

Community Building Circles **- Caring for One Another**

1. Join on Zoom
2. Announcements
3. Greeting
 - a. Drum
 - b. “Welcome everyone to the brave space of our Restorative Justice Community Circle”
 - c. Voluntariness reminder
 - i. No one is forced to participate; and
 - ii. You are always welcome to pass when it is your turn - does not mean you are not participating
 - d. Talking Order: Count off so we know the speaking order
4. Mindfulness Moment/Grounding
 - a. Mindfulness/chair stretching
5. Opening Reading
 - a. “In that calmness we begin to understand that peace is not the opposite of challenge and hardship. We understand that the presence of light is not a result of darkness ending. Peace is found not in the absence of challenge but in our own capacity to be with hardship without judgment, prejudice, and resistance. We discover that we have the energy and the faith to heal ourselves, and the world, through an openheartedness in this movement.”
 - Jack Kornfield and Christina Feldman
6. Check in Round
 - a. Please introduce yourself +
 - b. Invitation: In a few words, how would you describe where your head is? Where your heart is?

7. Circle Review

a. Circle center review

- i. Creates a focal point- supports members to speak from the heart and listen from the heart
- ii. 6 Rs - Dr. Beverly Title
 1. Respect + Relationship = Preventing conflict
 2. Responsibility + Repair = Addressing conflict
 3. Reintegration + Resiliency = Transforming conflict
- iii. Fire/candle = warmth, light & transformation
- iv. Water = cleansing & community
- v. Plant = honoring mother nature
- vi. Important pieces to the group
- vii. Always feel free to contribute to the center

b. OPTION: Talking piece explanation - this week we will be using an imaginative energy ball

- i. Signifies equality - assumption that everyone has something important to offer the group
 1. Respect the talking piece - Only speak when you have the talking piece
 2. Deeply listen when others have the talking piece

c. Circle Guidelines Review

- i. Is there anything anyone else would like to add so that you can speak honestly and respectfully?

Community Building Rounds - Today's Theme: Caring for One Another

8. Round #1

- a. Invitation: In this time of uncertainty, what brings you joy?

9. Round #2

- a. This round is a chance for us to honor those we love.
- b. Invitation: If you're comfortable sharing, please share a person, a couple people, or a group of people you're thinking about, worried about, or grateful for right now.

10. Round #3

- a. Invitation: What is one thing you have turned to for support recently that you can share with others - that is accessible to everyone on this call? eg, zooming with friends or family, a cool website, goodnewsdaily on Instagram
11. Round #4
- a. Invitation: Please share an idea or two you have about how we can support people who are currently or were recently incarcerated given the coronavirus situation.
 - b. Can do another round of this if energy around this.
12. Round #5
- a. What is one thing you are going to do tonight/tomorrow to take care of yourself?
13. Closing
- a. Notes
 - i. Google survey
 - b. Closing ceremony
 - i. Closing reading
 - 1. "We have before us the glorious opportunity to inject a new dimension of love into the veins of our civilization."
- MLKJr.
 - c. Drum