



Stories we choose to live by

What we heard in our small-group conversations

- ❖ Healing powers of music, nature and human connection
- ❖ Transforming fear into hope
- ❖ Artists are crucial players in the creation of new worlds as this one transforms rapidly.
- ❖ We do all have a choice in how we move forward. We can choose to make the forward movement positive.
- ❖ Taking the time to marvel at nature "a ladybug on the window in the winter time"...be blessed with what the creator and mother nature has gifted us with
- ❖ Acceptance, openness, letting go
- ❖ The resilience of the human spirit and the power of community
- ❖ Nature is our teacher.
- ❖ Don't hold back. Have courage to try and to do something new.
- ❖ The importance of connection.
- ❖ Creating wholeness within ourselves, while finding connection and our place in physical world.
- ❖ In general a story I think I live by downplays technology. I am a luddite. But a common thread was how technology is helping people connect deeply in this current time.
- ❖ Adaptation to change.
- ❖ Kindness, reframing negative experiences, appreciation, curiosity in other's thoughts and experiences.
- ❖ Live in the now. engage with nature. be present. take breaks. surrender. play.
- ❖ I heard creativity and openly sharing of resources
- ❖ There is beauty and healing in sharing grief.
- ❖ Resiliency of the human spirit
- ❖ if limits are imposed on a situation, artists have amazing play space
- ❖ Connection is powerful in and of itself.
- ❖ The importance of valuing human difference and learning from various approaches to pandemic anxiety
- ❖ The gift of social isolation opens the opportunity of reconnecting with our true selves

- ❖ It's more what I felt....the great gift of being open-hearted in these times, the importance of that. Feeling so alive in my heart, with pain and joy.
- ❖ Fear will propel us forward to do better
- ❖ Personal transformation, hope, and perspective.
- ❖ For me, it is utilizing our own experiences, harnessing the energy of what comes to us with joy, and allowing it to overflow to other people
- ❖ Space for the children.
- ❖ Human connection is not just information transfer but also energy transfer
- ❖ Acts of care (not matter how small) are beautiful
- ❖ supportive community created around food security; food as nourishing physically and emotionally and builds community resiliency and compassion
- ❖ leaning into and creating space for creative process
- ❖ Realize that everyone is vulnerable and needs support
- ❖ Someone talked about “the unintended positive consequences” of the pandemic. This inspired a shift in my mindset towards emergence and what's possible.
- ❖ We need each other. Need our help.
- ❖ This can be a moment to make simple choices to try things that you've been imagining for a long time. Fewer options and creative constraints can create magic.
- ❖ Arts and nature can be entry points for connection to spirit, self and others.
- ❖ Role reversals can be revelatory and restorative.
- ❖ That it is possible and necessary to find a coherent sense of self, and share from it, grounded in a specific space and time
- ❖ People are finding amazing ways to cope in new situations.
- ❖ Depth of deep caring is growing as we come to this point of change together
- ❖ Inviting our homes, families, pets, into every meeting :)
- ❖ Self-less, generous acts are everywhere around us even in—or particularly in—times of uncertainty and crisis
- ❖ Patience and the way nature teaches us renewal, the magic of childlike laughter, and new ways of deeply connecting
- ❖ Compassion, cooperation, courage
- ❖ Don't assume people can't handle your real feelings
- ❖ Music and Art have healing power aplenty.
- ❖ Fear is also just a story
- ❖ If the work is to tend the hearth at the end of our community's possible despair (Dahr), it can look like a community oven (as in Margaree and Dartmouth)
- ❖ How our human connectedness, nature, movement and grief all conspire to come alongside us to resonate again in this time in our world
- ❖ Using crisis as opportunity to see beyond ourselves and acknowledge the underlying truth that's always been there
- ❖ We are at a pivot point where the challenges of today can act as a catalyst for the kind of change we have been working towards for years, and we need to tell the stories that support that.

- ❖ We can lay aside differences and work together to accomplish big things in an incredibly brief period of time. That needs to be our inspiration.
- ❖ Setting aside the noise of conflict leaves so much room for productive growth.
- ❖ We all have our own stories to live in different ways but I realize I'm in awe of people who turn towards the trouble when things go wrong.
- ❖ Sometimes we need to give people space to be "not ok"
- ❖ An increased amount of patience and grace and willingness to accept new ideas without judgement or expectation
- ❖ Food is my love language. We'll get through this together. We are rising to the occasion. Feeling our deep interconnections. Neighbours helping neighbours and knowing our neighbours. Singing and dancing with our neighbours from a distance. Gardens make us resilient. Neighbourly resilience. Having relationships with the people who grow our food before the crisis hits and supporting them is essential. I have faith in human nature.
- ❖ We can solve challenges when we do it together
- ❖ Finding and appreciating YOUR joy. Less comparing to what others are doing or not doing. Listening in and appreciating your moments of joy, fun and happiness.
- ❖ Let's rise to a new narrative that is guided by self-care and blossoms into community care
- ❖ There is history in everything and sharing we get to hear how things morph and how small our world is and how connected we are
- ❖ Collaborate with zoom and other online resources and tools to navigate the cultural transformation we are in.
- ❖ Deep thanks to Elder Albert and Andrea and all facilitators
- ❖ We can change our idea about someone with new experience and willingness to be open
- ❖ We are craving connection, and our compassion for others and ourselves will help us to be resilient
- ❖ Listening is always useful.
- ❖ Folks showing up for folks, in unique, caring ways. Whether it's those most in need, your colleagues, friends, family or someone you've just met through a screen. Sharing stories and making meaning together is so powerful
- ❖ Albert Marshall began in our group, but sadly was cut off from our group, technological difficulties. He began by saying that he would not use the word inspired . . . and then we lost him, sadly.
- ❖ Effective outreach begins with compassion and creating space, not bringing pre-determined solutions
- ❖ Silver linings — the background of connection and shared experiences of isolation — this isn't just me moldering around my apartment, it's true for everybody. The time to write and read and meditate, as long as I can have the discipline to drag myself away from Netflix.
- ❖ Our stories, realistic, touching earth, not so much scaring ourselves _out_ of our wits, but _into_ our wits. Become more wild alive.

- ❖ Thank you to all who organized and brought us together! Chat rooms, how cool, thanks for making that happen. Special thank you to Elder Albert.

Resources we'd like to share

- ❖ This film teaser altered my sense of going forward in these times of transformation: [Once You Know](#) (Debra Ross)
- ❖ Naomi Klein is offering a webinar tonight: [How to Beat Coronavirus Capitalism](#) (Jennifer DeCoste)
- ❖ I was asked to share a link to a film I have made with others, now on CBC GEM: [THE BEACON PROJECT: Indigenous Knowledge & the Water Grandmother](#) (Ann Verrall)
- ❖ [The poem "Pandemic"](#) by Lynn Ungar (Michael Speraw)
- ❖ Free daily operas on metopera.org (Barbara Stewart)