

# CONNECTIONS GATHERING

TO FIND OUT MORE CONTACT SHANNON (321)208-3903

**VISION** — We envision a Conscious Community---a practical vision that brings people together in our region to find common ground, and to realize that we are all in this together. At its core, it is a “spiritual” vision, in that we embody universal principles and shared values in the way we choose to live.

**MISSION** — We are creating a better world, starting with ourselves, then connecting with others, and local organizations through action to build a self-reliant community based on 5 shared values and 12 common needs.

## WHAT HAPPENS in a CONNECTIONS GATHERING – 6:00-9:00 PM

6:00 pm Potluck and socializing

6:45 pm Welcome and introductions

7:00 pm Intentions and Guidelines

7:10 pm Check-in “Where are you at right now?” followed by silence

7:30 pm Chrysalis: Sharing personal experiences of applying APPRECIATION in everyday situations.

8:00 pm Nexus: Share passions, projects, and needs (including personal) that are working toward a self-reliant community.

8:20 pm Closing circle and Follow up community weaving

## INTENTION STATEMENT —

We come together to expand our ability to live and love consciously. To be in service to our community without an expectation of receiving something in return. To be ever expansive and inclusive. We are the Connections Gathering, the model of possibility for Connecting the Good and a catalyst for Conscious Community. We understand that as we speak and act from our hearts with this intention to awaken ourselves and others, it will move out into the community as a powerful foundation for connection and care.

## THE GOOD THINGS THAT HAPPEN HERE:

1. Supports your spiritual growth by connecting you with people who come from different religious/spiritual paths all focused on universal values
2. Supports your community passions by connecting you with people who may be interested in helping you
3. Supports your community passions by connecting you with people who have different community interests
4. Supports your ability to go beyond self-interest by helping to connect others to people and resources they might need to realize their dreams

## GUIDELINES for the MEETING:

- Speak simply and directly from the heart and keep comments brief. Please, no “cross talk.”
- This is not a therapy session to solve personal issues. So, we hold space to just listen to one another and not try to “fix” anybody!
- Everything shared here stays here! Need absolute confidentiality.
- Refrain from discussing polarizing political, religious/spiritual beliefs, or promoting your business. This is a time for sharing real experiences based on living and practicing the shared values, and not a place where we have philosophical discussions.
- We focus on building the unity of the group, speaking from your heart, and highlight what we have in common rather than what divides us.
- We encourage everyone to participate and to have the opportunity to speak once before anyone speaks again.
- Please respect everyone’s point of view and allow others to speak without interruption.
- In the first, sharing stories section, we ask that you share personal stories about what has worked for you.
- In the sharing passions section, please state briefly what projects you are working on and very succinctly what you need. If you don’t have anything specific, you could share any personal needs/requests like help dealing with personal issues. State the issue clearly and what you need to address it.

**Next Connections Gathering is Tuesday July 2<sup>nd</sup> & July 25<sup>th</sup> @ 6-9 PM**

Join and Invite 5 Friends to our Facebook Group “Brevard Florida Connecting the Good”



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**MISSION** – Creating a better world, starting with ourselves, then connecting with others, and local organizations to build a self-reliant community through action based on shared values and common needs.

## TWELVE COMMON NEEDS

- **Local Economy**  
Strengthen the Local Economy – part of “economic relocalization” – keeping dollars recycling in our local region AND practice a mindful behavior in business that connects shared values, service, ecological concern, and puts people first
- **Clean & Healthy Natural Environment**  
Preserving and protecting our community's natural resources and heritage.
- **Community Peace & Safety**  
Providing safety to our community by increasing the connections amongst neighbors and with community organizations, and by fostering goodwill.
- **Local Food and Water**  
Providing healthy, sustainable, and affordable food and water for all by increasing the local production and consumption of food in our community and neighborhoods.
- **Neighbor Helping Neighbor**  
Build “street” level networks from the “bottom up” in each neighborhood to bring neighbors together to solve common, shared concerns.
- **Community Empowerment of those on the “margins”**  
Networking resources and skills so that ALL community members can help themselves meet their basic needs, e.g., homeless, hungry, elderly, children, and youth.
- **Local Energy**  
Encouraging a sustainable and self-reliant energy future for our community.
- **Arts & Culture**  
Encourage the arts and culture community to represent the values and principles in new performances and productions
- **Housing**  
Providing affordable and safe housing for all of our community; green building.
- **Family and Community Health & Wellness**  
Promoting the physical, mental, and emotional well being of families and our community through daily practices of healthy living.
- **Education/Mentoring**  
Encouraging life-long learning for all members of our community, and encouraging opportunities for relationships to develop through mentoring.
- **Spirituality**  
Using the tools of Connect the Good: to raise awareness of; to create alignment around; and to demonstrate the shared values of love, integrity, courage, service, and respect throughout the region.

## FIVE SHARED VALUES

We all share a belief that values are important, but they may not be in the forefront of how we live our lives. Connecting the Good encourages us to “walk our talk” because we believe that the foundation to a sustainable society is in virtuous behavior towards ourselves and others, generating strong families, tight-knit neighborhoods, communities, and eventually the world.

This list came from community input as well as looking at the common “core values” of community, social, religious/spiritual, business, and governmental organizations.

**Love:** power that connects.

Compassion	Humility
Faith	Kindness
Patience	Surrender
Generosity	Joy
Empathy	Forgiveness
Appreciation	Hope
Gratitude	

**Integrity:** do what's right, the ability to hold together and properly regulate all of the elements of your personality.

Wisdom	Authenticity
Responsibility	Self-Reliance
Honesty	Honor
Trustworthiness	Simplicity
Balance	

**Courage:** strength to do what's right, face your fears, adhere to a higher standard no matter what happens.

Strength	Self-Discipline
Perseverance	Self-Restraint
Acceptance	Openness to others
Dedication	Nobility

**Service:** finding your life purpose and an ethic of “Service to Humanity and all life” each moment.

Goodwill	Involvement
Sharing	Community
Caring	

**Respect:** demonstrating unconditional positive regard for yourself and others.

Mindfulness	Cooperation
Fairness	Dignity
Civility	Self-Reflection
Justice	