



Little  
**FRIENDS For  
 PEACE**

# Quarterly Newsletter



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## Welcome!

LFFP has been off to a great start in 2019! We've hosted our annual golf tournament, wrapped up our afterschool program, and have been busy kicking off Peace Camp both at home and abroad! Inside this issue, you'll find details on these and our other recent programming, and have a chance to meet our summer staff and keep up-to-date as we share other announcements and reminders for upcoming programs and events!

## Stay in Touch!

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SUMMER 2019

# Spring Programming Highlights!

## LFFP 2019 Charity Golf Classic

By Caity Dee

We would like to thank everyone who joined us at our 2nd Annual LFFP Charity Golf Classic at Kenwood Golf & Country Club. It was great to see familiar faces from our 2018 event and also great to see all of the new faces who joined us for the first time!

The event was an incredible success as we had great weather, the course managed to withhold all of the rain from the day before, and it seemed as though everyone was truly enjoying themselves.

Thanks to all of you, LFFP was able to raise \$15,000! This money will go directly to funding scholarships for our 2019 Summer Peace Camps. Without your continued support of

LFFP and this event, there would be a number of children who would be unable to attend our Summer Peace Camps.

We would also like to encourage all of you to stay connected with LFFP not just financially, while this is surely appreciated, but also through your time. There are a number of ways that you can volunteer with LFFP and join our team at our Summer Peace Camps. For more information on how to get involved, please reach out to Caity at [c.dee@lffp.org](mailto:c.dee@lffp.org).

Thank you again for your continued passionate support, and we look forward to seeing you all again next year!



## Peace Camp KickOff

**By: Milan Essex**

It's that time of year again! Another year has gone by and our campers have gleefully walked through the doors to participate in our first week of Peace Camp this summer. Quick footsteps and plenty of giggles have been filling our halls this week, while the excitement of creating new friendships and fostering old ones propels our campers throughout the day. For the 2019 season of camp, our theme "Circle Up for Peace" has been incorporated as each camper learns to care, share, cooperate, shine, and celebrate together!

Here at the Unitarian Universalist Church of Arlington, over 100 campers have worked on cultivating a community of peace through play and creativity. As one camper said with enthusiasm during a session of cooperative games, "everybody wins at Peace Camp!" Between Musical Chairs and "Where the Big Wind Blows," our campers have started a bond that will help the foster relationships throughout the whole year. Our youngest campers have started to build the very foundations of peace through problem solving as a group, while our oldest campers are training to be the future leading counselors and socially aware citizens of today.

MJ and Jerry are just as excited to be kicking off the camp season and have worked hard to build a strong group of counselors and other volunteers for the summer. Interns have also been welcomed into the LFFP circle this year, and we could not be more grateful for all of their help in preparing for this camp season. Peace Camp is kicking off with a great start!



## Volunteer Spotlight - Jesse

Jesse is originally from New York and has been with Little Friends for Peace since August. He is a full time volunteer at St. Camillus parish in Silver Spring, MD and met MJ through the peace ministry at the parish.

Since then, he has done Peace circles with the parishioners of St Camillus and students from Saint Francis International School while also joining Little Friends for Peace for Peace Circles and workshops at the Father McKenna Center, Wheatley school, CHANCE Academy and the Alexandria Detention Center.

Jesse has a Bachelors degree in Psychology and hopes to eventually receive a masters degree in Mental Health Counseling. Jesse is planning on staying in Silver Spring for one more year and is looking forward to continuing his time with Little Friends for Peace. Jesse's favorite part about his work with Little Friends for Peace has been building relationships with so many different types of people.



## LFFP Blossoms in Kazakhstan



Thanks to the Community Solutions fellowship exchange program, funded by the US State Department, LFFP hosted Meirzhan, nicknamed Mika, a fellow from Kazakhstan. Her arrived at our summer Peace Camps last August and during his four months with LFFP, he connected with our staff, the Perry School kids, the McKenna shelter men and his peers. It was truly an immersive, peace-building experience and he loved it!



Towards the end of his time in the US, he along with the LFFP staff applied for a grant to start the first Peace Camp in his country. We were awarded the grant and Jerry and MJ jetted over to collaborate with Mika, his wife and their team. The week-long camp was an amazing experience full of affection within diversity. The 10 year-old campers, accompanied by caring teens, participated in Peace Circles and games, becoming more self-aware and connected to their team members. They discovered their gifts and talents and explored ways to build peace in themselves, their families and community. The seeds of Peace will continue to grow as Mika and his team generate more opportunities for peace-building by the present and future leaders of their country.

## Mount Rainier Month of Peace 2019

By: Brinda Gopal



MJ and Jerry have resided in the Mount Rainier neighborhood for over 30 years since their move to the Washington, D.C. area. As a dedicated resident, MJ proclaimed May as a Month of Peace in Mt. Rainier years ago and officially reinstated the tradition this year, in collaboration with the Mt. Rainier City Council.

By proclaiming May as a Month of Peace, MJ hoped to devote a period of time in which people make a conscious effort in practicing peace- with ourselves, our family, our neighbors and the neglected. LFFP released a Month of Peace Calendar at the beginning of May filled with goals, quotes and peaceful activities to help integrate peace into residents' daily lives. The Month of Peace was also regularly covered by the local television station, Mt Rainier TV. Every Wednesday, clips of residents describing their own path to peace were released on the station as well as its website. MJ also hosted a Peace Circle at city hall where participants discussed the tools and skills needed to fit peace in your routine and to spread peace throughout your neighborhood.

This year's month of peace was successful in sharing tools of mindfulness and stress relief with the Mount Rainier residents. The LFFP team hopes to spread this concept to other neighborhoods and to make next year's month of peace even more engaging!

### LFFP to Establish Peace Park in Mount Rainier!

LFFP is excited to announce that, in partnership with the city of Mount Rainier, we have been awarded the 2019 Community Impact Grant from the Prince George's County Government for the creation of a Peace Park in the Mount Rainier community.

The park has plans for a well, seating, lighting and a labyrinth path. Once open, the park can be used for gatherings, workshops and other small local events, as well as general public use. It is our hope that the park will provide a space for children, youth, and adults to enjoy the outdoors and engage in peaceful, mindful practices right in their own neighborhood.

Construction is set to begin later this summer.

## 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.

Already this summer, we have offered nearly **100 scholarships** and need your help to continue saying yes to all those who are seeking peace this summer. You can help us continue to bring children together to 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](http://www.lffp.org/donate). All donations are welcome.



## MARK YOUR CALENDARS!

### Open Mic and Talent Show

July 14th, 2019

*Busboys and Poets*

450 K Street NW, WDC 20001

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

We'll also be hosting a raffle during the event, featuring items and certificates from local restaurants, sports teams, retailers, and entertainment and wellness centers!

**Suggested donation:** \$20

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

### 2019 Summer Peace Camp Ongoing

We still have spots available for campers (ages 5-14) and volunteers at our remaining some of our Peace Camp sessions. Visit our website for a full list of camp sites, more information, and registration.

### Upcoming Circles

There are currently no public Peace Circles or Workshops scheduled.

We are always happy to bring our circles to you and your family, workplace, organization, or other community. If you are interested in having LFFP come to you, please visit our website or contact us at [littlefriendsforpeace@lffp.org](mailto:littlefriendsforpeace@lffp.org).

## Summer Interns and Staff



### Hayley

Hayley is a rising senior at Oberlin College where she majors in Religion and double minors in Politics and Rhetoric & Composition. At Oberlin, Hayley serves as a dialogue facilitator, a writing associate and plays on the varsity field hockey team. This summer, Hayley is joining the LFFP staff as an intern and is super excited to be a part of the peace-building community.

### Megan

Megan is a student at George Washington University studying International Affairs with a concentration on Conflict Resolution. She loves music and art as a way to bring people together, build community, and bring peace. She is thrilled to be interning with LFFP this summer!



### Austin

Austin is from Chester, Virginia. He is currently a psychology major at Eastern Mennonite University. He is passionate about working with kids and teaching them the skills they need to succeed in life. In his free time, he enjoys watching baseball.

### Milan

#### *Summer Enrichment Lead*

Milan will be working hand-in-hand with the summer team to make a positive camp experience for our CITs. She is a graduate student at Columbia University pursuing her Masters in Social Work. A College Park, MD native, she is passionate and focused on working with children in the DMV area, and is more than excited to be working with LFFP for another summer.



### Kate

#### *Peace Camp Volunteer*

Kate has worked in the field of education in a variety of capacities, from teacher to curriculum designer, to program administrator, to teacher trainer. She loves working with all ages of students and being part of their learning journeys. Most recently she was a Peace Corps Response Volunteer in the country of Georgia. She is excited to continue to do peace education work with LFFP and see how this work impacts the children and families LFFP works with!

## Message From Our Director

Dear LFFP Friends,

Happy peaceful, restful summer!

Our 2019 Peace Camp season began in June launching the first Peace Camp ever in Kazakhstan . Now our US peace camps are underway with Peace Circles where people can experience acceptance and safety , learn tools and peaceful language to live, and solve problems peacefully and practice it daily . It is amazing to watch campers of all ages, counselors and special guests become rewired and transformed in the power of love not hate, peace not violence, care not disrespect .



Our teachings to connect before you correct, focus on community and encourage circles of welcome are not only in our camps, but can be brought to your schools, workplace, church, family or community.

Each day is an opportunity to plant the seeds of peace.

Peace on the journey,

**MJ Park**

Executive Director

### 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.

