



PATHWAYS TO REPAIR

Listening Guide



PATHWAYS TO REPAIR

Since launching the public conversation series, Pathways to Repair, we've found ourselves spinning with ideas and reflections. Over the next four weeks our team will be gathering to rewatch each conversation and spend time debriefing together. We will be thinking about how to further translate these learnings to our own personal practice in community.

Won't you join us?

Whether you were able to join us live or visiting them for the first time, we invite you into this journey with us. This practice for deep listening, along with journal prompts, were prepared for you to accompany us in sitting closely with the learnings from the series.

In community,



FAITH MATTERS
NETWORK



The DINNER PARTY *labs*

As Chris Moore-Backman and Leonie Smith reminded us, repair is a long, slow work. Let your re-listening to these videos take time: find a spot that feels spacious, grab a cup of something warm, and settle in with an open journal by your side. As you listen....

Stay in touch with your body: notice where you bristle

Where do you feel relief?

Where are things moving within you?

When these moments arise, pause the video- and dig into your journal. What was said? What came to mind?

Try not to judge or edit what is surfacing.

Note what's happening in your body and what memories or stories come up. Give yourself space- and time- to sit with those moments. Press play again when you are ready.

Rinse and repeat as many times as you need over the course of the conversation, and add your own reflections

When the conversation is complete, look back at your journaling, and consider:

Where is there opportunity/invitation in what I just heard?

What do I need to practice some of what I just heard?

Who can I share these learnings with safely?

Resource links

pathwaystorepair.org

eastpointpeace.org

soilt.jp.org

wesayyepp.com

voicesforrural.org

leavingevidence.wordpress.com

gottman.com/blog/r-is-for-repair/

[Video: What is accountability?](#)

carapage.co

Meet the Collaborators



The Dinner Party is a platform for grieving 20-, 30-, and early 40-somethings to find peer community and build lasting relationships. We screen, train and support a growing network of peer hosts, and connect them to 12-15 people nearby, who share a similar age and loss experience. Learn more about us at thedinnerparty.org.



FAITH MATTERS NETWORK

Faith Matters Network catalyzes personal and social change by equipping community organizers, faith leaders, and activists with resources for connection, spiritual sustainability, and accompaniment. We envision a world of people living in just communities rooted in wisdom, spiritual practices, healing, and courage. Learn more about us at faithmattersnetwork.org



The Rural Assembly is a coalition of people and organizations across the country dedicated to building more opportunity and better policy for rural communities. We engage the broad landscape of rural America, across geography, sector, and experiences. Learn more about us at ruralassembly.org