

Gathering for Nonviolence and Social Change

There are suggestions for Zoom sessions – speaking in turns, muting, and using Chat. Some sections use a timer / clock.

When you join the session *Facilitators – do these for yourself first and help others.*

- Check that you are unmuted and have video. Check your volume. Edit your name tag if necessary.
- Make sure you have a copy of the Gathering available.
- **Words of the Day.** In Chat, write “I take the side of love when I ...” and complete the sentence.

Chalice Lighting “We’ll begin by lighting the chalice.” *Ask for a volunteer to read.*

My heart is moved by all I cannot save:
so much has been destroyed.

I have to cast my lot with those
who age after age, perversely,
with no extraordinary power,
reconstitute the world.

Adrienne Rich

Words of the Day “Now we’ll read the Words of the Day from the Chat box.” *People can’t see Chat written before they joined the meeting, so you might want to read these yourself or ask people to read their own.*

Sharing of Joys and Concerns “We’ll share joys and concerns.” *Begin, and then either call on people or ask them to “chain” to the next person. Make sure everyone has an opportunity.*

Silence, holding each other in support “Now a few minutes of silence” (2 or 3)

Shared Readings “I’ll start the first Shared Reading.” *Begin, and then either call on people or ask them to “chain” to the next person. Make sure everyone has an opportunity to read.*

The world changes according to the way people see it, and if you can alter, even by a millimeter, the way people look at reality, then you can change the world. *James Baldwin*

Freedom is not a state; it is an act. It is not some enchanted garden perched high on a distant plateau where we can finally sit down and rest. Freedom is the continuous action we all must take, and each generation must do its part to create a more fair, more just society. *John Lewis*

You ultimately decide, every day, whether or not your life will speak on behalf of the oppressed, or remain an inaudible but decisive tool of the status quo. *Lisa Kemmerer*

Those special people who speak out in such a way as to shake up not only the self-assurance of their enemies, but the complacency of their friends, are precious catalysts for change. *Howard Zinn*

Nothing ever goes away until it teaches us what we need to know. *Pema Chödrön*

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. *Martin Luther King Jr.*

Unless someone like you cares a whole awful lot,
Nothing is going to get better. It's not.
Dr. Seuss, The Lorax

Every successful social movement in this country's history has used disruption as a strategy to fight for social change. Whether it was the Boston Tea Party or the sit-ins at lunch counters throughout the South, no change has been won without disruptive action. *Alicia Garza*

Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says, I'll try again tomorrow. *Mary Anne Radmacher*

The future belongs to those who believe in the beauty of their dreams. *Eleanor Roosevelt*

Deep Listening and Sharing

Round 1. Deep Sharing. “Now we share reflections on Nonviolence and Social Change and the preparation.” *Go first to model and then ask who is ready to go next.*

Round 2. Responses and Comments. *Note how much time is available for Round 2. People can unmute for freer exchange. Go first to model for the group.*

Closing Circle “We're going to say a word or sentence about what we are taking away from the session.” *Begin, and then either call on people or use “chaining.”*

Chalice “We will extinguish the chalice.” *Ask for a volunteer to read.*

We extinguish this flame and we remember the warmth of our community, the light of our wisdom, the generosity of our sharing. We keep these in our heart until we meet again.

Bell or Chime

Announcements

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share responsibility for good process by watching how much time I take to speak, noticing what is going on for others, and considering problems if they occur
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, giving advice, or advocating a specific view
- to share as deeply as I can when it is my turn and to stay on the “I-message.”