

Appreciation:

We celebrate each other's strengths, vulnerabilities and contributions that make our community richer and more vibrant.

We learn to appreciate ourselves and others in Vital Cycles by celebrating each other's successes and by openly acknowledging our vulnerabilities. For some of us, this may be challenging at first, because we may not be used to viewing appreciation and vulnerability as powerful elements in healing. As we heal, we understand how much they help us. Celebrating each individual's contributions creates a rich foundation of confidence and honesty that strengthen our ability to heal.

To make the most effective healing environment we respectfully share our individual strengths. We strive to reach out to newcomers, seeking to create a safe place for personal exploration and healing. We volunteer, as we are able, finding ways to contribute the best of what we have to give. The more we heal, the more easily we can share openly about trauma and the related pain and challenges. The more openly we can share, the more easily we can heal.

We bring our whole selves to the community, including our unique knowledge, experience and insights. We may have special or unique talents that we can contribute, we may have time, and we may have the ability to contribute financially. Together, we are stronger, wiser and more resourceful.

Example 1: Although a relative “newcomer” to the local Vital Cycles group, Natisha discovered that the group was planning a social event. As the business meeting discussed the potential activities, Natisha offered to coordinate a “talent evening,” acting as MC and as a coordinator. She used ideas from her years as a camp counselor. The evening was a great success as Natisha encouraged more and more folks to stand up and sing, dance, or play, some of them for the first time in years. The group decided to make “talent night” a key part of what became an annual social event for the group.

Example 2: After a discussion about celebration of healing at a business meeting, the Sydney Saturday Night Vital Cycles meeting decided to set aside one meeting a year to celebrate their healing successes. This special anniversary meeting became a time for individuals to acknowledge the healing they had sustained in the previous year. The group made a decision to allow applause after each sharing of healing success. They were all thrilled and felt encouraged to continue healing and celebrating!