

Independence:

Vital Cycles as a whole engages exclusively in Vital Cycles activities. All events that service groups co-sponsor with outside organizations, as well as contributions that are accepted must further our purpose and align with our principles.

The Purpose of Vital Cycles is to empower those who seek joy in living while healing the emotional impact of trauma. Vital Cycles groups, activities and events gratefully welcome contributions of time, energy and finances when those contributions enhance our purpose without compromising our Healing and Community Principles.

Service groups may choose to co-sponsor events and activities with other organizations when those events and activities support the Purpose of Vital Cycles. Each group or service group retains autonomy on these issues so long as they remain in alignment with the Healing and Community Principles.

This focused, flexibility enables Vital Cycles to help more people, and at the same time keep it focused clearly on our Purpose without conflict of interest.

- Example 1:** Sue has been asked to seek a new home for her group, and has discovered that a local church provides space for various twelve-step groups for free, so long as the individual group maintains the space by tidying up after the meeting. The group accepts the offer of free space, and determines that the money previously spent for rent can be used to sponsor a workshop once a quarter.
- Example 2:** Ellen and her group have arranged for a mass mailing of information about Vital Cycles to the therapeutic community in their region. The cost of the fliers, when printed in color, is high, and the printer has offered to print the fliers at cost if the group is willing to accept a tagline at the bottom of the flier announcing the printer's charity. The printer's goals don't seem to align with the Vital Cycles principles so Ellen declines and the group agrees to modify the design to read well in black and white, thus reducing the cost to the parameters that the group can afford.
- Example 3:** The Switzerland Service Group had a significant number of referrals from the Bern Rape Crisis Center. After several conversations, the two organizations collaborated on a Trauma Healing Day. Vital Cycles leaders led several groups onsite, and provided the opportunity for individuals to explore Vital Cycle's healing principles.
- Example 4:** The Southern Florida Service Group co-sponsored a series of workshops with the Miami Family Healing Center. Those interactive workshops focused on the dynamics of healing from the effects of trauma, and were led by experienced Vital Cycles members. The day closed with an open Vital Cycles meeting for those that chose to attend. That led, over time, to

the Miami Family Healing Center offering space for a permanent Vital Cycles group.