

This event is a fundraiser for the restoration of the Abyssinian Meeting House, Portland, Maine. The 3rd oldest African-American Meeting House in the United States and the first designated Underground Railroad site in Maine.

The Mission of the Committee to Restore the Abyssinian includes but is not limited to the restoration, historic preservation and maintenance of the historic building known as the Abyssinian Meeting House, in the city of Portland, State of Maine; and the preservation and promotion of the cultural heritage of African-Americans in Maine.

50% of profits will be contributed to the restoration project.



### What is NVC?

The Nonviolent Communication model presented in this workshop was developed by peacemaker, mediator and healer, Marshall Rosenberg. Rosenberg's teaching reflects his understanding that violence begins in the language we use. Similarly peace is rooted in the way we communicate with each other.

Rosenberg teaches that everything that people do is in the service of their needs; what they do to others is the best possible thing they know to do to get those needs met. NVC teaches simple skills that enable people to connect with their own and others needs in a way that inspires compassionate response and the possibility for peace – interpersonally and in the wider community.

[www.cnvc.org](http://www.cnvc.org)

### Details:

Friday, October 27, 6:30–9:00 pm  
Saturday, October 28, 9:00 am – 5:00 pm

First Congregational Church,  
UCC of South Portland  
301 Cottage Road, South Portland 04106  
[www.fccucc.org](http://www.fccucc.org)

There will be an hour for lunch each day. Please bring your own bag lunch or choose from a variety of eateries in walking distance.

This event is co-sponsored by The First Congregational Church, UCC of South Portland, an Open and Affirming Congregation. Our mission includes serving our members, our community and our world, working in faithful witness toward justice and peace for all people.

### Tuition:

Full workshop — \$150  
Early bird registration received by Oct. 6 — \$130  
FCC/UCC members — \$130

Full refunds will be made up until Oct. 15, 2017.

All are welcome. No one is turned away due to money. Please contact Peggy to arrange options: 207-789-5299.

Make checks payable to **Open Communication**  
Mail with registration form to:  
Local Organizer: Elinor Redmond  
24 Heron Point, Cape Elizabeth, ME 04107  
207-767-4198  
[eredmond@maine.rr.com](mailto:eredmond@maine.rr.com)

## Building Connection in Difficult Times:

The Fundamentals of  
Nonviolent Communication



### Peggy Smith, trainer

Nonviolent Communication trainer,  
certified by the  
Center For  
Nonviolent Communication

**Friday, October 27, 6:30–9:00**  
**Saturday, October 28, 9:00–5:00**



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## About the Trainer:

Peggy Smith is certified as a trainer by the Center For Nonviolent Communication. She has been sharing NVC for almost a decade. Before becoming an NVC trainer Peggy was a school teacher for 32 years. She brings her extensive teaching skills, humor and presence to this work.

Peggy has studied with NVC founder, Marshall Rosenberg, as well as other internationally recognized trainers. She has shared NVC with educators from the Middle East and South Asia through Seeds of Peace International Camp, both in Maine and abroad.

She is co-founder of the Maine NVC Network. Peggy is chief editor and frequent writer for the Network's educational newsletter, Phases of the Moon. She is passionate about bringing compassionate, authentic communication to our area.

[www.opencommunication.org](http://www.opencommunication.org)  
[peggy@opencommunication.org](mailto:peggy@opencommunication.org)

*"The greatest revolution in our generation is that of human beings, who by changing the inner attitudes of their minds, can change the outer aspects of their lives."*

- Marilyn Ferguson

*(With NVC), you will find an amazingly effective language for saying what's on your mind and in your heart. Like so many essential and elegant systems, it's simple on the surface, challenging to use in the heat of the moment, and powerful in its results.*

- Vicki Robin, CoAuthor  
- *Your Money or Your Life*

## This Workshop:

Would you like to deal with conflict more skillfully?

Be sensitive to others without giving up your own needs?

Deepen intimacy and have more ease within relationships?

You will leave this workshop with practical concepts and skills you can put to immediate use.

Whether you want to improve your relationship with yourself, your family, co-workers or community, your participation in this workshop will open new doors and expand your options.

You will gain concrete skills for using daily conflicts to relate more authentically and compassionately – building trust in a multi-sensory learning environment that fosters safety, depth and fun.

Participants will be empowered by embracing empathetic presence to transform our usual ways of thinking – opening opportunities for radiant connections.

FMI regarding the workshop content:  
[peggy@opencommunication.org](mailto:peggy@opencommunication.org)

*The intention (of NVC) is to create the quality of connection with other people and oneself that allows compassionate giving to take place . . . for the sole purpose of willingly contributing to the well-being of others and ourselves.*

- Marshall Rosenberg

**Registration Form:** Building Connection In Challenging Times, October 27 and 28, 2017

First Congregational Church, UCC of South Portland, 301 Cottage Road, South Portland 04106

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_ Enclosed is my check for \$130 for the early price if received by October 6th

\_\_\_\_ Enclosed is my check for \$150 for registrations arriving after October 6th.

\_\_\_\_ Enclosed is my check for \$130 if I am a member of First Congregational Church of South Portland

Checks made out to **Open Communication** and mailed to Elinor Redmond, 24 Heron Point, Cape Elizabeth, ME 04107