

# UTAH CIVIL AND COMPASSIONATE COMMUNITIES

## *IT'S PURPOSE AND SCOPE*

### PURPOSE

The Utah Civil and Compassionate Communities initiative seeks to encourage and support individuals, professions, educational institutions, religious organizations, businesses, community based organizations of all sorts, local communities, the media, and public and elected officials to be more civil, welcoming, inclusive, caring and compassionate; and to act on those intentions.

We do this in order to enrich the communities of Utah and to create a higher level of “civil-ization” in Utah. By “communities” we mean both geographic communities from a neighborhood to any larger area that the people within them recognize as a community as well as non-geographic communities such as families, organizations, groups, associations, schools, etc.

We also do this to be an example to and to help contribute to a more civil and compassionate Nation and World and desire to connect and learn with others who hold similar intent.

We endorse the Charter for Compassion and the Golden Rule Petition of the Golden Rule project.

### SCOPE

Our approximately 40 person advisory board, chaired by Utah Lieutenant Governor Spencer Cox, Utah County Mayor, Ben McAdams and Salt Lake City Mayor, Jackie Biskupski is comprised of leading Utah citizens who represent all sectors of Utah society and the broad diversity of the people of Utah.

We actively engage with the communities of Utah (in the broadest sense defined above) and across the broad diversity of Utah communities and citizenry. We provide mentoring and training, design and lead civil and compassionate collective impact initiatives of multiple communities, and sponsor events in order to fulfill the purposes of this initiative. In this regard we cultivate support from and intend to help civilly and compassionately transform the leading public, private and non-profit institutions of the State of Utah. We have a particular priority for working with schools and institutions of higher education in Utah, collaborating with the faith communities of Utah and being of service to the underserved and diversity communities in Utah.

For more information about Utah Civil and Compassionate Communities please contact John Kesler: tel: 801.994.3875; [john@saltlakecivilnetwork.org](mailto:john@saltlakecivilnetwork.org)

# **PROGRAM PRIORITIES FOR 2016**

## **UTAH CIVIL AND COMPASSIONATE COMMUNITIES**

### **1. Support and mentor any organization or community in becoming more civil, compassionate and flourishing. See attached curriculum**

- Basic protocol for any organization or community to become more civil, compassionate and flourishing.
- Patterns approaches and resources for helping develop more civil compassionate and flourishing communities
- Sixteen resources for community building

### **2. Program for higher education**

- Training regarding patterns of civil, compassionate and flourishing communities
- Facilitative and collaborative leadership training for achieving more civil, compassionate and flourishing communities
- Mentoring regarding any department or an entire institution of higher education becoming a civil and compassionate community partner

### **3. Program for K-12 education**

- Basic training and materials regarding the concepts of civility, compassion and the golden rule
- Develop introductory videos regarding civility and compassion
- Mentoring regarding a school becoming a civil and compassionate community partner

### **4. Program for Interfaith Community**

- Mobilize and mentor interfaith community to help lead awareness regarding the importance of civility and compassion in our world
- Sponsor and facilitate interfaith dialogues relating to dealing with differences in belief in the spirit of civility and compassion
- Mentoring regarding any faith or interfaith group becoming a civil and compassionate community partner

### **5. Citizens Summit**

- We are collaborating with a national initiative for local communities to hold citizen summits in order to highlight and celebrate how they have accomplished policy objectives and achieved real results through non-partisan collaborative approaches. This is in contrast to the highly partisan paralysis we are experiencing on a national level. We are designing our own process and approach for Utah and Salt Lake City and County, and are intending to hold a citizen summit in September of 2016 whether or not the national effort takes place.

# DEVELOPING CIVIL AND COMPASSIONATE COMMUNITIES\* IN UTAH

## *An initiative of Utah Civil and Compassionate Communities\*\**

The Utah Civil and Compassionate Communities Initiative seeks to encourage and support individuals, professions, educational institutions, religious organizations, businesses, community based organizations of all sorts, local communities, the media, and public and elected officials to be more civil, welcoming, inclusive, caring and compassionate; and to act on those intentions.

### **A Basic Protocol**

1. Make a commitment for your community to become more civil and compassionate\*\*\*
2. Sponsor a conversation in your community about how to develop a more civil and compassionate community.
3. Harvest the fruits of that conversation and set some goals; realistically just a few to begin with.
4. Pursue your goals.
5. Celebrate your accomplishments
6. Periodically evaluate and fine tune your efforts, and continue to work on becoming a more civil and compassionate community.
7. Please share what you are doing with the rest of Utah so that we can learn from each other: [john@saltlakecivilnetwork.org](mailto:john@saltlakecivilnetwork.org).
8. Encourage other communities similar to yours, and other communities in your network, to become more civil and compassionate communities.

*Consider endorsing the Charter for Compassion and participating in that global network of networks: See [charterforcompassion.org](http://charterforcompassion.org). Note that geographic communities are designated as communities and other communities and groups are designated as partners.*

*Consider endorsing the Golden Rule Petition: See [goldenruleproject.org](http://goldenruleproject.org)*

\*Communities means both geographic communities from a neighborhood to any larger area that the people within them recognize as a community as well as non-geographic communities such as families, organizations, groups, associations, schools, etc.)

\*\*Utah Civil and Compassionate Communities is co-chaired by Utah Lieutenant Governor, Spencer Cox and Salt Lake County Mayor, Ben McAdams, and Salt Lake City Mayor Jackie Biskupski, and is informed and guided by a 40 person advisory board comprised of leading Utah citizens representing all sectors of Utah society and the broad diversity of the people of Utah.

\*\*\*If you would like ideas and assistance in the nature of an introductory workshop or facilitation, mentoring, training or consulting in following this protocol above or exploring more comprehensive approaches to developing a more civil, compassionate and flourishing community contact John Kesler: tel: 801.994.3875; [john@saltlakecivilnetwork.org](mailto:john@saltlakecivilnetwork.org). In this regard see our flyer entitled Patterns, Approaches and Resources for Helping You Develop more Civil Compassionate and Flourishing Communities.

# **PATTERNS, APPROACHES AND RESOURCES FOR HELPING YOU DEVELOP MORE CIVIL, COMPASSIONATE AND FLOURISHING COMMUNITIES**

## **Overview**

There are twelve well established patterns in four categories that should be tended to and interconnected in mutually reinforcing ways in order to achieve sustainable approaches to generating more civil, compassionate and flourishing organizations and communities. Following is a brief description of those patterns together with examples of approaches for optimizing the patterns. At the end is a description of resources that are available to assist in implementing these approaches and patterns.

When referring to “community” below, it applies to any geographic community, from a local neighborhood to the largest geographic area that may consider itself a community, perhaps even the planet. “Community” also refers to any group or organization that has come together with intentionality, from a family to a multi-national corporation, including groups in the private, non-profit, public and civil society sectors. Every group of people that comprises a community has an opportunity to flourish along with the people within and around them if they ground their existence in civility and compassion, even for the life world of which they are a part.

## **Category 1 - Individual Internal Patterns**

These patterns are a reflection of personal attributes of individuals in community living by increasingly higher manifestations of the Golden Rule.

### Consciousness

To the extent that one can be still at one’s center, aware, integrated and present, one can more fully access the deepest sources of inspiration, creativity, wisdom and compassion. One can then function in a more free flowing, competent and virtuous manner, and over time in a trajectory of personal growth. All of these qualities are deeply connected to both individual and collective flourishing. Among other things it is important to learn:

- Compassionate witnessing - how to be present in a caring and compassionate manner for yourself and others.
- Compassionate listening – how to listen in a caring and compassionate manner for yourself and others
- How to be centered and peaceful and to touch into the source of your deepest wisdom and compassion and manifest virtuous qualities of becoming and doing.

### Civility

Civility is acting respectfully, inclusively and appropriately with others, a cognitive expression of the Golden Rule. A measure of one's "civil intelligence" is how one does this with people who are very different than one's self. Among other things it is important to learn:

- An integral approach to diversity training so that you know how to relate well to people of all backgrounds and all stages of development.
- Skills related to successively higher stages of civil engagement and the Golden Rule and related qualities of leadership which enable you to be increasingly successful in accomplishing important objectives.

### Compassion

Compassion is love and empathy in action, a heartfelt expression of the Golden Rule. The scope of one's caring awareness and action in this regard is a primary indicator of one's moral maturity. Among other things it is important to:

- Learn about compassion being one of five primary principles of human resilience, which when practiced in an interconnected and reinforcing manner can transform your life, the life of others and any community of which you are a part.
- Be introduced to and mentored with regard to the Twelve Steps to a Compassionate Life by Dr. Karen Armstrong the founder of the Compassionate Communities Movement

### **Collective Internal**

These are the cultural patterns which contribute to creating more civil compassionate and flourishing organizations and communities

### Civil Reciprocity

When people mutually communicate and interrelate in increasingly mature manifestations of civility and the Golden Rule they tend to be less polarizing, more inclusive and generate higher quality outcomes. Among other things it is important to learn:

- How a group or community can function in the context of successively higher levels of cultural competency and civil reciprocity

### Community Building

By strengthening and deepening the connections and inclusiveness of community, a community transforms into a richer and more mutually compassionate and service oriented and resilient environment. Among other things it is important to:

- Over time utilize multiple complimentary approaches to community building. See our list of 16 Approaches to Community Building. You need to start somewhere; just start where there is interest and passion in your community, such as concerns about safety, emergency response, greater service, healthier environment, etc.

### Higher Civil-ization

In an environment that encourages and promotes the mutuality of civility and compassion we create a cultural imperative to develop in our local to global communities increasing Trust and Hope and Love/Compassion, which yield increasingly higher standards of behavior and higher quality outcomes, that is, a higher civil-ization. Among other things it is important to:

- have everyone possible in a community learn the civic framework of rights, responsibility and respect, which is foundational to all constitutionally based societies, and how utilizing these principles in the context of successively higher stages of development, yields qualities of a “Higher Civil-ization”.

### **Collective External**

These patterns are the processes, networks, systems and institutions which are necessary to support individual and collective development in the context of civility, compassion and flourishing.

### Conversation

There is no pattern which supports community flourishing more than a community being in continual conversation with itself, particularly one which models civility and compassion. Among other things it is important for the community to be in conversation to learn:

- How to respectfully bridge difference
- How to achieve high quality outcomes which addresses everyone’s concerns

### Collaboration

Appropriate process and systems design, such as “collective impact”, will be an attractor to people moving towards being increasingly contextually aware and collaborative in approach, and effectively and efficiently achieving more inclusive and higher quality outcomes of flourishing grounded in civility and compassion. Among other things it is important to:

- Develop a set of processes which identify issues of concern in a community, engage all stakeholders around such concerns, and generate optimal policies and outcomes

### Connection

When aware of connections among people and processes, one can develop networks, then systems and institutions and ultimately interconnect multiple systems all in support of more civil, compassionate and flourishing local to global communities. Among other things it is important to:

- Learn how to use online platforms which enable one to optimally connect, network and learn locally and globally

## **Singular External**

These patterns represent the engagement and the output which may be optimized in order to generate more civil, compassionate and flourishing organizations and communities.

### Creativity

Creativity involves deconstructing what exists, dipping into sensibilities that are deeper than the thinking mind, and then reframing the higher possibilities that emerge with even more powerful and further reaching civility, compassion and flourishing. Among other things it is important to:

- Design and implement a process to foster creativity in approaching issues and challenges, perhaps even to regularly rejuvenate your community into even greater civility, compassion and flourishing.

### Creation

One must tend to concrete deliverables, the subtle flow of managing, as well as holding the energy of possibility, which is closely related to creativity itself. Agreements should be made in this context which generate all three of these interconnected levels of vibrancy for the creation of optimal results. Among other things it is important to:

- Design and implement an environment which optimizes creating and generating greater organization and community civility, compassion and flourishing

### Contribution

In the end it is important to actually do something and contribute to more civil, compassionate and flourishing local to global communities, by engaging in ongoing cycles of learning, creativity, creation and contribution. Among other things it is important to:

- Design and implement initiatives, projects and programs which share with others the benefits of civility, compassion and related flourishing

## **Resources**

If you are interested in exploring how these and other approaches to optimizing interconnecting patterns of civil, compassionate and flourishing communities might benefit your community please contact us. We are pleased to visit with you about options. You may want to attend a one hour orientation on the resources we have available and how your community might benefit from these approaches and patterns. Among other things we facilitate, advise, mentor, consult, hold workshops, and can support your community in designing and implementing programs and initiatives to optimize becoming more civil, compassionate and flourishing – and world changing. For more information contact John Kesler at Utah Civil and Compassionate Communities: tel: 801.994.3875; email: [john@saltlakecivilnetwork.org](mailto:john@saltlakecivilnetwork.org).

## **SIXTEEN RESOURCES FOR COMMUNITY BUILDING\***

*preparedness, safety, neighborliness, parties, conversation, conflict resolution, healthy patterns*

Strategies for Creating Caring and Inclusive Block Level Communities – What it is like to live on a block that is a caring and inclusive community and how to make it happen.

How to Create a Sustainable Annual Neighborhood Festival

Neighborhood Watch - Build Community through safety; watching out for one another.

Bridging the Religious Divide - A dialogue movement which explores how much we have in common across religious differences.

Community Resilience – How to develop personal and community resilience

Living Room Conversations - How to become closer to people you deeply disagree with through well designed neighbor to neighbor dialogue.

The Village Square - A model for civil and productive conversation across the differences in our community

Building Community While Becoming Healthier together - Find a common health interest you can share with your neighbors like exercise, healthy eating, or meditation and organize a synergistic group activity to support each other in enhancing your health and wellness.

Building Community Through a Conversation Enriched by Shared Readings This offering is in collaboration with Utah Humanities, which will help select readings to enrich any topic of conversation.

Building Community Through Dialogue - This is *the* key pattern for community flourishing.

Technology to Support Community - Learn about a few key online technologies that can help you build more flourishing communities.

Women to Women - a rich tradition of women being in conversation and community across their diversity.

Patterns of a Healthy Community - These are key patterns of community flourishing that have been uncovered by the global healthy community movement. Apply one or more of them and help your neighborhood flourish.

Who is Welcome Here - A conversation about bridging every divide and exploring who feels welcome in this community – and who doesn't – and why.

CERT and Safe Neighborhoods - Build community through Emergency Preparedness from the block level on up.

Interconnected Emergency Planning and Response Services Information on the full range of local, state and federal emergency planning and response services and their interconnectedness including the related partnership of religions and non-profits in Utah.

*If there isn't another contact listed for topics above contact John Kesler  
john@saltlakecivilnetwork.org*

\*Sponsored by the Salt Lake Civil Network, Utah a non-profit 501(c)(3) organization. Initial consultations are free of charge, and most activities can easily be self organized. Active mentoring or providing of services may in some cases require agreed upon compensation.