

AVP WA NEWSLETTER OCTOBER 2025



October and November Workshops

Oct 6 – 8: Wooroloo Prison Farm T4F
Oct 11 – 13: Acacia Prison Mainstream Basic
Oct 18 – 20: Acacia Prison Protection T4F
Oct 27 – 29: Wooroloo Prison Farm Basic
Nov 1 – 3: Acacia Prison Mainstream Advanced
Nov 8, 15: Community T4F
Nov 11 – 13: Bunbury Regional Prison PRU Basic
Nov 18 – 20: Bunbury Regional Prison Advanced
Nov 22, 29: Community Basic
Nov 25 – 27: Karnet Prison Farm Basic



SAVE THE DATES

End of Year Gatherings

Yes the end of the year is approaching already! It is important to celebrate our achievements during the year as well as take the opportunity to catch up with fellow facilitators, especially our inmate facilitators who don't have much opportunity to celebrate.

For those we haven't seen for a while it's a great chance to re-connect.

So save the dates below and try to come along if you possibly can.

More details to follow.

Sat Nov 29 – Acacia Prison
(Prison clearance required)

Sat Dec 6 – Community in Mt Lawley

Wed Dec 10 – Wooroloo Prison Farm
(Prison clearance required)

Jingle & MINGLE

The AVP WA Committee invites you to join them for an End of Year celebration of fun, games and reflection ... with an AVP twist!

End of Year Celebration

Saturday, 6th December
10.00am (for 10.30am start) – 2.00 pm

Quaker Meeting House
35 Clifton Crescent, Mt Lawley

Morning tea and lunch provided (please advise of any special dietary requirements).

BYO family, friends, and a donation to CARAD (Centre for Asylum Seekers, Refugees and Detainees) Pantry
<https://www.carad.org.au/caradpantry>

Please RSVP to Sue by 3rd December by text to 0419 100 991 or email to susan.mulholland@bigpond.com

AVPWA Facebook

At a recent AVP Australia network meeting we discussed the issue of keeping participants and facilitators engaged between meetings and workshops.

We have a Facebook page www.facebook.com/AVPWA/ which has daily posts. If you have not yet liked this page please do so to get an inspiring daily post, which you are very welcome to interact with.

AVP Australia Network

On the second Wednesday of each month there is a Zoom meeting of AVP facilitators. We discuss various issues and participants are encouraged to suggest topics of interest. The meetings are held early evening WA time (currently 5.00pm) and are limited to two hours.

If you are interested in participating and currently do not receive the notifications please contact Lucy by email on lucy.light@hotmail.com and she will add you to the list.

AVP: a facilitator's reflection Why do I believe in the power of AVP?

Suzanne

I've been a facilitator now for more than 20 years but until recently had spent 10 years 'in hiatus' from the organisation and its workshops in WA prisons. I returned because the camaraderie of the circle drew me back. In that space everyone shares; everyone is listened to; and there's a curiosity around differences that defies explanation and argument. We share serious questions: the triggers of conflict, for example, or how we might control our emotions better. We lighten the mood with Light and Livelies (L&Ls) in which we discover everyone's a comedian at heart.

Honestly and without exaggeration, I can say it's the only thing I've done where I've felt I've made a difference in the world for the better. I've watched how an AVP process changes lives. Something happens over the course of a three-day workshop, some alchemy that enables vulnerability, deep personal reflection and the development of community. The yearnings for connection so many of us wish to find with fellow humans happens right there, through the journey of workshop and respecting the process.

It's why the Alternatives to Violence Project is so vital in our world and why I'm so happy to be back: doing what I can to help with workshops when I can and sharing that following the non-violent pathway really does lead to happier humans, happier families and happier communities.

NEWSLETTER EDITOR

Would you like to contribute to AVP WA, but don't have time or desire to facilitate workshops? Maybe newsletter editor might be your thing!

If this sounds like something you could contribute, please contact Selene avp.wa1@gmail.com and she can talk you through what is involved.

Selene would be VERY grateful!

United Nations International Day of Peace

Sally Herzfeld

A celebration of the International Day of Peace was held at the Darlington Hall on the 21st of September.

There was entertainment inside the hall, followed by the Maypole Dance, the Tug of Peace and Circle Dancing outside.



PROGRAM	Outside Program
1. Welcome, Kid's Booklet S.H.+PZ	11. Group Photo R.Herzfeld
2. UNAANA Melange Waurik	12. Maypole S.Herzfeld
3. Tibetan Meditation R+S. Rajoo	13. Tug of Peace G.Rusha
4. Swan Harmony Singers R.Brahm	14. Circle Dance K.Davis
5. Bahai Roadmap to Peace E.Davies	15. Frisbees P.Zawacki
6. Song I Am Australian M.Firth A.Atkinson	16. Planting A.Atkinson
7. Poems S. Matthews	THANK YOU
8. Songs Ackon Cahuak Band	Mania B+Chris D.+ All
9. HWPL Peace Dance E.Koomson S.Rosario	
10. H.C. Peace Song All	



Bumper sticker made by a Bunbury participant in an advanced workshop

Theme: Communication and Relationships

If you can read this, you are too close.

We need boundaries!

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