



CARP BAY AREA

A MONTHLY NEWSLETTER

NOVEMBER 2019



Ukulele Club performing at our "PSWM" event!

WHAT'S INSIDE

November Overview

- 3 Day UP Retreat
- 2nd PSWM Campus Event
- UP Seminar
- Club Meetings & IGNITE

Testimonies

Announcements

PEACE STARTS WITH ME

What an eventful month! In addition to our ongoing activities, CARP hosted an UP retreat and our 2nd 'Peace Starts With Me' Campus Event this month of November. Seeing CARP members and faculty step up to stand for peace was truly inspiring! We couldn't have accomplished all we did without you.



UP Retreat - Halloween Pumpkin Carving

3-DAY UP RETREAT



On October 31st to November 3rd, CARP Bay Area spent our Halloween weekend at our well-anticipated three day Unification Principle (UP) Retreat out at Oakhorse Ranch in Valley Springs. The retreat was co-hosted by Family Federation and CARP with the theme "Discover Your True Value." This retreat gave us, as students, the opportunity to step back from school and our regular day-to-day activities to focus on nurturing our hearts and discovering our life's true value and purpose.



FALL CAMPUS EVENT



Education Empowering Peacemakers

CARP concluded this month with our 2nd ever campus event titled "Education Empowering Peacemakers"! It was one crazy ride in preparing for this grand event. The CARP team invested a lot of time and effort to outreach to students and faculty on our Chabot campus.

We had student representative, Erika Gordon, give a student perspective on the purpose of education, which was followed by our main speaker, Dr. Mose Durst, a longtime educator, to give the keynote address. The main message was on character education being the foundation of all other knowledge and learning. In addition to these messages, we had beautiful performances from CARP members and the Ukulele club. We had a total of 75 attendees at our event, and we were all so happy that we could share this message with all who came. Thank you to all who came and who helped make this event great!



NOVEMBER OVERVIEW



CLUB MEETINGS

Leading up to the campus event, our club meetings focused on discussing conflict resolution and the purpose of education.

Students also helped prepare for the event by creating beautiful bookmarks as gifts for those attending the event. They wrote cards about what "peace starts with me" means to them.

"IGNITE" GUEST SPEAKER EVENTS

Conflict resolution is an important topic, especially if the goal is to create a peaceful world. We had CARP mentor and educator, Christine Froehlich, speak to us about how we as students can be peacemakers in our relationships, homes, and communities. Those who attended were empowered that we can be a person of peace right here, right now.



UP SEMINAR

We had our last UP seminar of the year 2019! We started the first day of Thanksgiving break and refreshed ourselves with the Unification Principle. CARP members, Rosana Miller and Saeko Yonetani, were our speakers for this seminar! We also enjoyed some holiday fun building gingerbread houses with the theme of "Gratitude."

CAMPUS EVENT TESTIMONIES



Dr. Durst speaking at the Campus Event

DEBRA COLLINS, KCRH RADIO

"It was a fantastic, wonderful experience. I can't give enough adjectives to share that. The program itself was outstanding with Dr. Durst. He had very salient information to share with the audience. He spoke of the potential for children to **be peacemakers through education**. It was

about **coming together and forming our own coalitions for peace and peace making**. That was such a powerful thought statement. The big takeaway was there is **strength in unity and education**."

JUDITH NYAMBEGA

After attending the "Peace Starts With Me" seminar, I now feel like I have a clear meaning to what education means to me. This revolves around the truth that "peace starts with me." I realize that my journey through **education should enable me to create a difference in society** and

that I shouldn't postpone my abilities that could greatly contribute to a better society. I got enlightened that **education is a tool that should help me activate the good values in me**, some of which lay dormant, which I can use not only to better myself, but also those around me. Eventually my hope is to look back in time when am older and be able to have a bright smile on my face that expresses my contentment in how I positively took part in **making the world a better place** when I had the chance because **truly peace starts with me**.



XIAOLAN HOLKEN

I enjoyed Dr. Durst's speech very much. During his speech, he used a quote from Confucius: *"If your plan is for one year, plant rice. If your plan is for ten years, plant trees. If your plan is for one hundred years, educate children."* That's true! Education can empower everyone, that's why I always encourage my friends and classmates— "Dream big and study hard", because **it is a perfect time for college students to plant their future**.



UP RETREAT TESTIMONIES

JASON CMELAK

"I'll be honest, coming to this UP retreat, I was not even close to knowing what I was getting myself into. The atmosphere here is so much more different, it's so much more **heartwarming** and welcoming... I'm grateful for the speakers **teaching me to better myself and how to change this world for the better**. I thank everyone for the experience as unforgettable as it was."



OLIVIA HA

"...After every presentation, I can think positively, feel peace inside and love people around me. Moreover, I realize **the importance of the marriage and family**. Therefore, I can prepare to get a healthy marriage, to be a good wife in which way I can **raise children for their good characters**.

... Those activities yesterday are really touched, we had the opportunity to reflect, to forgive ourselves and think of what we could do for our future..."

LOOKING INTO DECEMBER

SAVE THE DATES



Read our full reports on the UP Retreat and the 2nd Campus Event under "News" on www.carplife.org

"IGNITE" GUEST SPEAKER EVENT

Thursday, December 5th, 2019

Join us in #conversationthatmatter! This is our biweekly evening program where we invite guest speakers to share upon relevant issues in our culture and address them with a "peacemaker" perspective.

END-OF-SEMESTER GRATITUDE CELEBRATION

Thursday, December 19th, 2019

Come celebrate the end of 2019 with us! Invite your friends and family to share and celebrate all we have accomplished together as CARP this semester. Includes food, entertainment, testimonies, activities, and more!

CLUB MEETINGS

Last Meeting: December 11th

Check us out! We meet every Wednesday from 12 to 1pm in room 559.



visit @carpbayarea for more pictures, details and updates on future events

contact: carpbayarea@gmail.com