

# Vancouver Speaks...

## A Community Conversation about Connection

JANUARY 2013 @ LATTE DA COFFEHOUSE



### INTENTIONALITY

The Conversation Café honors each individual's voice and contribution while weaving a collective whole.

### *The questions we asked...*

**What concerns you about isolation contributing to acts of violence, despair or suicide?**

**What does connection mean to you? What are the beliefs, values, and principles that will cause a renewing of connection in our community?**

**What can I do personally, in my own world (family, organization, community) to reduce isolation and to promote a life of community? What are the barriers to you connecting deeply with another?**

#### Concerns about isolation...

- Powerlessness
- Inadequacy
- Dehumanizing
- Self imposed or bullying
- Culture of machoism versus vulnerability
- Acts of violence to regain power
- Individualism
- Societal fear and paranoia

#### Connection means...

- Allowing peeps to come into our homes
- Not being about right or wrong, looking for common ground
- Regular interaction with people
- Know neighbors to greet and exchange needs
- Family without condemnation
- Without masks
- Authenticity

#### What can I do...

- I will connect with others by taking up the cause of others.
- Take risks and be wrong
- Patience, patience, patience
- Eating together, sharing together



RESONATE

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## TAKEAWAYS

-We are hurried, angry, bossy, independent, fearful and suspicious

-We ask "What are you after?"



"What is your end game?"

"What is in it for me?"

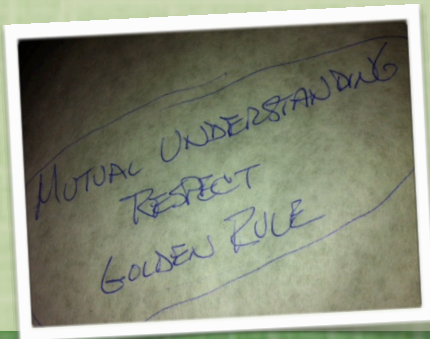
-We are infected with a consumeristic separateness

Community, allowing peeps to come into our homes.

## AND YET... WE MUST BE AWARE...

-CONNECTION ALWAYS INCLUDES VULNERABILITY

TO BE VULNERABLE IS TO:



Hold fear of rejection

Be willing to be embarrassed and gullible

Be willing to have time lost

Be willing to be judged for our need

## WE COMMIT TO CONNECT BY...

- Reach out
- Converse with people in lines at store
- Smile, say hello
- Be purposeful in getting to know neighbors
- Seeking out groups/organizations of common interest or challenge
- Trust building opportunities
- Risk
- Three cups of tea concept
- Be face to face
- By solving problems and working together
- BBQ and wine parties
- Show up! It's not about me

- Empty fridge, we need to share with neighbors
- Radical hospitality
- Reach out and receive reaching back
- Venture out
- Intentionality
- There is a need to make the move and to make a connection to put ourselves out
- Not holding onto what you have but to be giving everything away. Host people more.
- Wave to your neighbors and those around you
- Ask your community what are their needs, what they would like to see change
- Invite someone for a cup of tea

**"The journey of a thousand miles begins with one step."**