



## Community Connection: June 2020

"I'm gonna be brave with my life. I am going to show up.  
I'm gonna take chances." - Brene Brown

Visit our Website



### New & Good: Call to Courage

Transitioning to a virtual community has given us the opportunity to explore new ideas for weekly programming. A "new & good" example was Big View movie night! We streamed and discussed Brene Brown's "Call to Courage," a motivational dialogue about choosing courage in our daily lives.

Living with courage begins when we allow ourselves to be emotionally exposed. It may be uncomfortable, but engaging, or "showing up" in Brene's vernacular, is incredibly brave, especially when future outcomes aren't guaranteed.

This rings true at Circles RVA. Becoming a part of the Circles community requires a foundation of openness. It begins in training where both Leaders and Allies demonstrate profound vulnerability. They dive deep into self reflection and gain tools necessary to develop authentic relationships and navigate challenging conversations. In order for the Circles community to be effective, everyone has to let down walls.

We can all benefit from embracing these key takeaways:

- Vulnerability is not a sign of weakness. In fact, it's the opposite. Your ability to be exposed and take risks directly relates to your ability to live courageously and meet your goals.
- The benefits of opening up to others are profound. You gain love, joy and support.
- Living courageously is not as difficult as the alternative. Afterall, if you do *not* chose courage, you live with the unanswered question, "What would have happened if I had just...?"

Thank you to all of our Circle Leaders and Allies who continue to show up, which may be the bravest and most important thing we all do each week. You are responding to the call to courage!

### Appreciations: Self Care

Taking time for self-care can be a challenge, especially if you are a caregiver to others... and even more so when you are living through a pandemic!

Many active Circle Leaders and Leaders-in-Training are playing this crucial role of caregiver as parents to young children, supporters of adult children and guardians or custodians to others. Multiple Circle Leaders also work as professional caregivers outside of their homes. That's why we took the opportunity to emphasize self-care last month with chair yoga and meditation facilitated online.

When your energy is depleted, self care may seem like an added burden, but the benefits are undeniable to our physical and mental health. When we take breaks to rest and recuperate, we become less susceptible to stress, depression and anxiety. At the same time, our positive thinking and self worth increase. Even more noteworthy amidst present health concerns, self-care boosts immunity!

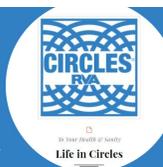
We appreciate the reminder that when you take time for yourself, the end results is actually having more to give to others, not less.




Our volunteer **Hospitality Team** has transitioned into a Meal Delivery team. We are distributing meals to our 21 Leaders and their families every Tuesday night. You can help by donating a meal. [Click](#) to message us for details.



**A shoutout to the volunteers** who consistently serve during these challenging times. Catch a glimpse of Circles RVA in action in NBC12's recent Virginia Strong montage.



Our lives are comprised of circles... Visit the **Boomer Connections blog** to read more and consider how your circles could be shared to help someone else thrive! [Click here.](#)

## Expand Your Circle: Upcoming Events

JUN 2	JUN 9	JUN 16	JUN 23	JUN 30
<b>Cohort 1, 2 &amp; 3</b> MATCH NIGHT	<b>Cohort 1, 2 &amp; 3</b> Identifying our Strengths	<b>Cohort 1, 2 &amp; 3</b> UP RVA Presentation	<b>Parenting Workshop</b> led by Chinary Hall, C3 Leader	<b>Parenting Workshop</b> led by Chinary Hall, C3 Leader
<b>Cohort 4</b> Leader & Ally Training	<b>Cohort 4</b> Leader & Ally Training	<b>Cohort 4</b> Leader & Ally Training		

**\*\* ALL PROGRAMMING IN JUNE WILL BE CONDUCTED VIRTUALLY.\*\***

Do you have a suggestion for future programming that would be meaningful to our Circle Leaders? [Share](#) your ideas with us!

