



# Canadian Friends Service Committee

## E-Newsletter



### **New video shares 5 effective alternatives to prison**

A new nine minute video narrated by CFSC's Nancy Russell looks at five effective alternatives to prison.

Did you know there are already successful alternatives to prison? In this eye-opening video, we delve into innovative solutions that are transforming the landscape of criminal justice and offering a path towards safer communities and genuine rehabilitation. The video explains:

1. Community-based sentences

2. Restorative justice
3. Education, employment, and training
4. Addiction and mental health services and
5. Healing Lodges.

The video also answers a common concern about the “dangerous few” with a successful example.

Explore these compelling alternatives that focus on accountability, healing, and the broader reasons behind criminal behavior. Instead of punishment, envision a justice system that promotes dignity, respect, and hope for all involved parties.

Please [watch the video](#) and comment on YouTube or reply to this email to let us know your thoughts and responses!

**Now is the  
time to visit  
your MP!**

<https://QuakerService.ca/VisitingMPs>



**QUAKERS**  
Canadian Friends  
Service Committee



**Now is a great time to tell your MP  
to support a ceasefire in Gaza**

For those of you reading this email in Canada, this week your Member of Parliament (MP) is in your community!

If you can make time to call or meet with them, this is a great opportunity to tell them about your concerns for those in Gaza. We recommend that you:

- Ask what your MP's position is on the issue.

- Let them know that humanitarian pauses are not a sufficient means to protect and safeguard lives. Ask if they would support a ceasefire.
- Focus on ending all human rights violations.
- Ask that Canada do more to end the violence and suffering.

Make your voice count! Talking with your MP is a good way to let them know this is important.

Need tips on having a Friendly meeting with your MP? See our double-sided flyer <https://QuakerService.ca/VisitingMPs>

Feel more comfortable writing? You can use our letter writing tool here: <https://win.newmode.net/canadianfriendsservicecommitteequakers/writetoyourmpforaceasefireingaza>

Don't know who your MP is? Put your postal code and find them here: <https://www.ourcommons.ca/members/en>



*In the midst of devastating violence, staff of American Friends Service Committee are delivering food aid to families in Gaza. Photo by Amjad Fayomi.*



## **Update on support for humanitarian relief in Gaza**

Thank you to everyone who has responded so far to our urgent appeal for humanitarian relief for Gaza! We've raised a little over \$10,000 in just a little over two weeks. Please, if you can, give today at <http://QuakerService.ca/Gaza> or by mailing in a cheque and including "Gaza" in the memo line. Your donations will receive a tax receipt.



## Living One series discusses contemplative nonviolence with CFSC's Matt Legge

Check out this [hour long conversation](#) between Olivia Crossman of the Kerulos Center for Nonviolence and CFSC's Matthew Legge. They cover a wide range of peace and social justice issues. Topics range from how social networks shape our emotions and decisions to how contemplative practices can be useful to social change activists.

Feeling inspired to build peace? [You can join a group](#) to practice your peace skills for free!