



Peaceful Pathways

ALTERNATIVES TO VIOLENCE PROJECT

Western Australia

## August / September

### Up and coming Events

### An invitation

AVP-WA invites facilitators old and new to attend an orientation evening at the Meeting House. The aim of the evening is to provide an opportunity for all facilitators to meet others, have a look at our resources, see where things are kept, become familiar with how things are done, share ideas and ask questions.

When: Tuesday 17th October 2006

Time: 6.00pm

Where: Quaker Meeting House  
35 Clifton St.  
Mt Lawley

Bring: A Plate to share



*Come celebrate!*

*with the*

*AVP Community*

*the end of a successful  
Year !*

### Community Basic W/S's

Bicton Uniting  
Church Oct 21 -22

Loftus Community  
Centre next term  
dates to be an-  
nounced likely to be  
delivered over a se-  
ries of evenings  
Contact Brenda  
on:9381 4870

### Acacia Basic

Sept 30-Oct 1  
Facilitators Kelli,  
Sally ,Bheena and  
new inmate facilita-  
tors

### Training Nights 7.30—9.00pm

#### Oct 3rd

Feedback from the  
international  
Conference

**Nov** date to be an-  
nounced presentation  
on "Non-Violent Com-  
munication" ( a pos-  
sibility)

### Acacia end of year gathering

Dec 2nd 10.30am

Police clearance  
needed contact Kelli  
on ph. 9337 5560

### Peace Activists do AVP



A basis Avp work-  
shop was provided  
in August to some  
members of WA's  
peace activists  
community.  
Thank you to fa-  
cilitators Brenda,  
Grace and Gerard,  
Harry, Kelli

*When: Dec 11th 2006*

*Time: 6.30pm*

*At:Quaker Meeting House  
35 Clifton St.*

### Fantastic Phil, Thank-you!

During the last training day at Acacia we took the opportunity to express our feelings and thoughts of admiration and gratitude and blessings of peace and success for the future to Phil, the longest reigning in-mate facilitator in W.A. Phil is preparing to embark upon a journey towards release, and as a recognition of his

commitment and passion for AVP he received a certificate trimmed in 'gold' and commending his ten years of service to the organization. It also happened to be his birthday so in addition to farewells he was blessed with birthday wishes from the AVP family. Phil has brought to the AVP teams a

wonderful positive en-  
ergy, casual vibe and professional approach. He has supported, inspired, been extremely approachable and modelled to all those that have met him, an incredible integrity for the program. We will miss you Pleasant, Fabulous, and Fantastic Phil. You are awesome!

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## Build Community— and feel like a family

Community spirit is a wonderful thing. Sally an AVP-WA facilitator volunteers her time at Acacia in ways other than AVP.

This has allowed Sally to experience an on going sense of community. It has shown her that the family like bond that develops via AVP workshops sustains and can be experienced outside of workshops.

Sally writes.....  
I feel a strong family like bond

between the out-mates and inmates of Acacia. To see 'our guys' performing and taking a prominent part during NAIDOC week celebrations made me feel as proud of them as if I was a relative. Then being with them for the Family Days greatly strengthened this feeling.

It was great meeting the families, seeing one of our facilitators being led a merry dance by his grand daughter, being included in a family photo, being able to help little kids do paintings for their

dads and seeing some of the magnificent pottery and artwork that 'our guys' had done. Family support is wonderful! Sally Herzfeld.



## Inspiring Insights Shared

The following comments were made by participants from Acacia during their facilitators interview. The comments were made in response to the question; "Why do you like or are attracted to AVP"?

- The voluntariness of it, encourages genuine participation.
- Gives me an opportunity to present to others what I found works for me.
- AVP reinforces the important things that may get neglected.
- I like that it challenges me,

brings up stuff that I might have been avoiding and I am motivated to reflect on these things, to learn and change some old ways.

**"Live your beliefs and you can turn the world around."**  
**Henry David Thoreau**

- I want to give back everything I learnt from AVP, to reach others in the way I have been reached. Change perceptions.
- I liked the atmosphere of AVP. It is active and fun. The only course that ever got through to me.

- Since doing AVP I find myself naturally wanting to help others and offer advice, and it's a good feeling to know I may be making a difference in another persons life.

- It was the caring , warmth and loving energy of AVP that got me. I want to give back , especially amongst my people , the noongar community. I want to be the conduit of change. AVP has made me look at life differently.

- AVP is confronting, challenges me to strive for the best in myself and others, and encourages me to work outside of my comfort zone.

## Gatherings– Listening can be peace making

Wisdom from a new inmate facilitator

Gatherings provide a wonderful opportunity for AVP participants to share insights, understandings and reflections. Participants often express how powerful they find gatherings and that some times what is shared is found to be life changing.

Following is what one participant shared during a gathering in response to the question:

**"How I communicate when I am angry"**

"I take time out , that helps me to either see the other persons point of view , or to see whether he is just an idiot and wants to get me into strife.

I then have two choices, to consider

A. What have I got to gain if I go to

war?

B. What have I got to lose if I go to war?

Better still,

C. What will I gain if I don't go to war?

I know we need to listen to the other person, we need to create space for listening to occur.

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## Babemba tribe of South Africa—Living the Mandala

**I came across this story and thought it worth sharing. Can you image what would happen in our families, schools, and society if we used this approach. It is the mandala, truly in action.....**

When a member of the tribe acts irresponsibly or unjustly, he or she is placed at the centre of the village, alone. All work stops and the entire tribe forms a large circle around the 'offender'. Each member of the tribe, regardless of age, takes a turn to recall all the good things the person in the centre of the

circle has done in his or her lifetime.

All the person's positive attributes, strengths, good deeds and acts of kindness are carefully recounted, without fabrication, exaggeration or facetiousness. The ceremony lasts until everyone has recited every positive thing they can recall.

When done, the circle is broken and the person is symbolically and literally welcomed back into the tribe with joyful celebration. Now it's your turn to do the math: subtract your judgments and blame and add more love and appreciation.

**"Generally, appreciation means some blend of thankfulness, admiration, approval, and gratitude. In the financial world, something that "appreciates" grows in value. With the power tool of appreciation, you get the benefit of both perspectives: as you learn to be consistently thankful and approving, your life will grow in value."**

**Doc Childre and Howard Martin**

## Reason to Celebrate AVP– WA has new facilitators !

After running successful T4F workshops in the community and Acacia prison we are pleased to announce that we have some new facilitators.

These new facilitators will team with experienced facilitators and begin the exciting and rewarding journey of AVP facilitation.

As you can see from the article on pp.2 "Inspiring Insights Shared" we have some insightful and inspiring people who now join the community of AVP facilitators.

Congratulations to the 10 inmate and 2 out-mate new comers. We welcome and look forward to working with you all.

**"The displacement of a little sand can change occasionally the course of deep rivers."**

**Manuel Gonzalez Prada  
Horas de lucha(1908)**

## Something to ponder

The following is something to ponder:

If you woke up this morning with more health than illness... you are more blessed than the million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation... you are ahead of 500 million peo-

ple in the world.

If you can attend a church meeting without fear of harassment, arrest, torture, or death ... you are more blessed than three billion people in the world.

If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep ... you are richer than 75% of this world.

If you have money in the bank, in

your wallet, and spare change in a dish somewhere ... you are among the top 8% of the world's wealthy.

If your parents are still alive and still married ... you are very rare.

If you can read this message, you are more fortunate than over two billion people in the world that cannot read at all.

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## AVP—WA

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Mt Lawley  
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avp\_wa@bigpond.net.au  
Post: PO Box 721 Mt



**AVP-WA**  
**Connecting Communities.**



## News Flash ! AVP- WA has a Web Page !

Thanks to Rob Po our AVP web master and Jim Thom AVP -WA secretary and facilitator we now are proud to say we have a web site. A place where you can find AVP-WA in cyberspace. Feedback so far has been positive with people reporting that they find it user friendly ,informative and a true representation of the spirit of AVP-WA

So if you want to access previous newsletters, find out what AVP is about, know the history of AVP WA, our contact details or about workshops on offer, then have a look at the Web Site it can be found at:

[www.avpwa.org](http://www.avpwa.org)

**"Real knowledge is to know the extent of one's  
ignorance." Confucius**

## Project Officers Report

AVP-WA is fortunate to have funding that has allowed us to higher a project officer. Anna's mandate is to explore and develop networks and generate interest in AVP workshops across a greater range of community sectors. As you can see from Anna's report she has begun her work.....

Anna Alderson, the new Project officer of AVP, has been busy building a data base of possible contacts and working her way through them. Contacting organisations that might be interested in AVP is a somewhat slower process than any of us had expected. Most potential groups are also not-for-profit organisations and as such are often small and short-staffed. Finding any person, let alone the right person to talk to, can be something of a challenge.

Nevertheless progress is being made.

The first course to be run in a Learning Centre will take place next term and we are hopeful that other Learning Centres around the metropolitan area will be prepared to offer AVP courses as well. We are entitling them 'Connecting Communities' – a title used for some of the Interfaith workshops, but one which resonates with AVP.

We are hoping to generate interest in workshops from peak bodies such as WACOSS and some of the faith-based agencies in Perth. It is hoped that we will have another Interfaith workshop before the end of the year.

If you know of any agency or organisation that you think might be interested in AVP

please pass the contact details on to Anna and she will be pleased to follow them up with a personal visit. Even if they choose not to offer or participate in an AVP workshop they will be better informed about what AVP does and how it operates.

**Contact details** for Anna Alderson

Mobile 043 890 2586

Email:

[anna.alderson@learningconversations.com.au](mailto:anna.alderson@learningconversations.com.au)

**"True friends are those who,  
when you make a fool of  
yourself, don't believe that  
this condition is permanent."**

**Erwin T. Randall**