

Agenda for LEYM workshop

Agenda	90 min	Topic
Claire	5min	Welcome & Stopping
Melanie	10min	Gathering: Name, where I'm living, and one thing I like to do with others...
Melanie	5min	Community Agreements
Clai/Mich/Mel	15min	Sharing about this project
Melanie	5min	Q & A
Michael	15min	Triad: ways I can build community for justice and peace
Melanie	5min	Greeting Game
Claire	10min	Reflection
Claire	5min	Closing Song

Script

Welcome (2min) Claire

Stopping (3min): Claire

To begin, relax in your body and mind. Let go of all the stress or tension. Open your eyes, look around, connect to the whole world. Notice your breath and your heartbeat. Feel life's transforming power, the unconditional gift of life. Life is valuable. You are alive and valuable. Nothing you say or do will make you more or less valuable than you are right now. This is it. This is enough.

Agenda Preview

In the next hour and a half, we will follow this agenda:

Gathering (10mins): Melanie

- Go into groups of 3 to share, "Name, where I'm living, and one thing I like to do with others..." (1min each person)

Community Agreements (5mins)

- Read and add agreements

Sharing (15mins)

- Introduction of how it started (Claire)
 - Started with renewing peace movement in Pittsburgh - partnered with Anti War committee and contacted churches and movement organizers
 - MLK day event in January
- Format (Claire)
 - Decided to host monthly Friday potlucks - February, March, April, May because Justice is for the long-term
 - Purpose of potluck at the start
 - Purpose of singing
 - Preview agenda
- Monthly topics (Michael)
 - MLK day
 - Personal reflection for living a life of love and conscience
 - Speakout/sign-making/protests ahead of No Kings and Love as Action (AFSC)
 - Trauma and movement chaplaincy
 - Neighboring example
- What went well (Michael)
 - Balancing speaking and listening in equal terms
 - Singing always works well
 - Getting contact information through paper sign in sheets
 - Sending two emails before each potluck
 - Potlucks well received, many people brought food, took work to cleanup
 - Debriefs after potluck before planning meeting
- What did not work well (Melanie)
 - Announcement of local events at the end of the session with too much information shared made it overwhelming.
 - List events on paper and not verbally announced.
 - Ended up focusing on potlucks more than justice topics
 - Most initial people didn't return but there's a core group of 10 or so people
- Where we're going (Melanie)
 - Outreach and organizing to resist the new draft law
 - Talk on new draft law: what's the problem, what's coming next, and what can we do
 - Movement chaplaincy

Q & A (5mins): Melanie

Any questions? We'll have some time for a couple of questions.

Triad & Sharing (15mins): Michael

- Introduce Good listener/speaker
- Go into triads (6mins): Ways I can build community for justice and peace
- Record ways I can build community for justice and peace on sheets of paper
- Paste sheets of paper on the wall and ask, What do you notice?

Greeting Game (5mins): Melanie

Reflection (10mins): Claire

Reiterate agenda

Take a few short comments on the workshop

Closing Song (5mins): Claire

We Shall Not Be Moved

We shall not, We shall not be moved

We shall not, We shall not be moved

Just like a tree that's standing by the waters

We shall not be moved

We are singing for peace and justice, We shall not be moved

We are singing for peace and justice, We shall not be moved

Just like a tree that's standing by the waters

We shall not be moved

We are brothers and sisters ❤️

Supplies

- Half sheets for insight harvest (Melanie)
- Markers (Melanie)
- Tape for posting half sheets (Melanie)
- Posters (agenda, community agreements, good listener/speaker) plus blanks (Melanie)
- Sign-in sheets & clipboard & pen (Melanie)
- Copies of documents (just a few) (Claire)
 - MLK speech
 - Movement chaplaincy
 - Neighborism

Appendix

[Love is Love is Love is Love - sheet music](#)