



# Quarterly Newsletter



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Is Spring bringing you to hope with all the trees blooming and flowers returning to life? Seeds of Peace are ready for planting to help grow compassion, care, and kindness. LFFP counselors are looking forward to summer Peace Camp to grow that peace in oneself with our life compañeros.

Come learn and practice with the tools that will help rewire and restore all of us on the path of Peace. Join our Peace Circles, and rewire your reflexes in the way of peace. We will get there on the Peace Train - a new green Peaceable Kingdom is with us.

**Stay in Touch!**

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

Phone: 240-838-4549

Email: [littlefriendsforpeace@lffp.org](mailto:littlefriendsforpeace@lffp.org)

 @littlefriendsforpeace

 Little Friends For Peace



# Spring Program Highlights

## LFFP Brings Peace to Alexandria

LFFP has been leading Peace Clubs in Alexandria after-school programs sponsored by The LINK program. Great opportunity for LFFP to lead Peace circles for the children and teach some peace tools such as:

**Stop, Think, Act and I CARE Language.**



The children love having a safe place to share their thoughts and feelings and be affirmed for their talents.

All of the children say the Peace Pledge in the circle. LFFP has seen the power of the circle and the gift of healthy connections.



# Spring Program Highlights

## LFFP Helps Hispanic 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.



I started volunteering with LFFP last semester and love my weekly tutoring sessions. Over the last six months, I have been able to get to know my three students very well. I love the sense of community we've been able to build on Monday nights and meeting all the students and other tutors. Aside from working on homework, reading out loud, and working through math problems, we have had great conversations about everything from ways to build peace for our families to dream jobs and cars. I'm so grateful to be a part of our Monday night circle and look forward to it every week!

- Rupa Siva

## Uganda - LFFP Continues its Peace Academy



For the past year, LFFP has been doing Peace Academy on zoom with adults from a refugee camp in Uganda. The participants love the **Peace Tool**: Be a bucket filler and not a bucket tipper. Also, the wellness wheel has given the refugees a tool to help them become self-aware and manage their emotions, trauma, and healing. The impact of the sessions has been amazing, hope is alive and the folks say the tools are helping them be more peaceful. Contact MJ to become involved in the zoom circles: [mjpeace@gmail.com](mailto:mjpeace@gmail.com)

## Peace Circles at McKenna Center

The McKenna Center is a special place. It prioritizes the health and well-being of men experiencing homelessness, and the community is incredibly encouraging these individuals to help them complete their goals. Little Friends for Peace has hosted the peace circle for about 10 years.

A past participant said, “it is a place to take some time to reflect, meditate, and find peace”. It’s a safe space for participants to feel supported and valued. Every week LFFP focuses on incorporating the wellness wheel into conversation, self-love, and most importantly discussing ways to take action outside of the circle.

- Leila Wynnyckyj

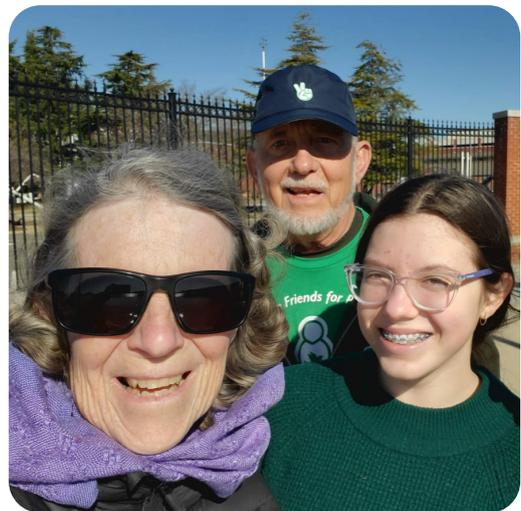


## Peace Camper Receives Pace Bene Youth Changemaker Award

Keyla was born and raised in Matamoros, Mexico, just across from Brownsville, Texas. She came to the US when she was 12. Her passions are art, climate change, and sports. MJ and Jerry Park are Keyla’s grandparents. MJ is a teacher and mother of six and grandmother to seven; Jerry is a former Peace Corps volunteer in India and hospice nurse.

### The Project

Keyla will create a 4’x6’ canvas painting depicting how humans affect climate change and ways we can reduce our effect. Art classmates will help with the painting, including ideas. Once the posters are done, she will show it to our peace campers so they can come up with wonderful ideas about how to stop climate change. They will draw, write, and paint ideas on canvas or posters, and we will put them up in libraries, schools, and other public places to show people that children care, that they want peace and not violence on the earth and in their community



# Spring Program Highlights

## ASA and Peace



Alexandria Soccer Association coaches and staff learned and practiced with tools for evoking social and emotional wellness.

Now they are trying them out with fellow coaches and teams.

## Our International Ambassador

### Kirin Taylor

Kirin Taylor started her immersion into peacebuilding by joining LFFP as a camper at an early age. She felt a profound connection and started studying the philosophy of non-violence and then went on to become our ambassador.

Throughout her countless experiences, she had the opportunity to work with kids from the south and north of Cyprus teaching them the mission of peace as the country was enduring conflict. Most notably Kirin gave a speech in the Mexican Senate, where she talked about the skills she had learned in building peace and the importance of using non-violent tools to end the conflict.

-Eduardo Jaramillo



# Spring Program Highlights

## Wednesdays are for LFFP Peace Circles



Little Friends for Peace (LFFP) has been such a blessing for me and others during this pandemic. When COVID first started many of my volunteer opportunities ceased and I was searching, no longing for, connection, and a sense of community. Thankfully, I found MJ Park and LFFP. I'm so appreciative of our Wednesday night Peace Circles.



It's such a deeply beautiful experience to participate in a caring and supportive group of individuals focused on living in peace and living in inner peace. MJ creates a safe space where all opinions, feelings, and concerns are welcomed, heard, acknowledged, and valued--without judgment! We get to express what's breaking our peace and making our peace, discuss tools for peace and share what we are taking from the circle.

I feel such a FREEDOM to be me and to learn from this diverse group. I feel such peace and calm which hopefully spreads peace and acceptance into my world and into our world.



Consider joining and supporting this Peace Train. The world needs PEACE!

*-Ann Statva*

# love, peace, and joy

## Chance Academy

When I began working for LFFP last month, Ms. MJ explained that I would be helping teach peace studies to students at Chance Academy, but I would also be learning from them too. How right she was. Watching students of all ages discuss the many challenges facing the world right now, I am inspired not only by their comprehension of such events but also by their ideas for peaceful solutions. In one activity, students were asked to select peacemakers from their personal lives and chosen family members, friends, and teachers. In the midst of so much turmoil and so many distractions, sometimes we forget that our everyday acts of peace are seen by others and carry the power of influencing the most important people - future generations.

-Jasmine Slusser



## Hope and a Home

Hope and a Home is an organization devoted to empowering low-income families with children to help create stable homes. Little Friends for Peace has partnered with this organization to offer a lively, informative, and enjoyable bi-weekly peace circle. One of my absolute favorite circles was our Valentine's Day session where we practiced affirmations and discussed what love means to us (including concepts such as empathy, safety, and humility). During Black History Month we discussed important customs and traditions as well as sources of inspiration and hope. We also participated in a lively trivia game in which a student in the program graced us with his detailed and expansive knowledge of each question! Each circle comes with a unique theme and topic which keeps the discussion current and interesting, and MJ always does a fantastic job at creating a safe space for sharing. In sum, the Hope and a Home peace circle provides a warm, inviting environment full of meaningful conversations and is a great way to interact with DC families.

-Caitlin Eivers

# 2022 Peace Camps

## Circles of Community

CONNECT  
MAKE  
FRIENDS

LEARN  
PEACE

PLAY  
COOPERATIVE  
GAMES



EXPLORE  
NATURE

CREATE  
ART

EXPERIENCE  
PEACE

UUUCA Week 1 in Arlington, VA  
June 20th- June 24th, 9:00am-3:00pm

UUCA Week 2 in Arlington, VA  
June 27- July 1, 9:00am- 3:00pm

Peace Camp at the Greenbelt Community Church  
July 18- July 22, 9:00am-3:00pm

Peace Camp at St. Camillus/ SFIS in Silver Spring, MD  
Dates: August 1st-August 5th, 9:00am-3:00pm

Peace Camp at The Carriage House  
Kittamaquindi Community Church in Columbia, MD  
Dates: August 8th- August 12th, 9:00am-1:00pm

### Kids ages 5-14



A social-emotional learning program  
for children ages 5-14

At Peace Camp, LFFP uses art, games,  
and presentations to teach children  
mindfulness, empathy, anger  
management, conflict resolution, and  
self-empowerment

**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 planning our Spring programs 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!

## Looking for the perfect gift that is portable and powerful?

MJ and Jerry Park drew on 35 years of peace-building experience to produce this comprehensive and beautiful teaching toolbox.

**Live Peace, Teach Peace** 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. | *101 pages in English and Spanish* | **\$25** |

### Peace Tool Cards

Teach how to disarm youth, spouses, bullies, and self with good habit-forming techniques, and more! | *20 Cards in English and Spanish* | **\$2.50** each |



**Little FRIENDS For PEACE**

**BOOK: \$25**      **TOOLS FOR TEACHING & PRACTICING PEACE**      **SET OF 15 CARDS: \$20**

**LIVE PEACE, TEACH PEACE**  
BEST PRACTICES AND TOOLS

**Live Peace, Teach Peace Book & Tool Cards**

**BOOK INCLUDES:**

- ✓ Peace Train
- ✓ Win-win games
- ✓ Inspirational posters
- ✓ Peace songs
- ✓ Peace hero biographies

Little Friends for Peace founders, MJ and Jerry Park drew on 35 years of peace building experience to produce this comprehensive teaching toolbox.

LFFP.ORG



# Volunteer Spotlight

**Name/Pronouns:** Carter Morgan (he, him)

**School:** The George Washington University

**Major:** Psychology

**Minors:** Music and Political Science

**Fun Fact:** I can say the alphabet backward in under 5 seconds.

**Favorite Peace Quote:** "Walk in the direction where your peace is found" - Steven Aitchison

**LFFP Volunteer**



**Name/Pronouns:** Leila Wynnyckyj

**School:** The George Washington University

**Major:** International Affairs

**Minor:** French

**Fun Fact:** She began her work with LFFP through an organization called Community Engagement Consulting on campus in Fall 2021, and she's been involved ever since!

**LFFP Intern Social Media and Volunteer.**

**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 up 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?

Peace Camp is alive and the Peace train is on the move!

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

Go to [www.lffp.org/donate.html](http://www.lffp.org/donate.html) or send it to LFFP,  
15400 Old Marshall Hall Rd, Accokeek, MD 20607

**\$50** Snacks in honor of Desmond Tutu

**\$100** Peace Journals in honor of Brother Chris

**\$150** Meditation Special Guest in honor of Thich Nhat Hanh

**\$330** Full Scholarship for one week of Peace Camp

**\$500** To support summer staff stipends in honor of your favorite Peacemaker

**\$1000** In honor of all those who have lost their lives to gunviolence