

Report on Fun Day and GoC
April 7, 2012
Falmouth, Maine

The day began with two Empathy offerings, an empathy circle, and empathy games. Participants choose what they were most wanting. A potluck lunch and a short walking meditation out across the bridge to the field followed these activities. There were 13 people in attendance in the morning.

After lunch we met for the Gathering of Community with 5 in attendance.

Peggy began with reporting the growth of NVC in the state, noting that trainings have occurred in 13 of the 16 counties in Maine since 2004.

Structure of the Maine NVC Network, Steering Committee, Media, Finance, and Outreach Committees were reviewed.

Peggy designed a graphic in the form of a flower with petals to convey the growth and activity of the Network. Tangible results that have occurred to date: creation of the website, articulation of Vision, Mission and Aims, Newsletter with over 600 subscribers, Yahoo Group, volunteers who help with outreach to fairs, festivals, and a small group of speakers available to community groups and organizations.

Other initiatives in Maine that are flowering through the work done by members of the Network include monthly Community Empathy Circle, NVC-based Restorative Circles, NVC-based mediation, NVC Fun Days, NVC Commitment Group, NVC Integration program, BePeace and Inner Relationship Focusing study.

All of this progress results from the interest, energy, intention and skills offered by volunteers. There was some discussion of the need for financial sustainability for the Network to continue. Not enough people were present to hold a substantial conversation.

It was suggested that a template be put together for all the preparation steps for an NVC Fun Day for future reference and Pat agreed to put that down on paper.

Andrea offered space at Meadowind for monthly empathy circles and requested that a request for donations for the space be made to those attending.

There was discussion about "where is the community" that said they wanted regular gatherings at last April's meeting in Augusta. Noting that all but one of the attendees were actively involved in various committees of the network, It was suggested that there be follow-up with morning attendees-- Would you bring a friend or family member to another gathering? How did you understand the time set-aside for the GoC? How did you hear about the event? What most prompted you to attend?

Peggy shared that the recent survey sent to the readers of the newsletter generated 18 responses. The survey respondents said the kind of activities they wanted during a Fun Day were - empathy circle, potluck, NVC practice activity, meditation, singing, dances of universal peace, and hikes. Peggy hopes more people will go to the survey: <http://www.surveymonkey.com/s/3BK295L>

Social Media was discussed, Kristi and Andrea will both talk with FB (Facebook) savvy people they know, so we can move on getting the page more interactive. (It was discovered during the process of putting together the day, that the current FB page does not have the capacity to send out an event notice to the 450+ people who have liked the page so far). There was talk about a MeetUp page as well.

There was brainstorming about ways to get feedback, input and info to those engaged in NVC practice in Maine. It was suggested that face-to-face and personal phone calls would be very important.

Requesting time from local practice groups for representatives to share the work of the Network, invite participation (financial, outreach) and to listen for what is alive for people about nurturing NVC consciousness in Maine.

Submitted by Pat Cannon