



Community Agreement is a set of norms expected in a community, based on the community's values. This weekend as we gather our hope is that we can BE community for each other; a place where each person has voice and feels safe, respected and included in the conversation. To accomplish that, we invite you to this Community Agreement:

- Be fully present.
- Speak from the “I” perspective, speaking from your own experience.
- Allow each person to speak for themselves - avoid rewording the statements of others’
- Safe space is created by all who are present in moving back to listen to others, moving up to speak from one’s own experience in turn, and by being non-confrontational.
- Listen, listen, listen and process.
- Lean into discomfort.
- Take risks, be raggedy and vulnerable - be prepared to make some mistakes - then let go.
- Accept conflict and its resolution as a necessary catalyst for learning.
- Be comfortable with silence. Allow for quiet time for reflection.
- Suspend judgement of yourself and others.
- Be crisp and clear; say what’s core.
- Treat the candidness of others as a gift.
- Honor confidentiality by not disclosing the words shared by another without permission
- Self care is encouraged, feel free to move away from the group for a moment or longer as needed.

Adapted from several sources by 2017 DC JUSTice Summit Steering Committee



Our History/My Story/Our Time: Destiny in Mutuality

Church Within A Church Movement JUSTice Summit
October 18-21, 2018

Beloved Community Church and Rev. Jennifer Sanders, host

SCHEDULE

THURSDAY October 18 ---

You have the option of going to Selma or joining the sojourn in Montgomery. Where possible, entrance fees are noted. Other sites gratefully receive donations.

Selma/Montgomery group

7:00 am - Gather to leave Embassy Suites 2300 Woodcrest Place, Homewood, Birmingham; the drive will take us through a good piece of the rural Alabama countryside on the way to Selma.

9:00 am - Edmund Pettus Bridge and [Brown Chapel AME Church](#) (exterior)

10 - [The National Voting Rights Museum & Institute and the Slavery and Civil War Museum](#)

Admission fees: \$6.50 per adult \$4.50 per student \$4.50 per senior citizen (55 and Over)

11ish am --> Montgomery, stopping in Lowndes County to reflect on the Selma-Montgomery march

12:30 pm - arrive Montgomery - quick or picnic lunch and meet up with others

1:15 pm - [Legacy Museum](#) (timed entry) Combination ticket with Lynching Memorial \$10.00 or 62+ pay \$7.00. Prices are shown online if anyone wants to see just one of the two.

2:30ish pm - [Rosa Parks Museum](#) Admission ---- \$7.50 (\$1.00 AARP discount with card)

3:30 pm - [National Monument for Peace and Justice](#) (aka Lynching Memorial)

5:00 pm - [Civil Rights Memorial at SPLC](#) (outdoors)

back to Birmingham (drive itself is about 1.5 hours)

Montgomery only group

9:00 am - Gather to leave Embassy Suites 2300 Woodcrest Place, Homewood, Birmingham

11:00 am - [Dexter Avenue King Memorial Baptist Church](#) Donation \$
[options after - lunch, state capitol and its controversies (e.g. Confederate White House, etc), on your own.]

1:15 pm - [Legacy Museum](#) (timed entry) Combination ticket with Lynching Memorial \$10.00 or 62+ pay \$7.00. Prices are shown online if anyone wants to see just one of the two.

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back to Birmingham (drive itself is about 1.5 hours)

Note to Drivers: please be aware that you will need coins for parking meters in MONTGOMERY.

FRIDAY IN BIRMINGHAM

9:00 am) - gather in Kelly Ingram Park - wander the statues at the park or the Civil Rights Walking tours (see previous email)

10:00 am - [16th Street Baptist Church](#) Admission \$5.00. Tour will be scheduled to begin at 10:00 am.

11:00 am - [Birmingham Civil Rights Institute](#) Admission \$15.00 (65+ is \$5.00)

Noon or after ---- Lunch, on your own

Afternoon visits ----- \$ Donations

1:30 pm - Dynamite Hill (historic and contemporary) and the [Dynamite Hill Smithfield Community Landtrust](#) vs gentrification pressures

2:30 pm - [North Birmingham/Collegeville \(historic and contemporary\)](#) - Bethel Baptist Church (Fred Shuttleworth's church & epicenter of local civil rights organizing in the 1950s/1960s) and contemporary racial/environmental justice struggle around air pollution/big industry/EPA/political corruption/etc

read deeper at the following sites:

<https://www.takebhm.org/> <https://drradvocates.org/> <http://adelantealabama.org/>
<http://shutdownetowah.org/>

See Jennifer Sanders' lecture on effects of gentrification in Birmingham --- for local context here:
<https://www.youtube.com/watch?v=3BxslrKbWok>

3:30/4:00 pm - [Birmingham Botanical Gardens](#) - discussion of indigenous history of the area, enduring resource extraction/ecosystem issues, enduring segregation (racial and economic) embedded in meeting point of city and suburbs - also a bit of breathing room if people want to walk a bit - it's a lovely place

5:00-6:30 pm - Beloved Community Church. Identity Caucusing.

6:30-8:30 pm - Beloved Community Church. Community Dinner and Conversation. Connecting our history with our story.

SATURDAY October 20 - BELOVED COMMUNITY CHURCH - 131 41st Street South

8:30a-9a	Registration/Meet and Greet
9a-12:30p	Welcome/Centering/Check-in/Self Care
12:30p-2p	Lunch on our own
2p-5p	My Story: Generational Trauma - Tweedy Navarette Healing practices

SUNDAY October 21 - Beloved Community Church

9a-noon	Debrief/Rituals for Our Time Destiny in Mutuality
5p	Regular worship service of Beloved Community Church

Thank you, Jennifer and Beloved Community Church!

Planning Team: J Zirbel, Tweedy Navarrete, Brian, Ray, Vernice Thorn, Jennifer Sanders, Annie Britton, Ed Hoar, cathy knight

Saturday Morning

Check In with:

Thinking Intentions – [Divide the time for equal sharing so last few folks will have as much as the first]

Prompt: Identify self-including where you are from, and yourself as to the identity info you want known in this gathering. Share in a few sentences such as, “Why I am here. What I desire in this gathering of companions along the way.”

Group Agreement –

Perhaps can include the past agreements and something such as:

Self-Awareness – We recognize our words may cause harm to others. We are committed to calling each other in and listening to the impact our words and/or actions have on others.

We are aware of the amount of space and time we occupy, especially as those relate to power.

Specifically, we refrain from speaking twice until everyone in the group has had the opportunity to speak once.

Points that might be good to share at the onset of the conversation -

Communication Co Creating the Container together toward an intent of a safe, trusting space where I can listen to hear the other, with each participant sharing in turn.

Context – analyses of my place and position, the benefits I have, my experiences, the supports I have. The benefit to being aware of the above.

Practices/Exercises by invitation that might be helpful during the emotionally charged moments in conversations. It is so important for this to be invitation without coercion –

Self grounding – Breathing Techniques – [foundational concept of ruach/breath/spirit/wind]

Explained before the discussion begins. Practiced together, to be used at intervals, when it seems a break/pause would be helpful.

Yoga Breathing – simple technique of alternating nostril breathing

Breathing with audible sigh or expressive “AH”

Deep Breath In and Out

Tree Exercise – take a break inviting larger movement involving the whole group, as participants take part as they desire, if at all. Some instructions such as: I invite you to move (with any part of yourself, from mind imagining to full arms and legs) as your breath invites. Perhaps calm gentle movement as a soft wind on warm day. Let’s play with it, if that fits you. Are you a tree? What kind of plant are you? Or are you music? Or fire? Or . . . ? Maybe as a plant with leaves that in the warm sunshine turn toward the sun. Perhaps as a strong wind blows and you are rooted in the earth, your foundation, the source. Just play with it a few moments. Then come to stillness, perhaps with a deep breath in and exhale release.

Encouragement for self-care -

Moving self away quietly when overwhelmed with emotionally charged feelings –

Counting from 10 backward to 1 (silently to self)

Turn attention to feeling the sensations of an object/sound/smell

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Writing, coloring, drawing, etc.

Body Scan – notice where the tenseness/pain is felt, be aware and release