



Canadian Friends Service Committee E-Newsletter



Staff picks of the year

Here are our (once again belated—we'll be on time one of these years!) staff picks for the books, movies, shows, and podcasts we loved in 2025!

<https://QuakerService.ca/StaffPicks>

Peacemaker Spotlight



QUAKERS
Canadian Friends
Service Committee

Could YOU be featured in our new peacemaker spotlight series?

We believe that peacebuilding is both personal and collective—rooted in the daily choices, relationships, and commitments of people working for justice and compassion in their communities.

Our new *Peacemaker spotlight* series will collect and share stories of individuals and groups making a difference through practical local action. We hope their stories inspire reflection, action, and a deeper connection to the ongoing work of building a more peaceful Canada.

We invite you to write your own story, or tell us about someone in your neighbourhood whose actions you find inspiring.

<https://QuakerService.ca/PeacemakerSpotlight>



Feeling unheard? Here's how to bridge gaps in everyday chats

If you feel frustrated in conversation these days, you're not alone. People often report not feeling heard. This is a missed opportunity, because we all want to feel seen and heard. And it makes a big difference to how discussions go. Our latest post for *Psychology Today* offers several things you can try to improve conversations:

<https://QuakerService.ca/Unheard>

Don't forget that if you want to take your communication skills to the next level there are [workshops](#) and a free [weekly tips series](#) available any time!



CFSC signs in support of oil tanker moratorium on BC's north coast

Canadian Friends Service Committee signed the *North coast protection declaration* to uphold the *Oil tanker moratorium act* on British Columbia's north coast. We are proud to stand in solidarity with our partners on this issue.

<https://QuakerService.ca/OilTankerMoratorium>

FOLLOWING THE **MONEY**: CUI BONO REPORT

An analysis of who profits financially from
Canadian federal carceral institutions



By Lindsay Hunt and Karen Ridd



QUAKERS
Canadian Friends
Service Committee

Featured resource: *Following the money: cui bono report*

This new report from CFSC explores who profits financially from incarceration in Canada—and how inaccessible the information is. Read [the report](#) (PDF).