

Review about the CoCo Café. Part I

Saturday + Sunday 24/7 + 25/7 2010

Dialogue / CoCo Café intend to create a start of the self organizing structure of the gathering.

Theme: What is the new and good for the CCI, we can create this week?

Method: Listen to the connection / allow to be inspired and inspire / inquire, what you don't know yet.

Total participants: ± 55 participants

Facilitators: Agota (Hungary) & Rudolf (Germany) and Lillian (Scotland)

Saturday evening: Dialogue is an imbedded part of the opening circle.

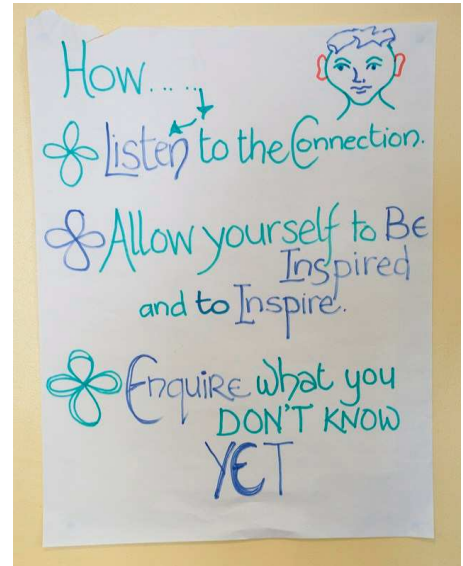
Aims: Work on the theme, taster, getting to know each other.

- Welcome by rhythm (drum is played).
- Brief introduction of the two facilitators of the opening circle.
- Silence: 3 minutes.
- Mini-Session: No theme, 2 x 10 minutes
- Large circle: Everyone speaks up and introduces her/himself: Name, something, what's on top?
- In groups of four: **Dialogue** about the theme above - Method on flipchart is read aloud. 20 minutes.
- Mini-Session: Validating 'Being able to be here', 2 x 2 minutes
- Welcome words of the organizers

Sunday morning: Continuation of the opening circle. First CoCo Café, to get to know the method and to work on getting the self organizing process of the gathering started.

- **Schedule** of the morning is shown on flipchart
- Silence
- Walk in 2s in silence
- Exchange of a head and shoulder massage 2 x 2 minutes
- Larger session: No theme, 2 x 30 minutes.

- **CoCo Café:** The World café process with the aim to contribute to the workshops for the week and organizing support groups.



Rules for the coco café (said in advance)

- Non-confidential.
- You may refer to whatever is told (in order to weave the web of meaning, but no reference to the person necessary).
- Don't be afraid to say anything which is not finished or feels incomplete.
- Listen the other into speech.
- Failures (or what we think of as failures) are the start of new ideas.
- There are others who can be inspired.



CoCo Café: Elements:

- 90 minutes. 3 rounds.
- Entering the room. 12 tables with 4-5 chairs. A flipchart as table cloth plus felt-pens in a cup on every table.
- Playing piano (Margaret)
- CoCo Café Questions to work on at the tables
- 1 round: what moves you in sessions/workshops this week?
- 2nd round: What common themes/threads are you hearing?
- 3rd round: What offering and/or request do you bring for the week?
- Finishing last round with writing notepads with workshop offers and requests for the week
- Participants stick notepads to prepared flipcharts with workshop slots for the week and to an additional flipchart for requests.
- Large circle: Conflict resolution persons are asked to volunteer and written down
- Support group themes are written down on flipcharts at the floor. And participants gather together around these themes to build the groups. Groups are leaving for a short first meeting and to get the rooms allocated.

Direction in questions at tables:

1 Start with:
Personal experiences

2 Go on with:
What do we have in common?
Listen for the underlying patterns and deeper insights?

3 What new questions did you arrive at?

Outcomes of table dialogue (Round 3):



What moves me to go to a workshop?

The facilitator
Awareness of distress
Unknown topic
Safety
Fun of writing
Topics: sexuality - aging - parenting

(Outcomes of table dialogue round 2):



Monday to Wednesday - Co Reflection Café

Co Reflection Café is intended to support self organizing structure of the gathering and of co-counseling itself. One hour after dinner 7 to 8 a clock - 3 rounds of 15 min - after round 2 and 3 sharing in the collective of the 'outcomes' of tables on flipchart - These flipcharts and all tablecloths were stuck to walls for the rest of the week.

Monday 26/7 - Co Reflection Café 1

Facilitators: Agota (Hungary) Lillian (Scotland)

Total participants: ± 30 participants

Tune in with a song:

May the road rise up to meet you.
 May the wind be always at your back.
 May the sun shine warm upon your face;
 the rains fall soft upon your fields and until we meet again,
 may love (God) hold you in the palm of its (His) hand.

Traditional Irish blessing - metaphor on life as a journey

Questions: ?

Outcomes of table dialogues: ?

Tuesday 27/7 - Co Reflection Café 3

Facilitators: Rudolf (Germany) & Marlies (the Netherlands))

Total participants: ± 25 participants

Playing piano: Fred

Tune in with a poem:

There's a bluebird in my heart
 That wants to get out
 But I am too tough for him
 I say, stay there, I'm not going
 To let anybody see you
 There's a bluebird in my heart that
 Wants to get out
 (by Charles Bukowski)

Questions:

- 1: what is alive and echoing from conversations you had in and outside the café
- 2: what are the connected issues – echoes – themes?
- 3: what dreams/ visions we have in common here?

Outcomes of table dialogues:

Collected after round 2

- Good vibrations full moon resonance
- New energy for aging hippies
- Recognizing needs more / less structure
- No rules/ more rules or new rules
- As cocounselers are we the last generation?
- Generate / vitalize rebirth

Collected after round 3

- Aging hippies → mentors for the next generation

- Articulate, express, hold a space to find, to connect, to meaning for ourselves and for the next generation.
- “The olive (alive) branch” as name of a new magazine???
- Moving from emotions into spirituality
- Allowing differences, love will bridge them

Wednesday 28/7 Co Reflection Café 4

Facilitators: Lillian (Scotland) and Agota (Hungary)

Total participants: ± 25 participants

Playing piano Fred

Tune in with a song:

May the road rise up to meet you ...

Questions

- 1: What for you resounds about to day/the week?
- 2: What clarity have you gained from listening to one another this week?
- 3: What message will you carry to your community and to the next CCI?

Outcomes of table dialogues: ?

Some content of table cloths of various days

1. Table cloth on **Sunday** morning CoCo Café
 - Co-creating community
 - Structure – Balance – Chaos – Creativity
 - Allow new / different structures to emerge
 - Being open to?
 - Letting go
 - Meeting needs: others' and mine
 - Goal of doing workshops
 - For myself
 - Earning money
 - Personal development
2. Table cloth on **Sunday** morning CoCo Café
 - Peer dating
 - Co-maturing
 - Social networking → FREEDOM
 - CoCo Info → perceived relevance
 - Enjoying little things in life
 - FUN – PLAYING – OUT OF MY HEAD
3. Table cloth on **Sunday** morning CoCo Café
 - Don't forget the spiritual component of live, which is always a part of us
 - Share - experience - reciprocate – FUN – open
 - Every workshop is different: no rule, open format
 - Risk
 - Restimulatie
 - Assistant / help
 - Give of yourself
 - Participate
 - Confidence – Competence – Co-facilitate
 - Celebrate - Create - Communicate –
 - Change – respect – Stimulation – Synergy
4. Table cloth on **Sunday** morning CoCo Café
 - Turves, rabbits and cowpats: don't forget a good spirit of harmony within it
 - Apple = symbol of Mother Earth: Gaia
 - Trust → safety and fear
 - Choice vs Pushed to work
 - Energy to work
 - Motivation to work
 - Curiosity
 - Aware of disharmony
 - Rested / good sleep → energy
 - To relief suffering
 - Trust

