



COMPASSION LOPEZ – CULTIVATING KINDNESS

FRIDAY, APRIL 21ST PROTECT OUR SACRED EARTH

Lopez Island School District
 Various Earth Day Activities
 At school between 9:00 am to 2:00 pm

Sacred Spaces, Protecting the Salish Sea & Supporting Tribal Efforts
 With Native American Leaders Larry Campbell and Patti Gobin.

Larry is the Tribal Historical Preservation Officer for the Swinomish Indian Tribal Community in the Cultural Resource Office. This work entails being involved in the regulatory aspects of cultural and archaeological resources in the usual and accustomed areas of the Swinomish Indian Tribal Community.

Patti is the Special Projects Manager for the Tulalip Tribes. She has over 25 years of community development experience with the Tulalip Tribes and is currently focused on strategic planning for the future.

Lopez Island Family Resource Center
 At LCCA from 6:00-8:00 pm

SATURDAY, APRIL 22ND BE A FRIEND AND MAKE NEW FRIENDS

Procession of the Species
 Lopez Island Conservation Corps
 Lopez Village Park/Water Tower at 3:00 pm

Great Island Clean-Up
 Solid Waste Disposal District
 Various Locations on Lopez between 9:00 am-12:00 pm

Love This Place Story Web
 Erin Bernardi and Kimberly Taylor

Language Arts classes at Lopez School will create “Haiku Poems” and “Stretched Sentences” to celebrate places on Lopez that they love. These writing strips will be attached to construction fencing stretched on the diagonal under a pop-up canopy. Following this, community members are invited to use fabric and sharpie pens to celebrate places they love on Lopez and weave their thoughts and feelings into our community story web. Come join us and sip Compassion Tea, generously donated by Pachamama Apothecary.

Lopez Village Park/Water Tower from 2:00-6:00 pm

Slopez Compassionate Travel
 Leadership San Juan Islands

Slopez Compassionate Travel is a challenge to community members to travel via low- or no-carbon means during the week of Compassion Lopez. The highlight will be transportation contests on Saturday, April 22 (Earth Day) at the Transfer Station (tied with the Great Island Cleanup) and the Procession of the Species. You are encouraged to walk, bike, ride a horse, pull a cart, ride-share, or use other creative means to haul stuff, get to events and run errands during the week. Prizes given to winners recognized for best effort, most bulky/heavy stuff hauled, most creative means of travel and more.

Lopez Dump at 11:00 pm
 Lopez Village Park/Water Tower from 2:30-5:00 pm

SUNDAY, APRIL 23RD APPRECIATE OTHERS AND PAY IT FORWARD

Ribbon Sharing Appreciation of Others

Describe on a ribbon a person, group, or organization that you appreciate on Lopez. Then hang these ribbons on a tree outside the Resource Center. First 200 people creating ribbons will receive a Pay It Forward bracelet

Lopez Island Family Resource Center
 Farmers Market Area from 2:00-6:00 pm

Be Connected, Be Strong and Be Compassionate Workshop

Brenda Asterino

With an awareness of Earth Energies and simple self-help exercises, you can be more connected within yourself, to the Earth, and to Others for building a better Community. With connectedness comes strength with less fear and greater ease in your body.

Vortex Area at 3:00 pm and 4:00 pm

Movie Screening – “Fern Gully”

Fern Gully is set in a rainforest inhabited by fairies including Crysta, who accidentally shrinks a young logger named Zak to the size of a fairy. Together they rally the fairies and the animals of the rainforest to protect their home from the loggers and a malevolent pollution entity, Hexxus.

Grace Episcopal Church
 Chapel from 3:00-5:00 pm

MONDAY, APRIL 24TH RANDOM ACTS OF KINDNESS

Compassionate Communication Trainings with Alan Seid, Cascadia Workshops

NVC is a world-famous, proven, time-tested set of tools and skills with which you can:

- Offer compassionate understanding to others and know when and how to ask for it yourself
- Prevent and resolve misunderstandings and conflicts
- Speak your truth in a way that is far more likely to lead to harmony than conflict

9:00-12:00, 1:00-4:00, 5:00-7:00
Grace Episcopal Church + TBD

Random Acts of Kindness Lorry White

Write down random acts of kindness that you witness others doing and place them in one of the many jars that will be around town. These acts of kindness will be compiled and listed on Lopez Rocks and the Resource Center website (with names removed).

Various Business Locations on Lopez
Happening all week – results posted on Monday and Friday

TUESDAY, APRIL 25TH SHARE YOUR LOVE OF LOPEZ

Read Aloud of “Ordinary Mary’s Extraordinary Deed” Erin Bernardi

Children will listen to a story about an ordinary girl’s act of kindness, and reflect on how the deed multiplied. They will receive five tickets to give to community members when they offer a kind word or deed.

Lopez Library from 3:00-3:30 pm

The Lopez Wave Performance Sean O’Connell

An entertaining 5 minute performance about the quiriness of Lopez and Lopezians that we have come to love and cherish.

Lopez Library at 3:30 pm

WEDNESDAY, APRIL 26TH STAND UP WITH OTHERS

Lopez Café Compassion

You are invited to prepare and share a meal with your Lopez neighbors. Each person who signs up will be given a list of food to bring so that the cost of the meal is shared by everyone. And then carry on the tradition with other people at a later date. Contact the Resource Center at 4117 to reserve your spot and for a shopping list.

Kimberly Taylor
Grace Church Hall from 11:00 am-3:00 pm

Reducing Our Carbon Impact/Dime-A-Gallon Challenge Transition Lopez Island

Transition Lopez will be doing tabling throughout the week discussing how to reduce our carbon footprint.

Happening all week at various times and locations

THURSDAY, APRIL 27TH DREAMS FOR OUR FUTURE

Loving Kindness Meditation Nancy Searls

Join us in cultivating our propensity for kindness. Mentally send goodwill, kindness, and warmth towards others by silently repeating a series of phrases.

Grace Church Hall at 2:00 pm

Movie Screening – “Millions” Lopez Library

Community Room from 3:00-5:00 pm

Dreams Artwork – Chalkboard and Canvas Painting LIFRC and Leadership San Juan Islands

What does compassion look like? Paint your dreams and vision for a compassionate Lopez on giant canvases around town.

LVM, Pachamamma, and maybe more 2:00-6:00 pm

FRIDAY, APRIL 28TH WEAVE US ALL TOGETHER

Movie Screening – “Pay it Forward” Lopez Library

Community Room from 3:00-5:00 pm

Sing With Your Heart

A variety of original songs, group songs, and sing alongs, featuring Bob, Nick, Susie, Gretchen, Rhea, Terry, Mamatamba & Friends
Grace Church Hall from 6:00-8:30 pm

For more information about these events, contact the LIFRC at 360-468-4117

In other news, the Summer Workshops Brochure will be mailed out in mid-April, check your mailboxes!