

**Mini-Retreat in Good Company for Community Builders' Renewal & Resilience**  
Saturday, **November 23**, 2024, 11:15/11:30am - 4pm

**Frequently Asked Questions (FAQs)**

- **November's theme? What is this about?**
- **How & Why to [RSVP \(or cancel\)](#) by Friday, November 22, 5pm *at the latest***
- **What are others saying about their mini-retreat?**
- **Schedule? What will we do? How will we do it?**
- **When, Where, Parking, RTA, Cost/Contributions?**
- **Who's it for? Any prior experience needed? (nope!)**
- **What to bring or wear?**
- **Who's facilitating? Who's sponsoring this?**
- **Why?**
- **Other mini-retreats? Please mark your calendar now or RSVP!**
- **Questions or obstacles?**

**November's Theme? "Preparing for Winter - And the Certainty of Spring"**

- In these blustery times, especially after this election and before the holiday season, let's take a breath. Our communities have much to do in the coming seasons - and need us to be resilient from the inside-out.
- What we already carry within us -- post-election and pre-holidays -- can be the very seeds that grow what's needed in the coming months and year, both in us and in our communities.
- This mini-retreat is a time for finding both these seeds within us, and also finding good soil. This cultivates both our renewal for now and our resilience for what's to come - through the holidays, into the depths of winter, and in the spring that will surely follow.

For more about our theme, [click here](#)

**What is this about?**

- ***If community builders burn out, then "the way things are" wins.***

***Feeling pulled in many directions – maybe it’s kinda hard to catch your breath? Or are you even at-risk for burnout in your community work (paid or unpaid)?***

- *So how about putting on your “oxygen mask” to **catch your breath for now?***
- *And while you’re at it, try some practices, in good company, to **build your resilience for the long run!***
- *This is [deep self-care, which is not selfish...it’s just good stewardship of the unique gifts you were put on Earth to share](#)*

Each month we tap **different themes rooted in NE Ohio’s geographic seasons.** And now in this political season, June through November, each month we also feature a different “[Habit for Healing the Heart of Democracy,](#)” summarized here.)

This month’s Habit for democracy? **Cultivating the Capacity to Create Community**  
Want more about these Habits? [Click here](#)

**How to [RSVP \(or cancel your RSVP\)](#) by 5pm Friday, November 22 at the latest...**

- Visit [Eventbrite by clicking here.](#)
- Or tell Erika Brown by [email](#) or cell (216-313-7263) or Tony Vento by [email](#) or by cell (216-313-0546).

Why [RSVP on Eventbrite?](#)

- **Back by popular demand! Several recent **mini-retreats filled all spaces and had a waiting list,**** so please RSVP as soon as you can.
  - If the tickets are full, please look for the button to join the **waiting list,** and you’ll be notified if a spot opens up. (Everyone was eventually admitted from previous waiting lists.)
- **The November theme and details** will be emailed as we get closer to the date, [sent to those who RSVP on Eventbrite.](#)
- We want to let you know about any changes (**due to weather etc**) and we want to have enough food and supplies, without wasting.

## What are others saying about their mini-retreat?

It's a time of *Abundance...Wonder... Strengthening...Self care (that) isn't selfish....Grace...Growth....(Being) Rooted....Planting & Replanting...Sprouting.* (Participants words after April's mini-retreat)

## Schedule for Saturday, November 23

- **11:15-11:30am arrival and lunch served, socializing begins. (Semi-potluck; main dishes provided. Please bring something to share if you can, but don't let that keep you away.)**
- **11:55am the Circle opens** so we can finish up by 4pm, including breaks.
- **It's important to be there from 11:55am to 4pm, since what we do builds on itself.**

## Where, Parking, RTA, Cost/Contributions?

- **In-person** at the [new offices of Neighborhood Connections, 1971 E 66<sup>th</sup> \(near Euclid Ave\), Cleveland 44103](#) (behind the Cleveland Foundation)
  - RTA Healthline stops exactly at that corner, then walk towards Chester Avenue. Often people catch rides home.
  - **Free parking** curbside and in the lot nearer to Chester Avenue.
- **Free**, due to generous underwriting, and [your RSVP](#) helps make sure we have enough food & supplies without waste.
- **Please contribute by [RSVPing](#), being there & if you can bring a potluck item.**

## How will we spend our time on the mini-retreat?

- We have a framework with a wide variety of whole-group, small group, and solitary activities. We'll have time to tend to “the heart of the community builder.”
  - *This invites the noise – the static - within us & around us to subside so each one there may hear more of our own inherent gifts & wisdom, in good company.*
  - *You're not there to take care of anyone else but yourself.*
- We'll surface and share stories from a wide variety of traditions, including perhaps our own lives.
- **Everything here is an invitation, not a demand.**

- *We'll never call on you, nor march around the circle to make you speak next.*
- *This is not a "share or die" type of gathering; if you've been in one of those, you know what we mean!*
- Optionally, art supplies are available for those who enjoy using those to explore their stories and reflections.
- The respectful approach we'll be using is [seen here](#)

### Who's it for? (No prior experience needed)

***We who are engaged in community building in any setting, paid or unpaid – we who give so much to others - may want to recharge professionally or personally.***

- All are welcome, especially those who are building or cultivating their community – or hope to do so.
- **There are always newcomers.** Please invite others to consider it?

### What to bring? What to wear?

- **Yourself!** And if you can bring something for the potluck, great. If not, don't let that keep you away. Vegan and vegetarian friendly food will be there.
- Happen to have a **favorite pen and journal**? Please bring them. (We'll have a journal/handouts, pens, and art supplies for those who like to use those.)
- **Comfortable, casual clothing** works just fine
  - **Bring layers** if you can get cold in gatherings.
- We'll have vetted KN 95 masks as an option since some of us are at-risk with Covid and other respiratory illnesses. (There is a strong new heating, cooling & air cleaning system in the whole new building.)

### Who's preparing or facilitating this? Sponsoring it?

- [Erika Brown, Kate Klonowski and Tony Vento](#) lead a team that can *hardly wait to share the gentle, easy-to-use approach* they prepared to feed your spirit. [Their bios are here.](#)
  - They co-create a space with participants that is open & hospitable, reflective & non-invasive, evocative yet focused - a [Circle of Trust](#).
- Convened by [Neighborhood Connections and the Neighbor Up Network.](#)

## Why do this?

- ***To recharge, to connect with others, and to grow practices that keep you fresh. You can come feed your renewal and power from the inside out!***
- The Neighbor Up Network **believes in you and your well-being.**
  - Mini-retreats are part of new recurring monthly “spaces” that began in April 2023 in the Neighbor Up Network for you to recharge, connect with others, and grow practices that keep you fresh.
  - Other gatherings hosted by the Network are outward-oriented, sharing strategies, tactics, principles and practices for working with your community.
  - **This gathering is inward-oriented**, inviting your wisdom to surface with respectful self-compassion, to act upon your values and hopes.

## Other mini-retreats? Please mark your calendar now or RSVP!

- **Saturday, December 14**, 11:15/11:30am – 4pm (click here for [RSVP](#) & [FAQ](#))
- **Saturday, January 18**, 11:15/11:30am – 4pm (click here for [RSVP](#) & [FAQ](#))

## Any other questions, concerns or obstacles, including with [RSVPs or Wait List](#)?

- Please don't hesitate to be in touch with Erika Brown by [email](#) or cell (216-313-7263) or Tony Vento by [email](#) or by cell (216-313-0546).

*There is something in every one of you that  
waits and listens  
for the sound of the genuine in yourself.*

*It is the only true guide you will ever have.*

*And if you cannot hear it, you will  
all of your life  
spend your days  
on the ends of strings  
that somebody else pulls.*

— [Howard Thurman](#), former chaplain of Boston U & Howard U,  
mentor to generations of activists