

AVP WA NEWSLETTER DECEMBER 2024



Upcoming Workshops

- Jan 4 - 6: Acacia Mainstream T4F
- Jan 11 - 13: Acacia Protection Advanced
- Jan 11, 18: Community Basic (Darlington)
- Jan 13 - 15: Wooroloo Prison Advanced
- Jan 21 - 23: Karnet Advanced
- Feb 1, 8: Community Basic (Mount Lawley)



Some of our wonderful volunteers enjoying the End of Year Gathering at the Quaker Meeting House

IMPORTANT DATES FOR January and February 2025

COMMUNITY BASIC WORKSHOPS

We are delighted to be offering two community **BASIC WORKSHOPS** early next year.

Darlington 11 and 18 January

Quaker Meeting House 1 and 8 February

This is a wonderful opportunity for us to spread our invaluable work to more community members.

Please spread the word to friends and family, and any other networks, and contact Selene for details.

AGM and BRING-A-FRIEND DAY 2025

When? Saturday 22nd February

Where? Quaker Meeting House, Mount Lawley

We will send out more details closer to the day, but please make note of the date.

Come and join us for a day of friendship, food and frivolity.

This is your friends' chance to see what this AVP thing is all about!

AVPWA 2024

Selene Moonbeams

2024 has been another event filled year for AVP in WA.

In September, we celebrated and reflected on 30 years of AVP in Western Australia with a wonderful group of friends.

We were very grateful to accept a final donation from our generous donor, The May Trust, after 25 years of annual donations. We were delighted to receive a very favourable reference from The Trust, which will be invaluable when we need to apply for future funding.



Some of our wonderful AVP champions at the 30 Year Anniversary Celebration

We held Mid-Year & End-of-Year Gatherings at Acacia and Wooroloo prisons, with a great turn-out of inmate and external facilitators. We also held several community Facilitator Days including an End of Year Gathering.

All this celebrating is all very well you might say, but how about our core purpose, which is to share the AVP philosophy through workshops?

I'm sure you will be as pleased as I am to know we managed to complete 42 workshops in 2024. As you can see from this list, our volunteer facilitators have been very busy sharing the Peaceful Pathways message.

I would like to take this opportunity to express my heartfelt gratitude to everyone for their involvement this year. As a volunteer, not-for-profit organisation, there are lots of challenges. There are also many rewards for those who have the time and inclination to be involved.

An inmate facilitator recently expressed that I am like a mother figure who showers unconditional love on the men, and continues to believe in them whatever their background or "stuff-ups". Comments like this are enough reward for me.

A huge thank you to our brilliant committee, lead by our Chairperson Generous Jim, who I'm sure you will be pleased to know, does not bring his bagpipes to committee meetings! It has been a pleasure working with you all.

Wishing you all a Peace filled festive season.

Stay safe and I look forward to sharing with you all in 2025.

Acacia Mainstream	Basic	4	10
	Advanced	4	
	T4F	2	
Acacia Protection	Basic	2	5
	Advanced	1	
	T4F	2	
Wooroloo	Basic	5	10
	Advanced	3	
	T4F	2	
Bunbury RP Main	Basic	2	4
	Advanced	1	
	T4F	1	
Bunbury RP PRU	Basic	2	4
	Advanced	1	
	T4F	1	
Karnet	Basic	2	6
	Advanced	2	
	T4F	2	
Community	Basic	1	2
	Advanced	1	
Broome	Basic	1	1
Total			42

Letters to self from Karnet workshop participants

Dear younger self.

I'm just writing to let ou know you are in the past. There's not much I can do to right your wrong, but just so you know, I've learnt from the mistakes made so if you never existed I wouldn't be me today.

Just so you know things are getting better for me because I remember where I came from. I still have plans to reach the goals we both set so long ago.

Well now I've said that and we will now say goodbye time I go be who I am today. So good bye Past Me and hello Future Me.

Me from now.

A letter to my teenage self.

First of all, when you turn 16 move out of home get a job pay the bills buy a house and own as much as you can while you still know everything! Jokes!!

Stay in school and study engineering say no to AOD and don't start smoking.

Other than that you do your best.

P.S. don't get angry when your expectations are not met. And always remember the transformation of power through the Mandala Circle.

To my younger self.

Calm down and breathe before you act. Friends and family are going to come and go throughout your life you will be proud of the outcome you are going to go through a lot of tough times and heartbreak. The closest people to you are going to betray you in a way you would never have imagined it is going to suck BUT you are going to realise when you go to prison the life you thought was good was actually not as good as you once thought and you are going to have to start over again but this time you will have a better understanding as to what you want for your future and better plans for you and you alone no-one else is going to hold you back.

Hey self if I could change my younger days to stop and thinking about my actions first before reacting and not making immediate decisions straight away as it landed me up in prison by not thinking about the consequences first will go a long way in life it would have been a better and safer outcome for myself and my future.

My impulsiveness from not listening to my elders has ended up me having an extensive criminal history and has ended up with me in prison and not been able to be there for my children in the last four years.

Family is everything.

Should prob get off the crack. No good. Go get a job but make sure you move to WA. Newcastle is no good.

You gunna end up doing a few years a week after your 18th if you don't sort it. You're already sitting in juvie, so something gotta change bud.

You're a stubborn C, so your gunna do you. Keep this in mind.

Powerful heartfelt reflections from an ex-inmate facilitator

Today is the 12th year since my baby brother lost his life to suicide.

He was only 18

In the past 12 years, 7 men that have played significant roles in my life have lost their own due to suicide.

SEVEN!

In twelve years...

The one thing that most of these men (not all, but most) had in common was the fact that nobody saw it coming.

As men we naturally keep things to ourselves.

We feel our job is to protect and provide and to do so we "soldier on", not giving ourselves time to feel things that may hinder us from doing so.

We would rather deal with things on our own because we don't want to burden or worry the ones we love but in doing so we do just that because these thoughts and feelings get suppressed, but like a cup being filled we can only hold so much before it turns into "spillage" and that spillage comes in many forms.

Frustration, anger, sadness, violent outbursts, excessive drinking, excessive drug use, womanising and isolation.

These are just some of the things us as men who have not been taught to regulate our emotions turn to..

In no way does it excuse any of these actions, they are just reactions to things we don't understand within ourselves and/or don't want to..

"A man is not judged by how he falls down but by the way he picks himself up"

But what if you were never taught how to "pick yourself up"

We joke around about how some of our parents would say “wipe those tears or I’ll give you something to cry about”

But what if your father meant it..

What if because of these words and the actions that followed you now associate crying with physical pain, I bet you wouldn’t cry anymore..

Teach your son it is ok not to be ok, it is ok to be scared, it is ok to show emotions and it is ok to make mistakes..

Teach him what you wish you were taught, teach him violence isn’t always the way but also teach him to defend himself, teach him to respect himself by not letting others control his emotions, teach him to love by showing him love, teach him patience by showing him patience and teach him to admit his faults by admitting your own..

Anger, frustration, sadness, worthlessness, hopelessness

These are all emotions, they are what you feel BEFORE you react.

If you know where these emotions are coming from or what they are being triggered by you may have more of a chance to control your reaction.

If you yourself do not have the tools on how to teach your son on how to regulate and understand these emotions then take him to see someone that can, maybe you will learn something too...

“A wise man knows he has a lot more to learn”

Not all of these suicides could have been saved with positive male role models, I know for a fact some of these males had amazing fathers!

All I’m saying is something somewhere is not working.

And to anyone out there who is thinking about taking their life

Please remember this is only one chapter in a life long story

Find someone to talk to.

Find an outlet.

Find a reason to live.

Because the world is better with you in it.



Editor’s note

An AVP WA newsletter is published monthly.
If you have any news, photos, inmate contributions or new things you’ve tried in workshops, please send them to our newsletter editor Selene.
selenemoonbeams@gmail.com

Need more information?

For details of upcoming workshops or facilitator days, to volunteer to help facilitate a workshop, or just to find out more about AVP, please contact our administrator Selene.
avp.wa1@gmail.com