminders for upcoming programs and events!

Stay in Touch!

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Spring Programming Highlights!

MLK Day 2019: A Day of Service and Celebration

By: Juliet Onufrak

On January 21st 2019, LFFP partnered with Holy Redeemer Church to provide members of the community with a safe place to experience and practice peace, do service, and to celebrate the life of Dr. Martin Luther King jr.

We could not have successfully put the day together without the help of volunteers from Catholic U, American U, Public Allies, and GWU. The assistance of these students provided community members with a peaceful break from daily life.

Children and adults alike had fun moving between each of the activities. There were booths for crafting, face painting, bridge building, legos, puzzles, painting, and coloring.

Everyone enjoyed delicious hot chocolate, brownies, popcorn, cake, and cookies. Many community members joined in for conversations and peace circles, while other volunteers completed a painting project at The Perry School next door. We danced, did our peace pledge, and spent time connecting with those around us. We ended the day with a talent show. The talents varied from rapping to dancing, and one boy even reenacted a famous MLK speech.

The talent show gave every performer a boost of self esteem as the audience cheered and praised each act. Everyone went home feeling the power of new connections, friendships, and the spirit of Dr. King!



A Path to Peace at the Father Mckenna Center

By: Brinda Gopal

The Father McKenna Center is a day shelter for the homeless men of DC. To help the men achieve their full potential, they provide a vast range of resources, from food to emotional support. One of these resources is peace education sessions with LFFP.

LFFP has been working with the McKenna Center for many years. We conduct biweekly large group sessions with the men as well as voluntary weekly small group peace circles.

During our sessions, we discuss tools and strategies we can use to keep us on the path to peace. LFFP understands how easy it is to divert from this path, so we aim to provide support for the men of McKenna. Our smaller sessions involve a great deal of personal sharing and the men who participate, as well as the volunteers, find themselves in vulnerable positions. But this allows for us to be in tune with how we are feeling and processing the things we grapple with on a daily basis, thus furthering our path to peace.



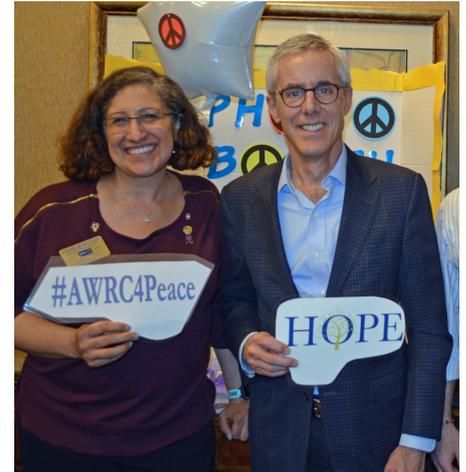
Volunteer Spotlight: Chase

Chase is a 33-year-old retired corporal from the United States Marine corps, where he served from June 2004 to April 2007.

He started volunteering with LFFP at the beginning of January and helped with our programs in the Alexandria Jail and at the Father McKenna Center.

Chase says that his time volunteering with us has given him tools for intentionality and interrupting negative thoughts that he'll continue to use in the future!

LFFP Partners with Alexandria West Rotary Club to spread peace in the DMV and beyond!



This year, LFFP received an invitation to speak at the Alexandria West Rotary Club's 2019 "Peace and Fellowship" event. After a successful evening of relationship and community building, a partnership for peace was formed!

Together, LFFP and the Alexandria West Rotary club are working together to bring peace sessions and workshops to several schools and groups in Alexandria. A team has also been formed to work on planning and secure funding for a potential peace program in Ghana. Although the work has only just begun, both LFFP and Alexandria West Rotary Club are feeling hopeful about the possibilities that this partnership is sure to bring!

LFFP JAMS Foundation /ACR Initiative Grant Update!

Little Friends For Peace, in partnership with Action in Montgomery County, was awarded the 2018 JAMS Foundation-ACR Initiative for Students and Youth Grant by the JAMS Foundation and The Association for Conflict Resolution. The two-year grant is funding our project: "In the Shelter of Each Other: From Personal Wellness to Empowered Community."

This project centers on two adjoining elementary schools in Montgomery County, MD. Both schools serve highly diverse populations, including a high percentage of recent immigrants from many nations, and about 10% of students are African American. Trauma is the environmental condition most common to them all. Our project will implement conflict resolution learning and practice for teachers and staff, parents, students, and the surrounding community to meet urgent needs identified by community members, including freedom from gang violence and safe spaces for children.

Our programs for children, teachers, and parents for this grant include peace lessons, afterschool peace clubs, peaceful parenting circles, and week-long summertime Peace Camps. We are excited to continue our work at St. Camillus and St. Francis International School!



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Meet our New Program Coordinator, Bria!

We are excited to announce that as of this Spring, Bria will be joining our staff as our new Program Coordinator.

Bria is no stranger to LFFP. She volunteered in a variety of LFFP programs in 2018 and was the Summer 2018 Development and Communications Intern, as well as a Peace Camp Counselor.

Originally from The Bahamas, Bria moved to D.C. three years ago to pursue her graduate studies at American University. She recently graduated this past December with her MA in International Development, with a focus on Development Management, Community Development, and Nonprofit Organizations.

She is so happy that she found LFFP last year and is excited to be able to continue working with LFFP and to continue her own journey on the path to peace!



Peace Camp Registration is Open for Summer 2019!



For almost 40 years, LFFP has hosted Summer Peace Camp, a social emotional learning program for children ages 4 -14.

Peace Camp offers youth the opportunity to explore cooperation and conflict resolution in a safe and supportive environment that encourages critical thinking and cultivates compassion. Our Peace Camps are highly interactive and use a variety of activities to teach peace tools and practices. Typical camp activities include: art, cooperative games, movement, nature walks, yoga, meditation, drumming, and more!



The camp theme for this summer is "Circle Up to Find Peace!" This year we are emphasizing the need for including others in our own personal journeys of peace and teaching the importance of connecting and sharing with one another. Campers will learn how to maintain personal wellbeing as well as how to be peace leaders in their community.

To learn more about our peace camps, volunteering and staffing opportunities, or registration, visit our website at www.lffp.org/peacecamp.

Help LFFP Give the Gift of Peace this Summer!

Our Summer Peace Camps would not be possible without the generosity of our donor community.

Your donation can help fund camp scholarships for children from low-income and newly arrived immigrant families whose parents cannot afford to pay.

Our theme this summer is "**Circle Up to Find Peace!**" You can help us bring children together to share and discover the unique talents and gifts that each one of them brings on the journey to peace.

Together, we can create opportunities for all to experience, learn, and practice peace.

To donate or learn more, visit our website, www.lffp.org/donate. All donations are welcome.



MARK YOUR CALENDARS!

Upcoming Circles

Join us at our Peace Room as we circle up for discussion, reflection, and sharing at one or both of our upcoming Peace Circles.

March 27th, 2019

Circle of Encouragement and Hope
128 M Street NW, WDC 20001

April 10th, 2019

Reflection on the Path to Peace
128 M Street NW, WDC 20001

2019 Charity Golf Classic

May 6th, 2019

Join us for our annual charity golf classic at Kenwood Golf and Country Club! All proceeds will be put towards providing scholarships to our Summer Peace Camps!

Register or learn more by visiting our website, lffp.org, or email Caity Dee at c.dee@lffp.org

Open Mic and Talent Show

July 14th, 2019

Busboys and Poets K Street

Come celebrate the talents and gifts of our campers, counselors, and staff!

Suggested donation: \$20

All proceeds raised at the event will go towards funding for our summer camps.

Join us for Our 2019 Charity Golf Classic - May 6th, 2019!

2018 was a great year for LFFP for a number of reasons but one of which is because we hosted our first annual LFFP Charity Golf Classic in Bethesda, MD at Kenwood Golf & Country Club. We were fortunate enough to have 16 foursomes play in the event, a number of sponsors, and close to 70 people attended our dinner celebration! By the end of the event we had raised a total of \$10,000 which allowed us to provide 30 children with scholarships to our Summer Peace Camps.

2019 is off to a hot start for LFFP and we will continue the momentum from the start of the year directly into our 2019 LFFP Charity Golf Classic. This year's golf classic will be again hosted by **Kenwood Golf & Country Club** on **May 6, 2019**. This year, we hope to double the impact of the event we had last year by raising \$20,000.

What does this mean? This means we are calling on you, the DC community to support the 2019 LFFP Charity Golf Classic. If you or anyone you know would be interested in participating in this event, please pass along the information and have them reach out to Caity Dee at c.dee@lffp.org for more information.

The day will begin with a boxed lunch which will provide you with the chance to meet fellow participants and the golf will begin at 1 pm with a shotgun start. The format will be a 4 person net (no handicap) scramble. There will be longest, drive, longest putt and closest to the pin challenges throughout the course for both men and women alike and this year we will also have alcoholic beverages available on the course. At the conclusion of the round, there will be a short cocktail hour and then a dinner celebration which will include silent auction items, a few short presentations, and a final call to action.

If you do not play golf please feel free to register for the dinner celebration. We are also soliciting several different levels of individual and corporate sponsorships, many of which include 1 or more foursomes. If you have questions about this information or are interested in becoming a sponsor please reach out to Caity. It is your contribution to this event and future events that will continue to provide DC area youth with the resources and skills they need to develop into thriving young adults!



Message From Our Director

Dear LFFP Friends,

The cry to "Stop the Violence " is getting louder and the self awareness of the need to restore and equip oneself with the tools and practices of non violence is stronger.

LFFP has been helping plant those seeds as we Circle Up in schools, churches, work places, jails, homes, soccer fields and relationships.

We invite you to join us in experiencing , learning and practicing peace starting with oneself.

Peace,

MJ Park

Executive Director



"Peace begins in our hearts. To love we need to have understanding from compassion. Understanding is the very foundation of love.

And looking deeply is the basic practice."

Thich Nhat Hanh

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.

