



Little
FRIENDS For
PEACE

Quarterly Newsletter



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Welcome!

This spring, our work at Little Friends For Peace has remained virtual, but we have continued to cultivate a sense of Peace, connection and community through our daily virtual Peace Programming, even adding new partners and spreading our Peace Practices to a greater community of people.

Inside this issue, you'll find details on all that we've been up to this season, including program highlights and reflections, along with other announcements and reminders of our upcoming programs and events!

Stay in Touch!

Website:
www.lffp.org

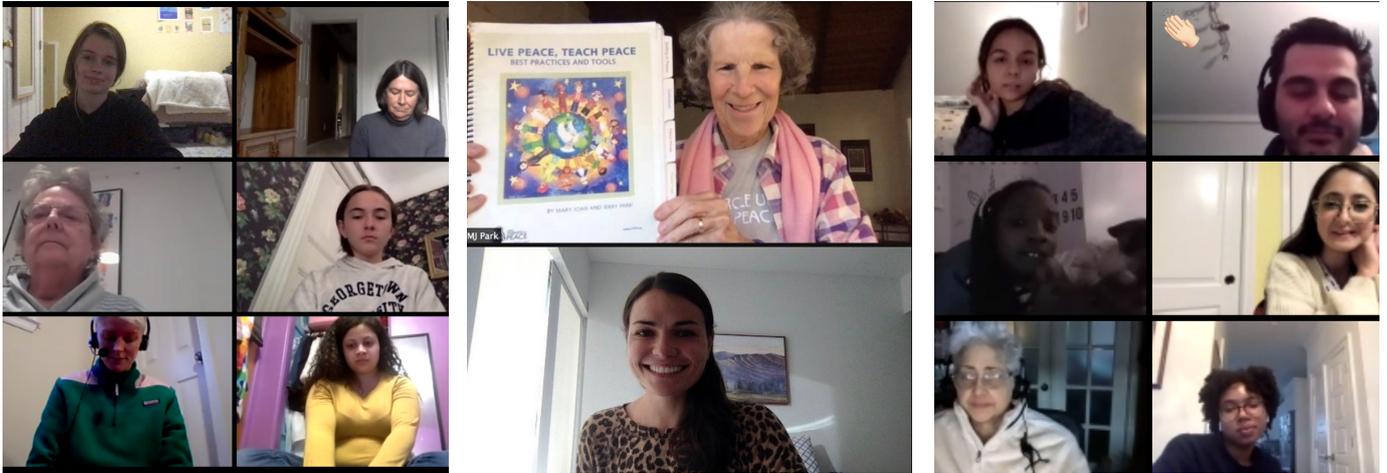
Email:
littlefriendsforpeace@lffp.org

Phone:
 240-838-4549



Spring Programming Highlights!

Virtual Peace Programs



For now, the majority of the work of LFFP remains virtual, with some limited in-person activities. Although our programming looks different than it has in years past, we remain committed to spreading Peace Practices to the greater Washington, D.C. and Maryland areas. This Spring, we are excited to have launched new Peace Programs and continued with our past Peace Programs as well. Among our new programs, we have launched a tutoring program with the St. Francis International School and Peace Circles at Golden Rule in D.C. for youth. In addition, we have continued with our High-School and College Peace Group, International Peace Group, Peace Circles with The Farther McKenna Center, and Peace Clubs and tutoring sessions with The Perry School, among other offerings.

Although we miss seeing everyone in person, we are grateful for the opportunity to continue connecting with people virtually. It is through these connections that we are able to teach practices to maintain inner and outer Peace and offer ways to deal with internal and external conflict and challenges. We have optimism for 2021 and know that together, we will heal and move forward on a path of Peace, light and hope.

LFFP Partners with The George Washington University for Dr. Martin Luther King Jr. Day of Service

On January 18th, Dr. Martin Luther King Jr. Day, students from The George Washington University and individuals from the LFFP community came together to learn about the life and contributions of Dr. Martin Luther King Jr. and take action to celebrate his legacy. We watched a presentation about his life, learned about his influence on the work and mission of LFFP, and ended with a space for everyone to share their talents and thoughts.

We left feeling inspired by the life of Dr. King and energized to create a community and world of greater unity, collaboration and Peace.



Tuesday Peace Club and Academic Enrichment Sessions

This spring, we have continued to hold our virtual Tuesday Peace Club with students from the Perry School. Despite the virtual format, our students show up each week with an eagerness and willingness to participate, from sharing what is "making and break their Peace", working on arts and crafts, and learning about tools that they can implement into their own lives in order to feel, think and behave peacefully towards themselves and others.

We have also continued with our Academic Enrichment Sessions on Thursdays, in which students are able to work one-on-one or in small groups with tutors in order to get extra support on their homework and build their skills through other academic activities.



Peace and Yoga with MJ and Intern Kelly

We are continuing to offer Peace and Yoga Sessions with MJ and our amazing intern and yoga therapist Kelly Stickney. Our sessions have focused on a variety of themes, from Wellness: Balancing One's Mind, Body and Spirit, Mindfulness: Hope and Healing, Calmness in the Midst of Crisis, and Living in the Present Moment.

These sessions spotlight group intention and the power of calm. Each theme brings deep meaning and heartfelt shares, and the energy is transformed into healing through the movement and breath of group yoga practice.

NEW!

And now, LFFP also brings Peace and Yoga to the workplace to help people keep their wellness wheel balanced and peaceful, bringing greater spirit and productivity to their work.



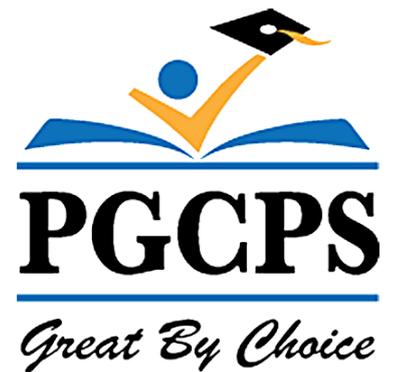
LFFP Launches a Tutoring Program with St. Francis International School

We are excited to have launched a tutoring program in collaboration with the St. Francis International School. This program is unique because we have specifically paired students from the SFIS school and tutors, consisting of both undergraduate and graduate students, whose academic and personal interests best fit each other. This allows for better opportunities to reach higher academic achievement and understanding amongst the pair since they have commonalities outside of the school setting.



LFFP Brings Peace Tools to Alexandria and Prince George's County Schools

LFFP has partnered with the Alexandria and Prince George's County Schools in order to provide students and teachers with Peace tools and practices that they can implement in order to create schools and communities of greater Peace.



LFFP Continues with the High School and College Peace Group

Every Tuesday evening, LFFP has continued to offer a Peace Group with high-school and college students. Throughout the session, students have the opportunity to share how they are feeling and ways in which they maintain Peace on top of their busy schedules with school, homework and extracurriculars.



LFFP Holds Peace Academy

This Spring, LFFP has offered a virtual Peace Academy. During each session, participants have the opportunity to experience and practice peace-building, while also learning strategies for teaching peace to others. Through a combination of instruction, discussion, observation, and facilitation, the course is designed to get participants ready to practice peace in their own life and lead peace experiences on their own as well.



Correct

Conflict is an opportunity to deepen a relationship

- Focus on the problem you argue about
- Acknowledge the values that each of you is pursuing
- Imagine a practical solution acceptable to both of you



Each of the following sessions have a specific aim in order to lead participants on the path toward implementing peace practices in their own lives and the lives of others:

Session 1: Defining, Creating and Grounding Yourself in Peace through LFFP Curriculum

Session 2: LFFP Advanced Peace Tools and Techniques

Session 3: Putting Peace Education into Practice

Connect Before You Correct

A caring relationship opens our hearts and minds



Connect

Listening is one of the most sincere forms of respect

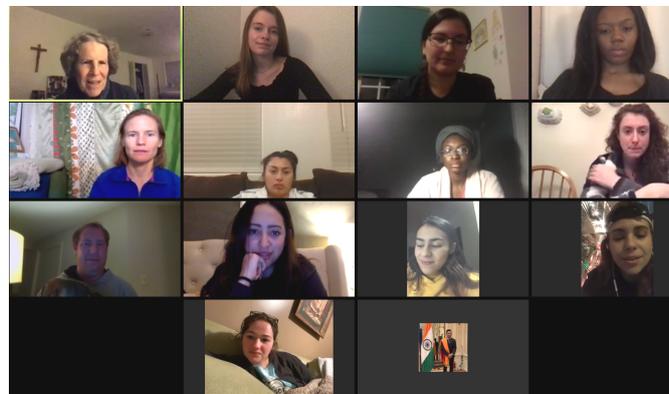
- Enjoy an activity together
- Accomplish a project together
- Listen to and share a story from your past or present
- Reflect on the values in your stories and identify those you have in common



LFFP Continues with the International Peace Group

Throughout January and February, we have had our International Peace Circle on Thursday Nights. Each session has focused on one of the following themes: Peace Begins with Me, Connecting with Others, Mindfulness Practice and The Path to Peace.

For four weeks, we have had the opportunity to connect with people from across the world, while learning, experiencing and practicing Peace with International Leaders.



Our programs would not be possible without the dedication and spirit of our volunteers! This issue's volunteer spotlight features Jordyn, Amanda, Alex and Isabella.



"My name is Jordyn Paul-Slater, and I'm a junior studying Journalism and Mass Communications at the George Washington University. I'm an aspiring internet culture and entertainment journalist, hoping to bridge the cultural divide between Gen Z and older generations through education and explaining internet trends, events and posts.

I began volunteering with Little Friends for Peace in the fall of last year. COVID gave me a plethora of eye-opening experiences where I realized how desperately our world needs a return to peace and emotional wellness education. I learned about LFFP through a friend while expressing this conclusion. Since being involved with LFFP, I have met the most compassionate individuals and learned how to be a peace-maker for my community. I'm so grateful to have found LFFP, and I'm looking forward to seeing my progression through this journey."

"Hi my name is Amanda! I am a junior at The George Washington University majoring in Business Economics and Public Policy and minoring in Public Health. I am on the Executive Board for Alpha Phi Omega, GW's gender inclusive service fraternity, and the New Organizations Committee.

I was introduced to LFFP this semester and have been absolutely loving the experience! From Peace Club, to Weekly Tutoring, being able to work with such smart students has been the highlight of my week. Everyone at LFFP is so dedicated, passionate and welcoming- and it is a pleasure to be working with you all!"



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"My name is Alex and I am from Oak Park, California. I am a current freshman at The George Washington University majoring in International Affairs and minoring in Economics and Public Policy.

I joined Little Friends for Peace as a volunteer because I loved the mission of the organization and wanted a way to get involved even from a distance. The students I have worked with have been amazing and the stories I have heard have been incredible! I have seen changes in my own life from this program and a change in perspective. This semester I'm working more behind the scenes with LFFP and I couldn't be more excited!"

"My name is Isabella and I am a current freshman at the George Washington University studying Political Science and Journalism.

I joined Little Friends for Peace this fall when I took a University Writing course that required a community service component. This organization really stuck out to me because of its strong emphasis on personal well-being and support. As a freshman taking my first semester online, I found LFFP to be an incredible opportunity to meet members of my new community and build relationships based on the common goal of peace. I particularly enjoy working with the kids as I find I always leave our sessions having learned as much from them as they learned in the peace class. While my class has ended, I'm extremely excited to continue working with LFFP this semester and beyond."



Summer Peace Camp: Join the Circle

We are looking forward to holding our **Summer 2021 Peace Camp**. At Peace Camp, LFFP uses art, games and presentations to teach children mindfulness, empathy, anger management, conflict resolution, and self-empowerment.

This Summer, we will be learning Peace tools and practices, connecting with new friends, playing cooperative games, exploring nature, creating art and experiencing Peace. Virtual Programs and Virtual Peace Clubs will also be launching!

Join us for Peace Camp:

Exact locations TBD

July 12-16 Arlington, VA

July 19-23 Arlington, VA

August 2-6 Silver Spring, MD

August 9-13 Mt. Rainier, MD

July 19-August 13- 4 weeks of camp in D.C.



MARK YOUR CALENDARS!

Practicing Peace in Daily Life

Wednesdays- 3/24, 4/7, 4/21

7:30 pm-8:30 pm

Peace Circle for High School and College Students

Tuesdays from 6 pm-7 pm

Peace and Yoga Peace Circle Series

Every Monday for 5 Weeks

March 15- April 5

4:30-5:30 pm

Let us Dream: The Path to a Better Future Book Club

Monday Nights at 7:30 pm

March 15, 22, and 29

Join any session you wish

All programs take place on Zoom

*Email us at littlefriendsforpeace@lffp.org
to sign up!*



For more information, fees, or to register for these and other events, visit the upcoming events page on our website (www.lffp.org)

Message From Our Director

Dear LFFP Friends,

Spring is in the air with new light and with seeds of hope. Here at LFFP we have been busy offering "Peace Programs" offering experiences and skills - for all ages and in all places. As we navigate through changes, the importance of keeping grounded and acting with non violence is key. LFFP invites all to join the Circle as we learn the tools to connect with self, others and the earth.

Peace in ourselves, Peace in the World,

MJ Park (with Jerry)
Executive Director



*"Peace is not something
you wish for;
It's something you make,
Something you do,
Something you are,
And something you give away."*

John Lennon

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.

