

CIRCLES: Community-Building Circle
Collective Resilience | March 25, 2020

Agenda

0. Arrive on Zoom
1. Announcements
 - a. ICYMI, a coronavirus pandemic hit CO – and 2 weeks ago, we were planning our workshop for the collaborative justice conference that was today.
 - b. Other Announcements? (Ask the group)
2. Greeting
 - a. Drum
 - b. “Welcome Everyone to the Brave Space of Our Restorative Justice Community Circle”
 - c. Honoring Native People: We begin this circle by acknowledging and honoring that Denver is situated upon land that belonged to Native people, including the Apaches, Utes, Cheyenne, Comanche, and Arapahoe.
 - d. Voluntariness Reminder – foundation of RJ
 - i. no one is forced to participate in the process and
 - ii. you are always welcome to pass when it is your turn to speak – that does not mean you’re not participating
 - e. Count off so we know the order of who speaks
3. Mindfulness Moment/Grounding
 - a. Invite you to put both feet on the ground, hands on your thighs – or on your belly or heart,
 - b. shut down your eyes, and
 - c. bring your attention inward.
 - d. Fully arrive in this space.
 - e. [Breathing or visualization exercise] - inhale something you need right now; exhale something you need to release.
 - f. Gently open your eyes.

4. Opening Reading

“We who lived in concentration camps can remember the people who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken away from a person but one thing: the last of human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way.” -- Viktor E. Frankl, *Man’s Search for Meaning*, p75 (an Austrian psychiatrist, Holocaust survivor, and founder of logotherapy)

5. Check-in Round

a. Invitation:

- i. Please introduce yourself +
- ii. On a scale of 1 to 10 with 1 being very rough, 10 being terrific, how are you feeling?
- iii. “Please share something you’ve learned about yourself in the last couple weeks?”

6. Circle Review

b. Circle Center explanation

- i. Creating a visual focus in the center – helps people listen
- ii. Fire/candle = light & warmth & Transformation
- iii. Water = representing cleansing & community
- iv. Plant = honoring mother nature
- v. Meaningful pieces to this group/community such as the books

c. Circle Guidelines/Values Review

- i. 6Rs = Values for our circles
 1. Respect and relationship = prevent conflict
 2. Responsibility and repair = address conflict
 3. Reintegration = transform conflict
 4. Added 6th R to Dr. Beverly Title’s 5 R’s = Resiliency – to compliment reintegration as part of transforming conflict
- ii. Poster Board = agreements/guidelines for how we hold the space for one another

1. Anyone have any additions or concerns respecting the guidelines?
 2. Everyone can live with these?
- d. Today's Theme = Collective Resiliency

Definitions:

7. *Resilience* is defined as an ability to recover from or adjust easily to adversity or a sudden change in circumstance.
8. 'Collective resilience' results from a common fate and entails a redefinition of self (from 'me' to 'us') and hence enhanced concern for others. (London Bombing Study)
 - a. https://www.researchgate.net/publication/228642933_The_Nature_of_Collective_Resilience_Survivor_Reactions_to_the_2005_London_Bombings
9. News reporting routinely underplays how local communities come together to recover from the immediate devastation and collectively rebuild the community, often on a new foundation of sustainability and justice.

Discussion

10. Round #1
 - a. Invitation: Please share with the group the most inspiring act of service, support, or community you've seen or heard about in the last 2 weeks.
11. Round #2.
 - a. Invitation: Given our life patterns and habits have been disrupted tremendously in the last two weeks, what is one healthy habit you'd like to incorporate into your life right now?
12. Round #3.
 - a. Invitation: What do you need from us, your community, right now? Or what super power do you need right now?
13. Round #4.
 - a. Invitation: When the pandemic is over and the dust settles, what do you hope we – as humans and humanity – will have learned?

14. Round #5.
 - a. Invitation: Invitation: What is one thing that gives you joy right now?

15. Closing
 - a. Notes:
 - i. Homework Invitation: What ideas do you have for supporting people who are living through this pandemic while incarcerated?
 - ii. No Class Survey b/c we're still adapting our process for video conferencing meetings.
 - iii. But please feel free to let us know about your experience and share ideas about how to make it better.
 - iv. Thank you

 - b. Reading (Poem or Quote):

“Love in action . . . is about acceptance, care, knowledge, and responsibility Rarely, if ever, are any of us healed in isolation. Healing is an act of communion.” - bell hooks, All About Love, p215

 - c. Drum

Other Invites:

What sustains you in difficult times?