

Our Timeline

- Welcome guests
- introduce yourselves / explain purpose of café
- Set up etiquette and respectful environment

1st conversation (15 minutes –with one other person)

- Turn to person next to you and discuss:

How do you nourish your family?

- Five minutes to reflect on “What did it feel like to be listened to? What did it feel like to listen to another’s experience?”

2nd conversation (20 minutes- table group-3-5 people)

- Choose someone at the table to be the table representative and then discuss as a whole group the following question:

What challenges do you and/or your community face in providing nourishment?

- Five minutes for table hosts to share their table’s responses
- Have everyone EXCEPT the table hosts move to different tables to sit with different folk

3rd conversation (20 minute discussion- table group-3-5 people)

- Choose a new table host and discuss as a whole group the following question:

What can we do together to create a community that nourishes its families and children?

- Five minutes for table hosts to share their table’s responses

Harvest time

- Take a few minutes of silence to think about all the conversations we shared tonight
- Invite comments from the whole room. Help group notice common themes.

End in Beauty

- Poem, song, kind words to each other, etc.