

Transforming News

AVP Activities in the Puget Sound Area

July 2008

Second Fridays

Peace Between People is inaugurating Second Fridays this month! All AVP workshop participants and facilitators are invited the *Second Friday of every month* to come share food and refreshments and participate in an exercise and a light and lively together. The first Second Friday Potluck will be this July 11th, at the 2100 Building, 2100 24th Avenue South, in Seattle (this is just north of the intersection of Rainier Avenue South and Martin Luther King Jr. Way). Come enjoy your old friends, make new friends and get a small AVP refresher all at the same time! See you there! 5:30 to 9 PM. Contact Lisa 425-213-6399 or lroy70@hotmail.com.

Advanced Community Workshop Coming

The Advanced Community Workshop is here! You may recall Advanced AVP Workshops focus on a particular theme. The theme is chosen the first day by the participants. The workshop will be held this July 25th, 26th, and 27th, at Seattle Pacific University. The University lies on the north end of Queen Anne, just South of Fremont. The workshop will be held in the Library seminar room. There is free parking and good bus service. Friday the workshop will start at 6:00 PM and continue to 9:30. Sat. and Sun. will run 10:00 AM to 6:30 PM. Registration is \$75, as in all AVP workshops, scholarships and sliding scale fees are available. No one is turned away for inability to pay. Contact Lisa Roy for registration information: lroy70@hotmail.com or 425.213.6399



Lisa and Eileen carry the AVP banner in the March for Youth in South Seattle, June 21.

UP COMING WORKSHOPS

Prison Workshops

Peace Between People sponsors workshops every month at two prisons in Monroe. The Washington State Reformatory ("WSR") workshops are held on the 3rd weekend of every month. The Twin Rivers Unit workshops are held on the 4th weekend of every month. Consider expanding your AVP experience by doing a workshop in prison.

Community Workshops

Basic- Aug. 1, 2, and 3 at the University of Washington, Experimental College. Registration can be done on line at: <http://tinyurl.com/5mredf>. Tell your friends!

Advanced – July 25, 26 and 27 at Seattle Pacific University Library. Take that next step. Further your skills.



Help Increase the Peace!!

AVP has a teen curriculum called HIPP (Help Increase the Peace). HIPP has been around for 17 years now in a number of states and is active in High Schools, Middle Schools, gang intervention programs, and more. Peace Between People is actively exploring starting a HIPP program in the Puget Sound Region. We have spoken with a school principal, gang intervention groups and even King County Council staff about the possibilities HIPP holds for violence reduction in the Seattle area. We are seeking certification from the Office of Public Instruction to get continuing education credits for

teachers who take the program. More news to come as we get this program up and running! Come join us!

AVP for Veterans!

An AVP program in Massachusetts has brought AVP mini-workshops into a transitional housing project for homeless veterans. Inspired by this effort Peace Between People has begun discussions with VA workers and the Massachusetts program and is exploring similar projects in the Seattle area to bring AVP into the VA and veterans' communities.

AVP comes to the Evergreen State College!

Several Olympians approached Peace Between People after the spring protests and student "riot" in Olympia to enquire if AVP made sense at the Evergreen State College. We said, "AVP makes sense everywhere!" With the help of Greeners for Reconciliation, some motivated students (Thanks Jason!) and some local Quakers, Pablo, Char, Roger and Eileen conducted the first Evergreen AVP workshop. The students have made clear it won't be the last! Plans are underway for the second basic and then moving quickly to an advanced. Evergreen and Olympia need their own AVP chapter. We hope to help make it happen.

AVP Comes to Nepal?

John Michaelis, who spends his time between Peace Between People and AVP Australia, conducted two basic AVP workshops in Nepal this April right as the government changed from monarchy to democracy and the Maoists won the election. New government officials are committing to the workshops and Advanced workshops and training for trainers are planned.

National Conference

This year Peace Between People hosted the AVP National Conference in Bellingham over Memorial Day Weekend. It was a great success. Over 80 facilitators attended from across the US and Australia. It was wonderful to reconnect with old friends and make new ones. Mini-workshops were held over the weekend to learn what others are doing around the country. We learned new skills, made new contracts and saw beautiful Bellingham.



Financial Contribution is always welcome. The money goes toward scholarships or to the support of AVP workshop materials, travel expenses, or promotion. Checks can be made payable to Peace Between People. Send to AVP c/o PBP, P.O. Box 20086 Seattle, WA 98102.

Food For Thought

- How can we refrain from judging ourselves and other people by the conflicts we haven't resolved?
- Am I loving myself and sharing my gentle love and strength with you?

- Am I recognizing all my own energy which sometimes takes the form of rage or fear?
- What is this place inside you and me from which I can respond defenselessly?
- Can I be healthy by not expressing my negative feelings?
- How can I express negative feelings so the other person or group to whom I express them is bettered? Am I freed from holding on to these feelings?

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