

Alternative To Violence Advance WORKSHOP: July 11-13, 2014

I really enjoyed another AVP workshop. Once again, thank you Reading Rita and Merry Mary for ~~bring~~^{bringing} AVP into the prison.

Something that I learned from the three day AVP advanced workshop is.....

Sometimes I need to be ready to revise my position if it is wrong (AVP Guide To Transforming Power #5). A lot of times I get to a point where I want to stand my ground and not listen to the other person, even if I am wrong! AVP has taught me that if I continue to do this, I will miss out on so much beneficial information and also miss the opportunity of meeting so many wonderful people.

I also need to work on Guides To Transforming power guide #2 (Reach for that something good in others). Sometimes I judge people on their looks, background, etc., instead looking for the good in them.

Of course I probably need to use all 12 Guides to transforming power - but these are the ones

that stick out to me.

At the end of the workshop, I have to admit that I am a little ~~sad~~^{SAD} because I know it will be another long three months before I see these outside volunteers again for another AVP workshop.

Thank you again Reading Rita and Merry Mary for taking time out your busy lives to bring AVP inside the prisons.

I remember my very first basic AVP workshop - I wasn't sure if it was something I wanted to do - until Reading Rita and Merry Mary told me that I would make a great facilitator. That was in 2012. I am now a facilitator and I find myself telling other inmates about AVP and that it is a wonderful workshop to attend.

You see, Reading Rita and ~~Merry~~ Merry Mary never judged me from day one. By telling me ~~that~~ I would make a great facilitator - they were actually using the Transforming ~~Power~~ Power Guide #2 which says: Reach for that something good in others. It has also inspired me to reach for that something good in others as well. To learn more about AVP go to: www.avpusa.org