

# How We Serve

- Meeting of the **Preparedness Support Group** - 6 December 2025
- 21 total participants
- Notes by Susan P. 🙏

## What are your acts of service to foster relationship?

Being an introvert makes it difficult, but I'm doing these things: weekly community meal; hosted friends to play music; attended meeting for community garden, senior volunteer, gave ride to elder, participate in local choir.

Live in a building with other elders, so can connect - elders who can't drive, etc.

Retired - volunteering, help people build and fix things, doing things that we're good at, mostly friends and family at this point.

Belong to a local collapse group (Carolyn Baker, John Reed); Created another group called Islands of Light focusing on getting to know each other, meeting ham radio people in the area; farm coalition that blocked the spraying of glyphosate.

Other online groups we can link to? Helping at hospice some.

Busy with kids; have connections with Hispanic community, comfortable with emigrant communities, on Instagram, visit with people at grocery store, Mosques give more than other churches. Gives kids rides or asks how they are, (very extroverted). Joined Cascadia group bio-region trying to protect animals and ecosystems.

Very isolated in rural area - gets and gives ride to neighbors to go into town; neighbors help each other; supporting a local elder with needs, transportation support; neighborhood cooperative, loaning things to each other when need arises; involved in local radio station and making sure they are involved in emergency response.

Support for non-violent protest groups; noticing connections that have already been made.

Studied dialogue and psychology, why people have trouble talking to each other.

Online groups like Deep Adaptation and Collapse Club are a training ground to learn how to talk and listen to each other, helps to build confidence for service tasks.

Helps to have a focus that is not dialog, maybe a project that you have interest in. Taught community art classes; 2 tiers of engagement - leading a group and getting to be closer friends; self analysis can help you figure out what you're comfortable with.

There is a Northeast U.S. Deep Adaptation Facebook group; Buy Nothing group - sharing stuff like tools; knitting hats and mittens for local schools.

Look for things that are already there; counteracting negative bias in news with something more positive; built a labyrinth in her neighborhood which made her aware of a worldwide labyrinth community, you have to just start somewhere.

Setting goals for the new year; like to cook for others; putting events on the calendar of things going on locally; addiction recovery center - can give people rides;.

Took food to neighbor (reciprocating), working on good recipes to share with several neighbors; devotional energy to small tasks are meaningful; bought some radios to participate in local radio group, doing some mapping for walkie-talkie reach.

Charles Eisenstein books - false hierarchy of society; Live with 2 other couples on a farm;,, sharing work; finding joy within collapse.

Local regenerative group in the country, but has to still work a long way from there to pay bills; work is associated with collapse preparedness; trains people in dialogue, negotiation; restoration of ecosystems; nature based solutions; old fashioned skills; in the process of getting funding for community resilience (should hear in next week or so); people in communities that flood every year - awards for champions when this happens; We just need to see each other, don't have to talk about collapse - just keep going!

Block party tradition on their street; WhatsApp for neighbors to contact each other; working with neighbors to protect local ecosystem; Walk with the Doc group (i.e. the speaker is doctor) for fitness.

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