



Re-authoring our world

April 2, 2020

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Take a moment to reflect on today's conversations. Where have today's conversations taken you? What have they sparked in you? What are they calling you to do?

- ❖ Commitment calling to me: Local nodes of resiliency. How to create these during this time when it is so obvious we need them.
- ❖ We all have interesting stories
- ❖ That we all need community. This was a big take away for me, as everyone in both groups referred to it in some way.
- ❖ How to ensure our new post covid-19 world is based on social justice principles & policies?
- ❖ Insights: invitations are so important, different levels of participation
- ❖ Commitment-I'm going to show up in the backyard of my sister and sing a song to my nieces.
- ❖ A filmmaker with inspiring goals I'd love to stay in the know when the work comes out. Capturing pre-Covid and post-Covid moments, comparing, sharing, learning, connecting
- ❖ The work of healing is going to be central going forward
- ❖ All of our stories had to do with connections and creating (more) supporting communities. Perhaps this is one of those common human needs that we don't often stop to acknowledge but all crave.
- ❖ Connecting with others in non-pressured ways is re-energizing
- ❖ Metaphor: some of us are digging deeper into cupboards and freezers, discovering food we'd forgotten, creative ways of cooking, what's already here.

- ❖ It struck me how engaged everyone was that I talked to. Kind and caring people from all over the Maritimes. Makes me feel very reassured.
- ❖ To say hello, even from afar.
- ❖ More conversations with more people
- ❖ How the truth of our interconnectedness and our natural inclination to heal when that has been disrupted fuels creativity, how we find new and innovative ways to show we love and care for each other.
- ❖ It is a time to reflect on privilege.
- ❖ It's really inspiring to see the creativity behind how people are connecting in new ways - all examples that everyone would like to take forward with them somehow
- ❖ Old normals are to be appreciated, new normals are to be embraced.
- ❖ Realizing that no matter how far we live, we are in it together!
- ❖ Commitment: continue extending invitations to connect
- ❖ Interconnection. We are all connected. All people, places, animals, plants, organisms. Time and space can be irrelevant to feel and maintain our interconnection.
- ❖ Utilizing resources in new (& sometimes unexpected ways) is emerging.
- ❖ It struck me how naturally we are all wishing to connect and we wish to move further forward with this intention when this time of containment is over.
- ❖ Understanding and appreciating people's shared values that bring us together and make us strong. People have so much learning to offer. It gave me a chance to reflect on the many different forms of community and how we can become so much more connected by voicing our community interactions.
- ❖ I'm taking away many insights about recognizing and appreciating the small moments of connection and the gifts that occur throughout my day. Taking time to note them, appreciate them, give pause for thought and then later think about how to return them or help more gifts and moments flourish.
- ❖ The myths we live by. Time to slay the dragon (of capitalism).
- ❖ Commitment: Connect on Purpose, With Purpose!
- ❖ For me it has been a time of adapting. Even this medium of zoom has reminded me of my own skill set of making meaning with pictures. 🖤💜💙💚💛 sending light and love.
- ❖ We do not have very good resources for our rural Elders (still). A place to put energy.
- ❖ We all have moments, stories to share and inspire each other with.
- ❖ Isolation is creating new opportunities for deeper connection with neighbours we barely know - when we would usually keep it to "how are you - fine thanks"
- ❖ Collective intention matters and can make a difference. We are a powerful group of people with beautiful intentions to feed life and harnessing our collective intentions can have a profound affect on our individual lives as well as our communities.
- ❖ The importance of human connection, belonging and sharing.
- ❖ Many of the things we talked about in our small groups were common across people and places (e.g., food security). excited to share innovations and creative responses to our shared issues/concerns, and support each other in the ways we respond and what we learn.

- ❖ I have to leave to take care of my little ones and am sorry to miss the rest of this, but I was deeply inspired about the stories our group members shared. I really was moved by the turn towards taking care of one another at this time, finding ways to share what we have to share and look for those in need. And the idea that in amongst the hardship and isolation many of us are experiencing there's a deep feeling of connection and a sense of the possibility of remaking our ways of taking care of one another... I feel strengthened and inspired. Thank you all....
- ❖ There is deep value in this on-line Thrive community for the months and years ahead as we envisage and create a new narrative, system, and reality. Let's stay together.
- ❖ It seems like the Universe has given us all a literal "time out" in our rooms for us to consider thoughtfully what our behaviour has resulted in and what who we want to be going forward. Another way of looking at this is the deep presencing at the bottom of the U in Theory U that precedes moving towards potential solutions.
- ❖ That systems and institutions are capable of adapting to challenging circumstances — much quicker than they might have thought! And these changes are creating new possibilities and opportunities.
- ❖ I shared the story of a new initiative that I have been called to participate in to create a fund to provide small financial gifts to community members who are struggling at this time, in exchange for a commitment from them to do 3 acts of kindness to pay-it-forward in their community. www.manysmallthings.ca will launch this weekend, and I would love to share it with this group as an example of reconnecting with a somewhat lost concept of "loving thy neighbour" which has even more value and resonance today.
- ❖ It is time to recognize that small actions have big impact and shift value away from large scale thinking and doing, back to hearts-level work and connection.
- ❖ Our actions, no matter how big or small, can have a significant impact on those around us. And there are so many brilliant ideas out there to bring back to our communities, it would be nice to have a database somewhere where we can go and copy some of these ideas in our own communities. If it exists, let me know!
- ❖ The importance of the oral over the written for the sake of indeterminacy and difference that leads to deeper communication.
- ❖ Our capacity to benefit from isolation is a privilege. Many people suffer from isolation constantly in their lives. How are we reaching out, checking our blind spots?
- ❖ So appreciating the people who are looking after us, packing food for us, driving the food trucks. Food has taken on more meaning, a reminder and source of gratitude.
- ❖ We are realizing the gifts that individuals have to offer whether that be service or talents. Gratitude is bubbling up.
- ❖ An insight: "Questions as Magical Doors" framing done by Chene reinforces the importance of asking good questions. What struck me: the duality of acceptance of where we are alongside a desire for change in the future. Commitments: my children's happiness and my health. Something that sparked curiosity: how can we spread more joy in the real world for those who are not online, while being safely social distancing?

- ❖ How the shifts in our daily rhythms and interactions are causing us to pay attention & give notice to different things — often things of more importance than what we previously gave our attention to to.
- ❖ This is a time to go deep. To connect with our own stories, to ask ourselves questions.
- ❖ I am also taking away insights and simultaneously feeling compelled towards a commitment to inclusive community where connection is made accessible for all. What does this look like today? Tomorrow? In the world we build after this time of distancing. I think we need to reflect on how we can all have our voices heard and create spaces for everyone in these stories. Technology may offer potentials as well, especially right now that seems pertinent.
- ❖ The sharing of thought and ideas in our group, the openness of the group I was in was very validating and supportive. The questions that were given are ones I hadn't ever thought of makes me go hmmm???
- ❖ Small offerings matter.
- ❖ Playfulness, offering joy to others where you can, greeting one another, warmth, openness. But above all, being present and just showing up-- even if that is all you feel like you can muster at present.
- ❖ Working away at something with good intentions, sometimes need right time/place to make things "click."
- ❖ Would love to connect with people I met individually. Maybe there is some way that people who were here today could share their contact info/linkedin/etc. to connect afterwards.
- ❖ Slowing down and caring. checking in with each other. Slowing down to actually see, hear, smell, taste, touch and feel life. Slowing down to connect with each other and have meaningful conversations. Commitment to slow and and care for whatever needs my care in terms of family, friends, community, etc.
- ❖ Striking insight was that I can design a t-shirt in just a few seconds if that's what the task is. I've made t-shirts in the past, but more as a cost-saving alternative to print-shops. I'm not a fan of bumper stickers and branded clothing, but realize that I may not have grasped the less "high brow" potential of wearable art as a contribution to spiritual and artistic growth and to the sharing of values through beauty.
- ❖ Small actions can make a big difference.
- ❖ A feeling of stillness and being seen in the presence of friends who I haven't seen in person in awhile. Keeping in touch with people who matter to me more often than I usually would have time for. No FOMO inspiring feeling like we have enough time for once parties in the kitchen.
- ❖ Wildest dream: we come out the other side of this stronger, we have healed some of the distances and attitudes between us, we have remembered what's important.
- ❖ Slowing down is very important. Thank Goddess for slowness during this time right now. Let's practice it, feel it, nurture it and remember it when life speeds up again, as it inevitably will. Slowness gives us a chance to savour, to taste, to connect, to recharge, to remember and know in our hearts, minds and bodies what's really important.
- ❖ Conversations are longer and deeper.

- ❖ I wanted to continue speaking with the new people I met. I had so many more questions for them.
- ❖ Very privileged to be able to use tools like this. Many do not have computers...elders, disabled. I wonder how we can help each other help.
- ❖ We now are giving and receiving permission to participate in whichever way we can, and we are meeting each other where we are at. e.g. with remote working, pets, children, grandparents, washing machine beeps are now all welcome at zoom team meetings :)
- ❖
- ❖ It's amazing that I can meet new people from other places while in my living room. Feeling gratitude for all that hosted this call and the time and energy they put into making this call happen.
- ❖ Thinking of ways to leverage and anchor new behaviours and mindsets
- ❖ We have a strong foundation of community values in this region to build from.
- ❖ I'm even more than usually sparked to share and to let others go first when taking turns is appropriate.
- ❖ I am noticing that we have come out of our blinkered haze to notice the people around us and recognize that we are part of a larger community even when we walk down the street or go to get the groceries, and that there is an implied reciprocity and comfort in that. My hope is that we can keep that door open when this is over.
- ❖ Something amazing is happening to us as a people, a region.
- ❖ Showing up no matter what...
- ❖ This forum itself was a moment that encouraged a shift for me - towards appreciating more intentional communication and the possibility that our community and society at large could actually make big shifts in how things are done, how people are included, and how decisions are made.
- ❖ Along with being an equaliser and displaying how we are interconnected. Acting as a moment of being removed from our regular scheduled program, along an accelerated path.
- ❖ A sense of belonging - using this time of online together-ness to gather with friends and dig into deeper feelings - feeling called to continue encouraging and supporting the participation of others in the grow-your-own and local farm food movement - being more active in engaging local family members in fun and creative ways from afar
- ❖ Introduction and welcoming matters. Thank for for holding open and welcoming space friends.
- ❖ Curious about how this collective vulnerability and enhanced awareness can spark so much connection and inspired ideas...
- ❖ Commitment to show up with love. Curious how to support my communities existing risk takers, innovators, creatives to continue building connection and helping each other
- ❖ The link below is for an interview with Martin Shaw on Emergence Magazine's website. "Shaw offers an extended reflection on the intelligence that lies at the heart of myths. The best stories, he says, ought to be trailed not trapped, and approached with discernment, an open heart, and an attuned ear." I listened to this today and was moved by it. <https://emergencemagazine.org/story/mud-and-antler-bone/>

- ❖ First of all, it was lovely sharing our story with others. The questions immediately evoked deeper thought and responses. Specifically we chatted about our communities' reaction/response to this time of change. We discussed shifting our way of doing things, altering our processes, shifting our perspectives, possibly committing to a new approach to problem solving. I think what stood out was considering more local solutions, the power of community, and in this time of compromise to our life, there is great hope.
- ❖ Dig deeper into our stories and our stores of resources.
- ❖ We are reminded again in these times that the simple things count and that is what we should hold on to when the world starts to turn again.
- ❖ During a time when we're focusing on survival and doing our best to flatten the curve of the covid-19 pandemic, how do we set the bar higher than returning back to normal or the status quo. The potential for a mass "overview effect" is ripe and grassroots movements for social justice and equity can follow! We can make this happen in our communities and by challenging institutions, big and small, that do not protect vulnerable people. Time for a revolution!
- ❖ I appreciate being together, right now, in silence.
- ❖ This situation draws attention to how much our physical presence impacts others. We can clearly see now how we do this physically but we also do this on other levels as members of a dominant group, historically and currently, our presence leaves an impact that can harm and heal whether we are aware of it or not.
- ❖ Appreciation of everyone who is stepping up and in to support the people around them. The agency folks are finding to come together and support one another, friends/family/strangers.
- ❖ The small, the ordinary, the quiet voices and moments are enough. A feeling of plenty, of being full without having to prove anything.
- ❖ Also thinking about visual play. collaborative video play on zoom or live improvisational music and dance. ways to meet up and play inclusively....
- ❖ Our conversation landed on the question of what productivity means. So often, that is equated to generating revenue - ie. value of money - but there are many ways in which you can be productive, and most with richer results and greater ROI than just \$\$\$. A friend mentioned a talk she had heard given by David Suzuki that the words "economy" and "ecology" come from the same stem, yet have very different meanings and interpretations. At this time of change, I would love more of our expectations for productivity to be driven by nurturing an ecological approach, rather than continuing to fuel an economic prerogative.
- ❖ As a society, we very quickly realized what our core values were and worked rapidly to protect them. This bodes well. They were about protecting the weak and working together to ensure basic wellbeing.
- ❖ This time is "day-lighting" the tremendous social inequities that exist (access to high-speed internet, food security, minimum wage working poverty, social connection) and I want to find a way to work harder (personally and professionally) for more equity and social justice.

- ❖ There's disappointment as well as joy. I'm shocked at how rapidly low-use gathering places with spiritual and reflective roles (such as libraries and galleries) were closed whereas coffee shop chains remain open and draw steady streams of people.
- ❖ And simply, we need to make idea sharing and story sharing part of our everyday practices. It results in better understanding, deeper empathy, and the momentum to start new things.
- ❖ Pay it forward. We are seeing a value placed not on 'repayment' but rather on paying it forward. When folks are being presented with gifts (of time, resources, support, etc) they are wanting to spread those gifts to as many as possible.
- ❖ I am curious about the idea of home, and how this transcends physicality yet also is often so grounded in place too. Curious about the fluidity of this word and concept and feeling of "home" and how it is often so connected to people and feelings and connections. So thinking about how the narrative of home or making a home can be powerful and simulating and also really broad. What does it mean to be home? What does it feel like? It seems simple perhaps, but I'm intrigued by this initial question asked and want to explore it more. Especially now when we are all staying home, is home safe, is home nourishing, is home an environment, a feeling, a relationship? How can this thinking compel social change so that we all feel at home where we are? Lots of loose thoughts...
- ❖ This situation is pushing us, systems, and institutions to rethink and redesign existing processes in ways that, from our stories, can work better. This notion has definitely sparked my curiosity as well. I'm struck by our eagerness to listen to one another and the ease with which we are able to genuinely connect with another person when we 'listen and act from a place of love.' The commitment calling me is to continue to push myself to connect with people I don't yet know (or know as well as I'd like) as well as to connect more often with the people I do - and to be kind to myself by acknowledging this isn't always as easy or natural as we'd like.
- ❖ The value of kindness.
- ❖ I love the fact that governments can move quickly when they see a need. What a shame that the huge sums being spent are not going on the long-established priorities that took years to decide upon. I'm hoping that income disparity will be ratcheted down before the next pandemic arrives.
- ❖ Chene is "gorgeous"!
- ❖ Are there specific groups that are vulnerable that our community could be focussed on supporting via morale, financial donations, etc.? Identifying ways to connect with vulnerable members in our community, i.e. seniors, volunteers, new learners, etc. Language learning rhymes that can be shared by social media
- ❖ Very inspirational to read the common thread/sentiment that this is a "tipping point" in time for real change towards social justice.