

OUR TIME TOGETHER AND AN INVITATION

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OUR TIME TOGETHER

- Share and engage with generosity, care, & compassion
- Experiment and experience with an open body, open mind, & open heart.
- Safe confidential space
- Come with a sense of adventure and curiosity.
- Fun and play on purpose
- Courage to be vulnerable
- Take care of you and your own processes.

AN INVITATION TO A BRAVE SPACE

Together we will create a *brave space*
Because there is no such thing as a “safe space.”
We exist in the real world
We all carry scars, and we have all caused wounds.
In this space
We seek to turn down the volume of the outside world,
We amplify voices that fight to be heard elsewhere,
We call each other to more truth and love
We have the right to start somewhere and continue to grow.
We have the responsibility to examine what we think we know.
We will not be perfect.
This space will not be perfect.
It will not always be what we wish it to be
But
It will be our *brave space together*,
and
We will work on it side by side.



ABOUT THE POEM

- Micky ScottBey Jones created this poem as part of her leadership in a project called "The People's Supper," which sought to bring people together across lines of political, ideological, and identity differences to have constructive, relationship-building conversations.

CLOSING

This is one of the most beautiful poems I thought we could play as we close.



We are subject to so many expectations and restrictions in life, and it can sometimes be difficult to distinguish between who we are at our heart and who we become to please others. And when it comes to the latter, it can sometimes feel like we'll never win; we are either never enough or we are too much. This poem reminds us to find our forest - whether it's a physical place, a person or a state of mind. The forest accepts us just as we are. No expectations. No restrictions.

We can simply breathe