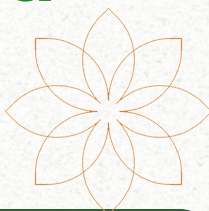
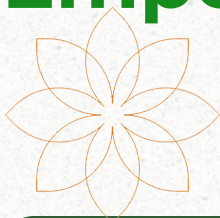




QUARTERLY NEWSLETTER 2025

Peace Through Craft: Women Empowered



Be A Bucket Filler: Did you know an act of kindness can spread peace? Being a 'bucket filler'—through kind words and actions—creates a more compassionate and united community.



Stop Think and Act: A tool that fosters self-awareness, critical thinking, and nonviolent decision-making to de-escalate conflicts and promote harmony.



Rewire Your Brain: A tool that empowers individuals to break negative thought patterns, build emotional resilience, and choose peaceful responses in conflict situations.

"Fill your Bucket with hope. Never stop crafting peace."

Passion Aid Foundation Africa, in partnership with Little Friends for Peace, a Washington, DC-based NGO dedicated to countering violence and fostering a global culture of peace, remains committed to empowering communities in Lira City, Northern Uganda.

Our peacebuilding program has already transformed the lives of young women who have experienced violence and injustices by equipping them with conflict resolution skills and a platform for change. As part of our vision to expand peace education in high schools, we are excited to launch our program in two schools in Lira City this April, strengthening our collective mission to instill peace, empathy, and nonviolent conflict transformation among young people.

www.passionaidfoundationafrica.org



**Your Gift Creates Impact—Donate
Now on the link: <http://goto.gg/69455>**



Being part of a small group crafting peace through art and talent is a beautiful thing. Did you know the tools developed by our partner Little Friends for Peace (LFFP) are truly game-changers?

This year, we've witnessed firsthand how these tools have empowered our beneficiaries to learn skills of peaceful coexistence and survival in an environment where violence is often the norm. Through the Stop, Think, and Act, Rewire Your Brain, and Be a Bucket Filler tool cards, women are not only transforming their approach to conflict but are also gaining valuable skills to rebuild their lives.

Honoring Our Partners in Peace: MJ and Jerry Park & the LFFP Team

As we expand our peacebuilding efforts in Lira City, we take a moment to celebrate the invaluable partnership and unwavering commitment of MJ and Jerry Park, the visionary Executive Directors of Little Friends for Peace (LFFP). With over 35 years of experience as peace educators, they have dedicated their lives to fostering a culture of nonviolence, equipping children and adults with the skills to prevent, resolve, and transform conflict.

Every Friday, MJ and Jerry Park, along with their dedicated LFFP team, join our women's peacebuilding classes via Zoom, offering transformative training sessions that provide survivors of violence and injustice with the tools to heal and lead as peace champions in their communities. Their expertise has introduced life-changing peacebuilding tools such as:

- Stop, Think, and Act – A strategy that encourages individuals to pause, reflect, and make nonviolent choices in moments of conflict.
- Rewire Your Brain – A tool that helps individuals shift from reactive emotions to thoughtful responses, fostering resilience and peace.
- Be a Bucket Filler – A concept that promotes kindness and positive interactions, reinforcing that small acts of peace can create a ripple effect in communities.

Through their leadership and the dedication of the entire LFFP team, our partnership continues to be a catalyst for change, empowering individuals and communities in Northern Uganda. Their passion, wisdom, and commitment inspire us as we work together to nurture a new generation of peacebuilders.

Thank you, MJ, Jerry, and the incredible LFFP team, for your tireless efforts in making peace a reality—one community at a time!



Your Gift Creates Impact—Donate Now on the link:

<http://goto.gg/69455>



Making a Difference Through Human Rights Initiatives

This term one (1) school term, we have reached over 200 pupils through our impactful human rights education sessions conducted in local schools in Lira, Northern Uganda. These interactive sessions introduced children to the 30 Universal Human Rights, helping them understand their rights and responsibilities as future leaders. By fostering a culture of respect, dignity, and equality from an early age, we are planting seeds of peace and justice, building Uganda's next generation. With your support, we can scale this initiative to reach even more young minds, empowering them to become advocates for human rights in their communities.



What Are Human Rights?

Human rights are the basic rights and freedoms that belong to everyone—just because they are human. These include the right to life, education, safety, freedom of expression, and protection from abuse and discrimination. They apply to all people, everywhere, no matter their background.

Through our human rights education sessions, pupils learn to understand these rights and how they apply in real life. For example, they learn that every child has the right to go to school, to be protected from harm, and to speak up when something is wrong. One pupil shared, "I learned that I have the right to be heard and to be treated fairly. Now I know I can speak up when I see something wrong."

At Passion Aid Foundation Africa, we help children understand their rights, and empower them to build a more just, kind, and peaceful society—starting with their own schools and communities. These has been possible through our partnership with Youth for Human Rights international.



Peace Begins with Us: Launching the Peace Cycle at Fountain Boarding School

Friday 18th April 2025 marked the exciting kickoff of our Peace Cycle program at Fountain Boarding Nursery and Primary School—a long-awaited expansion of our peacebuilding initiative. A total of 63 enthusiastic pupils and their teacher participated in the first session, setting a strong foundation for what promises to be a transformative journey.

The session explored powerful themes like conflict resolution, empathy, and the importance of inner peace. What made it truly special was hearing directly from the children—expressing in their own words what peace means to them. From “helping others” to “being kind and not fighting,” their reflections were both heartwarming and inspiring.

This session was more than just a lesson—it was a space for connection, healing, and hope. As we continue with the Peace Cycle, we are reminded that real peace starts with the young hearts we nurture today.



School teacher on duty welcomed us and told us his perspective of what peace mean to him.



Peace grows in a community that is experiencing learning and Practicing at the same time.

MJ Park, taking pupils through what peace mean.

