



## Peace Offerings: January 2025

### UN DAYS OF ACTION

**6<sup>th</sup> February 2025: International Day of Zero Tolerance to Female Genital Mutilation**

**11<sup>th</sup> February 2025: International Day of Women and Girls in Science**

**8<sup>th</sup> March 2025: International Women's Day**

**22<sup>nd</sup> April 2025: International Mother Earth Day**

### Women in politics

A recent report has found that in 2024 there was a significant decline in the number of women elected to parliaments across the world. One of the factors that might have contributed to this decline is concerns about abuse, both in person and online, that women in public life experience on a regular basis and which makes them fear for their personal safety. Some women MPs, like Diane Abbot, no longer feel safe using public transport. Many others experience endless abuse about their looks, their weight and their clothes and it's apparently very common for them to be referred to as 'you stupid woman'. No wonder many women are increasingly unwilling to run for any kind of public office. This matters because there is evidence that women in government, and an equal balance of female and male representatives makes a difference. Find out more at:

<https://www.bbc.co.uk/news/articles/cy895l25gwxo>

### UN Women: getting ready for International Women's Day, 8<sup>th</sup> March 2025

The theme for International Women's Day 2025 has been announced: **For ALL women and girls: Rights. Equality. Empowerment.** The UN wants this to be a rallying cry to take action in three areas:

- to advance women's and girl's rights, challenging all forms of violence, discrimination, and exploitation
- to promote gender equality, elevating the voices of marginalized women and girls
- to foster empowerment by ensuring inclusive access to education, employment, leadership, and decision-making spaces, prioritizing opportunities for young women and girls to lead.

*What can we do as part of our activities on International Women's Day to promote these three areas for action? Please bring your ideas to the February Club meeting.*

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# *Sisters' stories*

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## Bread and Roses

Malala Yousafzai and actor Jennifer Lawrence have produced a new documentary that looks at the experiences of women in Afghanistan as the Taliban imposes more and more restrictions on their lives. It was filmed by three women who have resisted the erosion of their rights to study, work and even to speak in public. They were taught how to use cameras, and how to not get caught using them, and in the resulting film we hear their voices loud and clear and see their incredible courage as they resist what one activist calls the cruelty which is permitted against the women of Afghanistan. You can watch Bread and Roses on Apple TV+, and there's a trailer freely available at:

<https://www.youtube.com/watch?v=qEiywFC3tqk>

It's a shame access is only through subscription television: this is a film we all need to see.

## Celebrating a first for women

How many of us have started the new year promising ourselves we'll exercise more and get fit? Perhaps we could look to Jasmin Paris for inspiration. In 2024, Jasmin Paris became the first woman to complete the Barkley Marathons, a 100 mile run that takes place in Frozen Head State Park in Tennessee. Only



20 runners have finished the course within the 60-hour time limit since it started in 1986. Jasmin Paris told reporters that the challenge is not the 100 miles (!) but the terrain. Over the course of the run, she had to face 16,500 metres of elevation – the equivalent of climbing Mt Everest twice. This was not the first time Jasmin Paris has made headlines. In 2019, she became the first woman to win the 268 mile Montane Spine

Race, from Edale in the Peak District to Kirk Yetholm in the Borders, breaking the record for the course by 12 hours (while also stopping along the way to express breast milk for her baby). Jasmin Paris says she doesn't want to be seen as a superwoman but she would like to inspire people to take up things they have put aside because of the pressures of life. Having your own hobbies, she says, is good for our mental health – a reminder for us to sometimes take time to do something for ourselves in our otherwise busy lives.

You can read more about Jasmin Paris's experiences on the Barkley Marathons at:

[Hallucinations and no sleep: Jasmin Paris on her historic ultramarathon | Athletics | The Guardian](#)