

COMPASSION LOPEZ – CULTIVATING KINDESS

‘Love this Place’ During April 21-28

ACTIVITIES SUGGESTED SO FAR:

Goal is to create activities that protect the Earth and/or build compassion/kindness by getting people who don't know each other to interact and get to know each other more. Some possible projects include:

- Get some old parachutes from the navy, etc. and joint effort by community members to decorate them
- Create recycled art to hang on trees in the Village.
- Planting butterfly flower seeds.
- Have large canvases around the village where people can paint, draw or write about the theme each day
- Sing with your heart event (Quakers, Gretchen from Activating Hope Workshop)
- Learning some Spanish and sign Language each day
- Giant community karaoke/joint singing event
- Erin B – Photo/Story board by Paper Scissors
- Kimberly T and Erin B.– literacy/dance/story – weave cloth writings into construction fencing – connected with a dance theme
- Guest speaker on compassionate communication skills
- Guest speaker on resilience and compassion
- 5" x 5" tiles – have people paint them together then mount
- Dump recycling project – each person gets a spot near the dump or other location – take recyclables – Nikita does this with school
- Storytelling activity – Ed S. can tell a story – find a way for others to tell their own compassion stories too.
- KLOI broadcasting of programs created by community members
- “Speed Meeting” – gather people together and every 5 minutes switch and talk to someone you don't know
- “Hat Pull” event – people put their name in and agree to do something with someone they get matched with that they don't know
- El Dia del Nino (Children's Day) event -- which is April 30th – but hold a little early to be part of this week
- Some quick easy things such as “give a detailed compliment to someone new today”, “write a thank you note to someone that has changed your life”, “take 5 minutes to meet and talk to someone you don't know”
- Bands play songs with love and compassion themes that people can listen or dance too
- Read a book –or watch a movie – then gather to talk about it
- Have games such as twister or other board games out at different locations
- Share a recipe gathering
- Cabin or swap family member exchange
- Trusanda – Pay it Forward – ribbons with a spot for 4-5 compliments. First person writes something about someone – gives it to them – they continue it on until it is done – then summarize them all for the community to see
- Have jars around – that people can share short examples of – *CATCHING PEOPLE BEING COMPASSIONATE* – summarize the comments then post or share online.

OUTREACH TO ORGANIZATIONS

ORGANIZATION	WHO IS DOING OUTREACH	ORGANIZATION	WHO IS DOING OUTREACH
Library	Erin Bernardi	Bank	
Fire/EMS		Post Office	
Sheriff		Lopez Village Market	
Probation		Blossom	
Public Health		Transitions	
Quakers	Nathan Donnelly	Cloud House	
Community Church		Safe San Juans	
Grace Church		Hamlet House	
Lutheran Church	Beth Purdum	Hospice and Home Care	
Christ the King		Senior Center	
St. Francis Catholic		Woodmen Hall	
Mormons		Grange	
Other Churches		Lions Club	
Meditation Sangha		Thrift Shop	
Chamber of Commerce		Lopez Realty	
Vortex	Jean Perry	Windemere Realty	
Holly B's		Lopez Village Properties	
Vita's		Edenwild	
Bucky's		Mackaye Harbor Inn	
Haven		Medical Clinic	
Isabel's	Brenda Asterino	HEAL providers	Susie Teague
Lopez Coffee Shop		Dental Clinic	
Galley		Pharmacy	
South End Restaurant		Lopez Fit	
Artist's Guild & Artists		Ark Veterinary	
Bookstore		Diana Hancock	
Gallery 10		Edwin Termulo, CPA	
Quilters Studio		Paper Scissors	Ron
Fudge Shop		Butterfly Boutique	Brenda Asterino

OUTREACH TO ORGANIZATIONS

ORGANIZATION	WHO IS DOING OUTREACH	ORGANIZATION	WHO IS DOING OUTREACH
Lopez Children's Center	Barbara Gurley	Land Trust	Barbara Gurley
Yellow Bird		Historical Society	
School District	Brian Auckland/ Dave Sathers	Community Center	Barbara Gurley
Lopez Academy		Prevention Coalition	Barbara Gurley
Solid Waste Disposal		Animal Protection Soc	
Contractors		Vineyard & Winery	
Sunset		LI Brewery	
Windsock		Village Cycles	
Solid Waste		Lopez Kayaks and Bikes	
S&S Homestead	Henning	Opalco	
Midnights Farm		San Juan Propane	
Sunnyfield		Ferry	
J&D Farms		County Council	Barbara Gurley
Horsedrawn		State legislators	Barbara Gurley
Sweetbriar		SJC Health&Community	Barbara Gurley
Other Farms		Golf Course	
Odlin		Tennis Association	
Spencer Spit		Sail Lopez	Barbara Gurley
BLM	Nick Teague	San Juan Leadership Proj.	Bob Gerfy
Land Bank		Latino Community	Barbara Gurley
Preservation Trust		Vets	
Economic Dev Council	Barbara Gurley	Individuals w/ Disabilities	
Port of Lopez	Barbara Gurley		