



Little
FRIENDS For
PEACE

Quarterly Newsletter



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Welcome!

LFFP has been busy spreading peace all over the DC-Maryland-Virginia area this fall, with programs spanning from Alexandria to Silver Spring and many more in between!

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 upcoming programs and events!

Stay in Touch!

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WINTER 2019/2020

Fall Programming Highlights!

Peace Programs Blooming in Alexandria



Over the last few months, LFFP has been taking our programs a little further, and planting seeds of Peace in Alexandria, Virginia!

This fall, we piloted a new program called Peace Through Sports, in partnership with Alexandria Soccer Association (ASA). ASA invited LFFP to lead peace circles at two of its after-school soccer programs. During the circles, students had the opportunity to reflect on their feelings and practice being more self-aware. By combining the circle process with their soccer practice, the students were able to focus on both physical and emotional wellness.

At the same time, LFFP has also started a new after-school Peace Club at Matthew Maury Elementary School in Alexandria. During the club, students engage in cooperative games, art projects, peace circles, and role play to learn tools for self-awareness, personal wellbeing, and conflict resolution.

We are so excited about our new programs in Alexandria and are eager to see them grow!

Want to Learn our Tools and Practices?

LFFP offers trainings, workshops, and peace circles for teachers and Out-of-School-Time professionals, as well as for businesses, community organizations, churches, and other groups.

At our workshops and circles, participants have the opportunity to experience, learn, and practice peace and gain tools and practices that can help them transform conflict in their communities, workplaces and everyday lives.

To learn more or request a workshop or circle, contact us at littlefriendsforpeace@lffp.org!



Volunteer Spotlight - Jessica

Our programs would not be possible without the dedication and spirit of our volunteers! This issue's volunteer spotlight features Jessica, a mentor in the after-school program at the Perry School.

Jessica is a sophomore at The George Washington University, studying public health on a pre-med track. She is passionate about decreasing the disproportionate gap in health inequities through addressing the social determinants of health. She has always enjoyed volunteering and believes that everyone should have some time to give to others. She was connected with LFFP through GW UNICEF and has been volunteering for about a year now!



Volunteering at LFFP has been one of the most impactful and memorable experiences I have had in college. Each semester, I find myself wanting to come back because of the children. They astound me each time with their knowledge, and despite the relatively short time I have spent with them, I have seen them grow and tap into their innate passions and abilities. I am invested in their well-being and want to continue to help them grow as people.

- Jessica, After-school Mentor

Third Annual Peace Symposium Highlights



On November 19th, 2019, we hosted our Third Annual Peace Symposium at our Peace Room at The Perry School in Washington, D.C.. The event featured our exchange fellow, Ishag, as the main presenter. He shared his experiences as a former rebel soldier in Darfur, Sudan and reflected on his personal journey to peace. Participants had the opportunity to share their own journeys and discussed conflict in their own lives.

For Ishag, hosting the symposium was one of his larger projects during the fellowship. Thinking back on the experience, he shared the following:



"So many people were moved by my story and were wondering how I managed to make the transformation from being in a violence to non-violence. They were also interested in what tools and practices I used to overcome the traumatic events that I have been through in my past and how I use those tools in my work to bring people together in reconciliation tables.

It was my pleasure to have such a great opportunity to share my story. Every time I share my story, I feel at peace and receive healing from all the past injuries and pain. I truly appreciate Little Friends For Peace for the warm hosting over the last sixteen weeks."

Highlights from the After-School Program at The Perry School!

The after-School program at The Perry School is back in session for the 2019-2020 academic year and we are proud to be back with all of the children there as one of the lead enrichment providers!

As a part of the program, the students rotate through different enrichment sessions, including art, STEM, drumming, graphic design, and peace. LFFP provides the peace sessions for the students four days a week, rotating with through the groups based on age and stage. During these Peace Sessions our students have the opportunity to learn, experience, and practice peace as they develop skills for self-awareness, conflict resolution and prevention, and personal wellbeing.

Everyday in the Peace Room is different, with activities ranging from reading, journaling, arts and crafts, nature exploration, and theatre. Every peace student is encouraged to explore their gifts and talents, and to be creative in their contributions to a more peaceful program, community, and world. The students see the Peace Room as a safe place for them to process, center and de-escalate, and explore.

While the Peace Room certainly has its own magic, the real energy and spirit of our sessions come from our volunteers! We would not be able to do what we do without our key partnerships with area schools like George Washington University (GWU), Georgetown University, American University and Gonzaga College High School. Our volunteers act as both peace mentors and homework tutors for all the students in the program.

We are so excited for this school year at The Perry School and excited to see what 2020 brings!



An Invaluable Experience, Lifetime Lessons, and Amazing Mentorship

Personal Reflection by Grant Amoateng

Grant is a soon-to-be graduate of Eastern Mennonite University(EMU), from which he will receive a degree in Social Work. During his time as a student there, he was part of the Track and Field team and was a four-time NCAA National qualifier. He interned with LFFP through EMU's Washington Community Scholars program, and assisted in a variety of peace programs. Grant will be beginning his graduate studies in School Counseling this spring at University of Lynchburg, where he will also take on the role of graduate assistant for the jumps team of the track and field program there. He is passionate about working with youths and wants to be a mentor and role model for them, especially during the crucial adolescence period.

"My experience at (LFFP) was phenomenal! I could not have asked for a greater experience. Going into the internship at LFFP, I expected to build a rapport with the children, stay active and help guide the children on the right path, and these expectations were certainly met. In a short amount of time, LFFP taught me a lot and really helped me grow. The mentorship I received from MJ and the staff was beyond a blessing, and I could not ask for better mentors. My experiences during the internship were eyeopening. My biggest takeaway from being at LFFP is the importance of bonding with the children and being active. I believe my high energy personality was what assisted me in building connections with the children and over the months, I could tell the children enjoyed my presence.



After LFFP, I will be starting graduate school at the University of Lynchburg, where I will major in School Counseling, and the experiences I had at LFFP will help me tremendously. My time here helped me with my own personal development and taught me how to manage children's emotions differently. So, when I start my practicums and internships at the schools, the skills I'm taking away from LFFP will come into play. I really enjoyed my time at LFFP, from the children giving me nicknames to helping them learn how to deescalate a problem. I will miss every moment at LFFP. The hardest part for me is leaving the staff and the children, but I know other opportunities are waiting for me. I appreciate everything you have given to me LFFP. Thank you!"



MLK Day of Service Celebration January 20th, 2020: 1pm-3pm

Holy Redeemer Catholic Church, Social Hall
206 New York Ave NW, WDC 20001

Join us for a day of celebration and building the Beloved Community in honor of Dr. Martin Luther King Jr. and his legacy!

All are invited for reflection and celebration as we gather and enjoy activities centered around the spirit of Dr. King Jr. and his dream. We'll have arts and crafts, storytelling, face painting, games, peace circles and a talent show. All ages are welcome and encouraged to partake.

For questions, service group opportunities or to see how you can contribute on the day, contact us at littlefriendsforpeace@lffp.org.

We hope to see you there!



MARK YOUR CALENDARS!

Upcoming Circles

December 12, 2019
Advent Peace Circle
6:30pm

January 16, 2020
Peaceful Practices in the
New Year
6:30pm

February 5, 2020
Practicing Peace in Daily Life
6:30pm

*All circles take place in our
Peace Room located at:
128 M Street NW, Room 235,
Washington, D.C. 20001*

Upcoming Workshops

January 28, 2019
Live Peace, Teach Peace
6:30pm
128 M Street NW, Room 235,
Washington, D.C. 20001

2020 Charity Golf Classic

April 27, 2020
Kenwood Golf and Country Club
Bethesda, Maryland

Save the date for our annual
charity golf classic!

To register visit:
<https://form.jotform.com/90085915517158>

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

Thank You For Your Support!

During this past year, your support powered our work and allowed us to Circle Up with 469 people of all ages across 55 different circles, including 224 people who were new to LFFP this year. As we connect across groups, one thing remains constant; the desire for love, compassion, and care.

This year our board challenged you, our community, to raise \$20,000 in one week. We were able to reach our goal thanks to the generosity of over 150 individuals! We raised \$13,250 online and over \$8,000 in the mail.

We appreciate everyone who donated and shared our campaign in support of LFFP. We plan to use this money to bring together 500 people over the course of the next year to experience, learn, and practice peace with a spirit of care for ourselves, each other, and the environment.

Thank you again for your continued support and encouragement!



Peace Camp 2020 Registration is Open!



Summer Peace Camp time is right around the corner and registration for our 2020 sites is open!

Peace Camp is a social emotional learning program for children ages 4-14. Campers 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!



This year's theme is *My Two Hands Hold the Earth: Caring for Ourselves, Each Other, and our Earth*. We recognize that how we care for creation is just as important as how we care for our own wellbeing and that of others. This idea will be our focal point for the next year, and in the summer, campers will discover how being an earthkeeper is just one way that peace can begin with them.

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

Message From Our Director

Dear LFFP Friends,

2019 has been a year of Circling Up with children, youth and adults. Through these Circles, we have learned that the appetite for peace is greater than ever; the need for community, connections, hope, positive spirit, and love is strong. LFFP hears the call, the pulsing for healing, the need to come together to restore, rewire, and regain that sense of being grounded in a spirit of care for ourselves, each other, and creation.



We hope to find creative ways with all of you to keep seeds of peace growing and bring about the transformation we want - to build a culture of peace starting with ourselves.

LFFP is grateful for our supportive community of staff, volunteers, donors, and participants. Our circle of peace partners is growing and it brings us hope, gratitude, and joy.

Thanks to you all for sharing your gifts and talents. Lets celebrate!

Happy Holidays and Peace in the New Year,

MJ Park (with Jerry)
Executive Director

"Cheers to a New Year and another chance for us to get it right."

Oprah Winfrey



Give a Gift of Peace this Holiday Season!

Looking for unique gift ideas for you and your loved ones this holiday season?

Visit our website to explore our Peace Shop, where you'll find creative ways to spread a little bit of peace to your coworkers, family, and friends! We have Peace tool cards, bookmarks, apparel, and other special gift ideas available, as well as our signature Live Peace, Teach Peace manual.

Visit lffp.org/shop today to find the perfect gift!

