



## SAVE THE DATE

### First Unitarian Society Community Building Workshop

- Friday: February 17, 2017: 5 – 9 pm
- Saturday: February 18, 2017: 9 am – 5 pm
- Sunday: February 19, 2017: 11 am – 5 pm

**Location:** Wisconsin Community Services: 3732 W. Wisconsin Ave.

**Milwaukee's city-wide community building initiative is based on this understanding:**

*“There is a yearning in the heart for peace. Because of the wounds and rejections we have received in past relationships, we are frightened by the risks.*

*In our fear, we discount the dream of authentic community as merely visionary. But there are rules by which people can come back together, by which old wounds can be healed.*

*The purpose of Community Building is to teach these rules- to make hope real again -and to make the vision actually manifest in a world which has almost forgotten the glory of what I means to be human.”*

*~M. Scott Peck*

Join us for this “heart-centered” experiential workshop and be part of creating an inclusive space of extraordinary respect, trust and healing intended to enhance communication and collaboration both within the church and with external partners. This experience will open the door to deeper connection with our community, thereby enhancing possibilities for existing programs and new relationships.

The workshop cost is \$45 for adults and \$25 for youths. Some scholarship money is available for FUSM members. Sign up to receive an electronic registration form and additional information at either the Social Justice or the Membership table or through one of the contact people listed below.

**The host team for the workshop is:** Tom LeBel, Mark Gill, Therese Heeg and Diana Altstadt.

**Contact:** Diana Altstadt: [sycamore1920@att.net](mailto:sycamore1920@att.net) 414-688-2200

Tom LeBel: [lebel.tom@gmail.com](mailto:lebel.tom@gmail.com) 414-350-2060

## Milwaukee Community Building Workshop Testimonials

"What our group experienced in the Community Building Milwaukee workshop was nothing short of transformational healing. We began as 40 individuals from diverse walks of life . . . police and correctional officers, politicians, neighborhood leaders, community builders, pastors and healers. The workshop's safe environment and peer support gave us the courage to share personal experiences, often deeply painful, and life experiences that were the underpinnings for racial and role prejudices. Yes, there was conflict, but also respect as we grew in our acceptance of one another. From the raw honesty emerged empathy, dismantling walls, and bonding us in our mutual love for our Milwaukee community and the strong desire to work as one for its healing."

~Lois B.

**Another testimonial illustrating extraordinary respect:** "Hello Jim & Tim, I feel strange, a good strange I don't know how to describe it but I'm still in the air. The workshop was great, and has had a big impact on the responses I give to people in discussions doing my daily routines now, I stop to think before I respond when answering them, and I listen close with paying attention, its like a cleansing of old negative or passive ways. I look at life in a different way and have a different outlook on life. I wish I had done this sooner. I met a couple of my community team members, and it seems to have affected them as well. I wish I had the chance to tape or record the memorable session. Wish you well in your next community adventure, I might be able to be a part of another one."

~Ruth M.

**Testimonial from workshop in February 2016:** "Although I moved to Milwaukee three years ago, this was the first time I felt connected to a larger community. I felt loved, accepted, and affirmed. It was challenging at times because I am a social worker and I wanted to step in and fix things, but the only thing that was required of me was being present and sharing if I felt moved. My life is crazy busy and I found peace and solitude amongst a group of people that was there for the same reasons I was: to make Milwaukee safer, better, more peaceful and healthier. I continue to apply the principles of community building in my everyday life. The one practice that has been the most powerful is the use of "I" statements. I use them all the time. I never realized how I hide behind words. I have found my voice and it is beautiful. The community building experience was life changing and I would recommend it to anyone or any community that is wanting to heal and move forward with their lives in a collective, cohesive way."

~Joan, Community Builder

### **Excerpt of testimonial on the transformative power of community building workshops:**

"My Community Building experience has become one of the most memorable moments in my life. This opportunity created a chance for me to remove the mask that's imprisoned me for many years. I've always been reluctant to expose my truth in fear of judgment by my peers. Having the opportunity to become transparent within a room of strangers helped me move past my fear of negative exposure. The only way I could truly do this was to address my internal issues. The art of building Community was the one experience I attribute to my success. By helping me remove the walls and see who I could be, and who I am."

~Shyrida T.

**Community building facilitator testimonial:** "I read the book The Different Drummer by Scott C. Peck before I attended my first CB workshop. I knew a bit of what to expect. What got me at the beginning was the vision. People coming together with their hurts...that stuck with me. Then when going through chaos and emptying it became clear how poignant these stages are to achieve community... The honesty and acceptance that followed made me feel this beautiful and loving bond with the participants. It helped me develop a deeper sense of acceptance. I did not imagine this!...It was not easy though, the stages can be agonizing. But to arrive together in community after clearing a lot of the pain that each of us have been carrying with us is the ultimate gift."

~Milta M-R