

The Power of Community

Community – when you break down this word further: com – means together and munity – is a privilege that has been granted. Together, experiencing Community means that we are privileged to be granted togetherness. In a time of such deep suffering around the world for many reasons, and for most recently the anxieties around the Covid-19, our strength lies in our connections. We have the power to overcome anything as a human society because together we have power. What the practice of mindfulness in community can help us do is tap into that power by gathering and acting upon our innate need for belonging and togetherness. As we work this week and weeks beyond to reach out for one another, let's remember that these parallels of human belonging can be seen on a much larger, global scale. Othering and belonging happens in our systems and institutions and can affect the individuals we are trying to support - many times without us even noticing. Let us each be charged as we end this week to invite someone into our circles through a text, call, or social media connection. Our physical events may be cancelled, but our community connection still lives!

Content by: Tiara Cash

