

Community Processing & Healing, part 1

Circle Purpose - *To create space to process trauma and to support community in processing harm.*

- **Welcome**

- *As people enter the space, welcome them. Invite them to do what they need in order to be fully present for the next hour to ninety minutes that they will be together.*

- **Body Centering**

- *Turn off your camera or close eyes and take 2-3 minutes of silence. Connect to your breathing, deep and slow. Breathe in three times. Breathe in for a count of three, and hold your breath for a count of three, and exhale for a count of five.*

- **Introductions/Check-In** - *Invite participants to introduce themselves. The circle keeper may decide to call on each person individually, choose to start with one person and ask them to pick the person who goes next, or provide a speaking order in the chat or on the screen.*

- *Ask participants to share: Your name, pronouns, and one word that sums up how you are feeling today.*

- **Quote** - *Read the following quote as grounding:*

“This is a time when Doing is split off from Knowing, and Being is hardly at all. But here and there on this side of the horizon, people meet in sacred circles to form communities and speak their heart that seek the same.” - Meir Carasso

- **Circle Guidelines** - *Offer the following guidelines to participants. Ask for any additions, changes, and then consent.*

- *Respect the talking piece (or the circle queue if virtual)*
- *Speak from the heart / Listen with your heart*
- *Speak with respect / Listen with respect*
- *Remain in the circle (if virtual, Cameras on are great. Cameras off are great too)*
- *Honor confidentiality*

Community Processing & Healing, part 2

- **Sharing Perspectives:** *Ask participants to answer:*
 - **Round 1:** What is on your heart today - not what is in your head, but what are you carrying on your heart?
 - **Round 2:** What does your heart need today? What does your heart need tomorrow?
 - **Round 3:** How are you caring for yourself? How can we take care of each other?
 - **Round 4:** How do we think about healing when harm is still happening?
 - **Round 5:** What is one small act of grace or care you can give/permit yourself in this next week?
- **Closing Quote** - Selected from "The Hill We Climb" by Amanda Gorman

When day comes we ask ourselves,
where can we find light in this never-ending shade?
The loss we carry,
a sea we must wade.
We've braved the belly of the beast,
We've learned that quiet isn't always peace,
and the norms and notions
of what just is
isn't always just-ice.
And yet the dawn is ours
before we knew it.
Somehow we do it.
Somehow we've weathered and witnessed
a nation that isn't broken,
but simply unfinished.

We will rebuild, reconcile and recover.
And every known nook of our nation and
every corner called our country,
our people diverse and beautiful will emerge,
battered and beautiful.
When day comes we step out of the shade,
aflame and unafraid,
the new dawn blooms as we free it.
For there is always light,
if only we're brave enough to see it.
If only we're brave enough to be it.