



# Pax Christi

LITTLE ROCK

# Pax Christi Little Rock

## PCLR Board Members

- Sherry Simon (President)
- Betty Jo King (V. President)
- Tamara Tahat (Secretary)
- Sherry Martin (Treasurer)
- Sandee Haslauer
- Mary Hunt
- Jerome Ngundue
- Sarah Ngundue
- Jan Pipkin
- Joanne Rausch
- George Simon

**Blessed are the Peacemakers, for they shall be called the children of God. Matthew 5:9**

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## August Pax Christi Speaker Series: Dr. Glen White-Better Angels Project

Better Angels is a national citizens' movement established to reduce political polarization in the United States by bringing liberals and conservatives together to understand one another beyond stereotypes, forming red/blue community alliances, teaching practical skills for communicating across political differences, and making a strong public argument for depolarization. It takes its name from President Lincoln's 1861 inaugural address in which he appeals to citizens to heal a divided nation by relying on "the better angels of our nature." In pursuing their mission, this organization:

- Tries to understand the other side's point of view, even if we don't agree with it
- Engages those we disagree with, looking for common ground and ways to work together

**We are not enemies, but friends. We must not be enemies. Though passion may have strained, it must not break our bonds of affection. The mystic chords of memory will yet swell the chorus of the Union, when again touched, as surely they will be, by the better angels of our nature.— Abraham Lincoln**



- Supports principles that bring us together rather than divide us

Better Angels was started just a couple of days after the 2016 election. Ten Trump supporters and 11 Clinton supporters gathered in South Lebanon Ohio to see if they could respectfully disagree

and find any common ground.

With a program developed to hone listening and communication skills, the groups found that they actually liked one another and wanted to learn more about each other, and so they continued meeting. From this beginning, workshops were developed and scheduled all over the US.

Their objective is to move Americans from feelings of hatred to respect and appreciation.

Dr. Glen White is a psychologist who works in private practice at the Fowler Institute in Little Rock. He is also an Adjunct Clinical Assistant Professor in the Psychiatry Dept. at UAMS. Dr. White has been in clinical practice for over 30 years and has been involved with Better Angels for over two years. He will present an overview of this organization on Thurs., August 8 at 7 pm at Fitzgerald Hall (2500 N. Tyler St., Little Rock). All are welcome. Admission is free and refreshments will be served.

## Peace Offerings

# PREP FOR BACKPACK PACKING PARTY

For the third year in a row, Pax Christi Little Rock is preparing to throw a party to pack backpacks full of school sup-



**Piles of Backpacks and Supplies**

plies. It's fair to say that the party is bigger and better than ever this year. When PCLR started this project back in 2017, we worked with Rock-



**Taking Supplies to CTK**

efeller Elementary, providing them with 328 backpacks/supplies. Last year, PCLR added St. Theresa's and St. Edward's to the mix, bringing the total of backpacks up to 654. Now, in 2019, we are almost doubling that number, supplying 1106 backpacks to Rocke-



**Tony and George Deliver**

Some one mentioned that, if we keep growing, next year we might think about renting out Verizon Arena! Of course, it is a beautiful thing to be able to help so many school children get their year off to a good start. However, there are many more blessings provided by this endeavor. Each year, more and more people get involved and help make this dream a reality.



**Lots of Help Unloading**

None of this would have been possible this year without the help of many donors who contributed over \$12,000 (often \$10-20 at a time) to provide all of these backpacks. Many friends of Pax Christi came through in significant ways. Christ the



**Scouts Break Down Boxes**



**Tony Always Busy**

The CTKLR Honduras Mission donated many school supplies. Our beloved Peace Partners, the Fraternal Order of the Eagles (FOE), donated \$3000 this year and \$5000 last



**Sherry and Jan Figure It Out**



**Scout Transformer**

year towards this cause (in addition to donations to Puerto Rico mission). Chuck Bajorek (President of FOE) and other Eagles will be present to help fill backpacks. The CTK Boy Scout troop assisted in set-up and made the organization process much more fun! Set up crew included Jan and Tony Pipkin, Jeff and Paula Kalina, George and Sherry Simon, and



## Peace Offerings



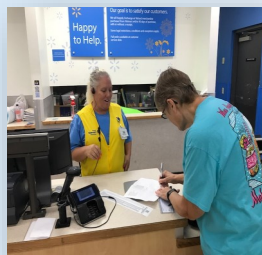
Paula and Jeff

Sandee Haslauer, all under the able direction of Sherry Martin. Sherry put in hundreds of hours before this week ordering supplies, organizing donated supplies in her home for months and working through all of the meticulous details it takes to pull off a project of this magnitude. This backpack project could not take place without her time, talent, and love for children.

Another blessing that occurred this year was the experience we had with the Walmart on Baseline Rd. The manager, Bill, worked so hard to make the ordering and receiving experience pain-free. When volunteers arrived Saturday morning to pick up four pallets of supplies, he had them all rung up and ready to go. Last year, check out took 2-3 hours. Additionally,



Hanging Out!



Sherry Pays the Tab

it was clear that he had given us some discounts on the supply order, making us come in under budget. Pax Christi also saved around \$1000 by shopping during tax free weekend, and Bill

made sure we got paperwork to apply for tax free status as a non-profit all year round. PCLR has a new peace partner! So, the stage is set and the party will start Monday, Aug 5 (6 pm) at CTK.



Calm Before the Storm

## MIRACLE OF THE MONTH

There were many small miracles that occurred throughout the process of organizing backpacks and supplies (the trailer didn't break when that first pallet of over 1000 pounds was placed on it, all the supplies were delivered and each school has enough for all students, friendships grew, laughter happened), but there was also a major miracle that occurred that is worth mentioning. When we went to pick up the key to the Ministries Building from the church office, Teri Tribby asked if we might have extra school supplies for a small evangelical Baptist Church in North Little Rock. All of our supplies had been allocated, we thought, to the four schools plus Pine Bluff. However, when we checked with Sherry Martin, PCLR treasurer and organizer of this project, she said that she had ordered quite a bit of extra paper and spiral notebooks in case the schools ran out mid-year, and that we could use some of those supplies. Additionally, we seem to have "extras" of pens, pencils, glue sticks, markers, scissors, etc., so we are going to have plenty to share. Such a wonderful grace. Thanks be to God.



**Taking the five loaves and the two fish, and looking up to heaven, he said the blessing, broke the loaves, and gave them to the disciples, who in turn gave them to the crowds. They all ate and were satisfied, and they picked up the fragments left over-12 wicker baskets full. Those who ate were about five thousand men, not counting women and children. Matthew 14:19-21**

## Peace Offerings

## PAX CHRISTI AND FRIENDS PACK BACKPACKS FOR KIDS



On August 5 at 6 pm, Pax Christi Little Rock called its friends together to pack backpacks with school supplies for

Rockefeller Elementary, Osceola Elementary, St. Theresa's Catholic School and North Little Rock Catholic Academy. And they all came! These beautiful people worked for almost three hours to fill

1106 backpacks with the specific supplies that each school and each grade needed. Approximately 40 people came together to bring a little joy into the lives of children about to start their school year. Small groups of people laughed and talked together, with many hands making light work. It was amazing to see the hundreds of backpacks pour out of the door and into the vehicles that would take



them to the four different schools where they would be used by the children who start school next week. Thanks to all those people who made this gift possible. You stand in the peace of Christ.



Back Pack Crew

## END FAMILY SEPARATION RALLY



END FAMILY SEPARATION RALLY

On July 27, Pax Christi Little Rock members attended the End Family Separation Rally at the State Capitol. Several DACA students and immigrants spoke about the untenable situation at the US-Mexico border, protesting the current treatment of immigrant families and the forced separation of children from their families.



## Peace Offerings

## Pax Christi Little Rock Exploring Mission Trip to Border

Pax Christi members have been considering the possibility of taking a week-long trip to the Texas-Mexico border at some point before the end of the year. This mission would be carried out in conjunction with clergy from the Diocese of Little Rock. Msgr. Scott Friend has initiated inquiries into the feasibility of a border trip. Several Pax Christi members have shown an interest in visiting the border if there are tasks that can be done to assist immigrants in any way. There are Catholic ministries at the border, including Catholic Charities USA and the Kino Border Initiative, that assist local agency efforts to provide compassionate and professional care to meet the immediate, intermediate and long-term needs of immigrants and refugees. Our group would work directly with a Catholic border agency should we make the trip.



**WE WANT TO HEAR**  
..... from .....  
**YOU**

**Pax Christi Little Rock wants to invite all interested parties to send in articles pertaining to peace and social justice to add to our newsletter. Your story can be related to your opinion on a topic, a personal experience or perhaps an event that occurred in the world that affects our work towards social justice. You can email your article to [paxchristlr@gmail.com](mailto:paxchristlr@gmail.com).**

## HIROSHIMA AND NAGASAKI REMEMBRANCE



**NUCLEAR BOMBS ARE WEAPONS OF MASS DESTRUCTION**

**NUCLEAR DISARMAMENT MUST BE OUR NATIONAL GOAL**

**JOIN US IN A REMEMBRANCE SERVICE  
SO THAT WE MAY NEVER FORGET THE  
HORRORS OF NUCLEAR WAR**

**FRIDAY, AUGUST 9, 2019 @ 7 PM**

**THE PROMENADE ON KAVANAUGH IN HILLCREST**

PAX CHRISTI LITTLE ROCK

EPISCOPAL PEACE FELLOWSHIP

ARKANSAS WOMEN'S ACTION FOR NEW DIRECTIONS (WAND)

ARKANSAS COALITION FOR PEACE AND JUSTICE (ACPJ)

ARKANSAS VETERANS FOR PEACE

INTERFAITH ARKANSAS



Our custom is to contribute to a different peace and social justice cause at each of our monthly meetings. In August, we will be collecting dona-

tions for **Better Angels**. This is a citizen's organization uniting red and blue Americans in a working alliance to depolarize America. They support principles that bring us together as a nation rather than divide us, seeking common ground and ways to work productively with one another. Please give generously!

## Peace Offerings

### PEACE PARTNERS

Peace Partners highlights various peace and social justice organizations that share our vision: active promotion of peace in our neighborhood, state, country and world. The goal is to increase awareness of the many organizations in our area that work for peace through social justice and invite joint ventures between these groups to increase the effectiveness of our mission.



**NLR Catholic Academy**

**Osceola Elementary**

**Rockefeller Elementary**

**St. Theresa Catholic School**

These four schools are partnered with Pax Christi Little Rock as part of our Backpacks filled with School Supplies program. On Monday, August 5, 40-50 volunteers will gather to fill 1106 backpacks with the school supplies requested by each school. Pax Christi will work together with volunteers from the schools as well as other interested organizations to complete this project. PCLR will also extend information on its peace curriculum to each school.

**If we are to create peace in our world, we must begin with our children. –Mahatma Gandhi**

### HABITAT FOR HUMANITY: LET'S BUILD A HOME TOGETHER

Pax Christi Little Rock is coordinating a project between several peace and social justice organizations in the Central Arkansas area to sponsor all or part of one home construction through Habitat for Humanity. We have now received pledges of \$1300 from different sources. Habitat needs \$20,000 in addition to their grant money to build one home. Here are the possible Sponsorship levels we can achieve dependent on the amount of money we raise:

#### **Adopt a Home Sponsor (\$20,000)**

- Exclusive level that funds a whole home!
- Five on-site building days

#### **Blueprint Sponsor (\$10,000)**

- Two on-site building days
- Participate in home dedication ceremony

#### **Trim Sponsor (\$5,000)**

- One on-site building day
- Invitation to home dedication ceremony

#### **Beautification Sponsor (\$2,000)**

- One on-site landscaping day
- Invitation to home dedication ceremony

Our level of sponsorship is contingent on the amount donated by the end of Sept. If you or your group is interested in participating, send your donation to PCLR at 415 N. McKinley St., #1040 Little Rock, AR 72205 or call Sherry at 501-258-8653. Let's work together to bring peace through social justice to our community.

### SOLES4SOULS

**Over the past month, 202 corks have been donated to Soles4Souls. Added to the total number (11,644) sent out to Soles4Souls previously, our total is 11,846. Save your corks and bring them to our next PCLR meeting, drop them off at 415 N. McKinley St., #1040, LR or call 258-8653 and we'll pick them up. Thanks!**

Peace Offerings



**SAVE THE DATE**

**THURSDAY, SEPT. 5 - 6 P.M.**  
**ALL ARE WELCOME**

ST. MARK'S EPISCOPAL CHURCH - 1000 N. MISSISSIPPI - LITTLE ROCK

**An InterFaith Celebration of Peace**  
through music, prayer and wisdom

SPECIAL GUESTS - SHAYKH MUHAMMAD NINOWY, DR. YSAYÉ BARNWELL  
& RIVER CITY MEN'S CHORUS

Followed by  
**The InterFaith Food Festival**

Sponsored by: Arkansas House of Prayer and The InterFaith Center  
For more information visit: [lovethyneighbor2019.eventbrite.com](http://lovethyneighbor2019.eventbrite.com)

**SAVE THE DATE**

**PAX CHRISTI LR SPEAKER SERIES**  
**Presents**

**Elizabeth Speck-Kern, PhD**  
**Anarella Cellitti, PhD**  
**Welcoming Women to the**  
**Table of the Lord**

**THURSDAY, SEPTEMBER 12 at 7 PM**

**FITZGERALD HALL, ST. JOHN'S CENTER**  
**2500 N. TYLER STREET, LITTLE ROCK 72203**



## Peace Offerings

### CATHOLIC DAY OF ACTION FOR OUR IMMIGRANT BROTHERS AND SISTERS

Pax Christi Little Rock, Catholic Charities of Arkansas and St. Theresa's Catholic School worked in partnership to organize an event in solidarity with the National Catholic Day of Action for Immigrant Children in Washington, D.C. The gathering took place on July 18 at 6 pm. Approximately 75 people attended this service in Morris Chapel at the Diocese of Little Rock. The program included prayer, music, personal testimony and a specific plan of action. Participants were urged to call their representatives and insist on immigration reform to combat the separation of families at the border. They were also urged to begin breaking down the walls of racism in their own community. Dr. Sherry Simon said, "I hope that you will find a way every day to begin taking down the walls in our own town and in our own hearts; the walls that keep us ignorant of one another and keep us afraid of anyone who's different from us. We must get to know one another and learn each other's stories."



Sister Deborah Troillett, Sister of Mercy and the Director of the Arkansas House of Prayer, was asked by the Bishop to read his letter in Washington, DC. Sister Deb has been a friend and great support to PCLR. We were all proud to stand with her against current US policy of separation of immigrant and refugee families, in keeping with Catholic social teachings.

## CALENDAR OF PEACE AUGUST/SEPTEMBER EVENTS

- August 6** Peace Week Planning Meeting  
5:30-7 pm Hillary Clinton Library  
4800 W. 10th St., Little Rock
- August 8** PCLR Board Meeting- 6 pm Fitzgerald Hall  
Speakers Series—Better Angels Project  
Presented by Dr. Glen White  
7 pm - Fitzgerald Hall at St. John's Center  
2500 N. Tyler Street, Little Rock
- August 9** Hiroshima/Nagasaki Remembrance  
7 pm at Promenade on Kavanaugh  
2300 Kavanaugh Blvd., Little Rock
- August 10** Taste of Faith - 6 pm  
Statehouse Convention Center
- August 12** Arkansas Coalition of Peace and Justice  
Monthly Meeting 6:30-8 pm  
Little Rock Friends Meeting (Quakers)
- Sept. 3** Peace Week Planning Meeting-5:30-7 pm  
Hillary Rodham Clinton Library  
4800 W. 10th Street, Little Rock
- Sept. 9** Arkansas Coalition of Peace and Justice  
Monthly Meeting 6:30-8 pm  
Little Rock Friends Meeting (Quakers)
- Sept. 12** PCLR Board Meeting- 6 pm- Fitzgerald Hall  
Speakers Series-Elizabeth Speck-Kern, PhD  
Anarella Cellitti, PhD  
Women at the Table of the Lord  
7 pm - Fitzgerald Hall at St. John's Center  
2500 N. Tyler Street, Little Rock
- Sept. 15-22** **PEACE WEEK**



## Peace Offerings

## CHOOSE YOUR WORDS CAREFULLY: HOSTILE COMMUNICATION PROMOTES VIOLENCE IN OUR WORLD

Two mass shootings in the past 24 hours in El Paso, Texas and Dayton, Ohio have left at least 31 dead and 52 injured. So far this year, there have been 251 mass shootings (an event where at least four people are shot) in the US. Data collected by the Gun Violence Archive indicates that in these shootings, over 1,300 people have been injured or killed. The United States leads the world in these violent attacks and theories abound as to the reason for this level of violence in our country. For example, the fact that the US tops the list of countries with the most firearms, with more than one gun per person, cannot be ignored as a factor.

Sadly, though, we seem to be at a political stalemate when it comes to doing anything about the problem of violence in our country. In fact, I see a paradox in that the more mass shootings and other violent acts occur, the more the individuals on the two sides of the argument increase their angry and hate-filled rhetoric. We are looking at angry and self-serving people seeking to resolve the problem of violence. It's not working.

Additionally, we have a President who likes to encourage violence through his own incendiary language. The problem is that his words

have a great deal of power. For example, in a rally in Panama City back in May, Mr. Trump asked, "How do you stop these people?" He was referring to migrants coming into the United States. A person in his audience yelled, "Shoot them." Rather than provide leadership



and show the people at his rally a better way, Mr. Trump smiled and shook his head. "That's only in the Panhandle that you can get away with that statement. Only in the Panhandle," he joked. His flip-

pant response raised concerns that he would not discourage extrajudicial killings and brutality against asylum seekers and undocu-



mented immigrants. In addition to stirring people up at his rallies to "send them back" or "lock them up" or "build that wall", the world is hearing his aggressive messages everyday on Twitter as well. Messages that belittle and heap scorn on those he dislikes.

Messages that call names and are often measurably false.

So, we ask ourselves, what can we do about this increasing violence in our country? Well, we can use our 45th President as a "model in the negative." We watch what he does and do everything in our power to not fall into his trap of hatred, bigotry and division. Not even when

## Peace Offerings

we are talking about him! I think this is what Jesus meant when he said, “love your enemy.” It does not mean to agree with him or go along with him. It means to not become him and to show him a better way by your actions.

Understanding non-violent forms of communication gives us the power to change the world, at least in our small corner. Nonviolent communication is all about finding ways to connect with others rather than separate yourself from them.

The basics of Nonviolent Communication (NVC) involve expressing yourself with clarity, compassion, self-responsibility, empathy and the common good in mind, which is the opposite of what violent communication is. Violent communication involves threatening, judging, dehumanizing, blaming or coercing others in order to get your way in a situation. Violent communication creates misunderstanding and frustration, pain and disagreements. For example, most people are taught to express their feelings in terms of what people have done to them to make them feel how they feel. Unfortunately we are often not taught to take ownership of our feelings and needs so that we might better ask for only what benefits and what is fair to all parties.

There are four components to the Nonviolent Communication process:

1. **Observations**-How your observations and those of others-the neutral facts-provide a foundation to know what we are talking about and eliminate confusion about what has instigated any sit-

uation or interaction

2. **Feelings**-The information our body and mind give us regarding whether our values and needs are fulfilled in any given interaction. They provide a powerful point of connection to help us understand another's experience or communicate our own.
3. **Needs**-Universal human needs are often what motivate us; when you distill any conflict to the level of human needs, people can see each others' humanity, which begins the healing process and provides a foundation for win-win solutions.
4. **Requests**-Taking responsibility for what we actually want by expressing a request rather than a demand. Hear another's request as such, and knowing that we still have a choice.

When we feel connected, we can enter relationships of “power-with” rather than “power-over” others. We can develop “win-win” outcomes where the needs of all are taken into consideration. In terms of improving the current state of things in the world, this is something we all have the power to do. We can determine whether what comes out of our mouth is connective or divisive, no matter what anyone else says. We can be a part of the change we want to see in our country, working together to bring about a more harmonic discourse.

Human beings have enormous power to enrich life. We can use words to contribute to people's enjoyment, their wisdom. We can use words that can make life miserable for people. So our words are very powerful. We can touch people in ways that give great pleasure, great nurturing, support. We are powerhouses, and there's nothing we enjoy doing more than to use that power we have to enrich lives. Marshall Rosenberg, PhD