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.
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
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

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

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.
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 longer 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
Spring Program Highlights

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

EXPLORE
NATURE

CREATE
ART

PLAY
COOPERATIVE
GAMES

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
Kittamaqundi 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 to sign up for volunteer opportunities. See you soon!

SPRING 2022
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 |
Volunteer Spotlight

Our programs would not be possible without the dedication and spirit of our volunteers & interns.

**Name/Pronouns:** Zara Abbassi (she, her, hers)
**School:** The George Washington University
**Major:** Business
**Concentration:** International Business and Business Economics & Public Policy
**Fun Fact:** My family raises chickens in my hometown, St Louise.
**Favorite Peace Quote:** "Live and let live"

LFFP Communications and Marketing Intern

**Name/Pronouns:** Eduardo Jaramillo (he, him, his)
**School:** The George Washington University
**Majors:** Business Administration
**Concentrations:** Accounting and Finance
**Fun Fact:** I am tri-lingual; English, Spanish, and Italian.
**Favorite Peace Quote:** "Peace cannot be kept by force; it can only be achieved by understanding" - Albert Einstein

LFFP Communications Intern and Newsletter Editor
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.

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.

SPRING 2022
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 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

SPRING 2022