

# COMMUNITY GUIDE

Photos by Adrian Moreno



How to Inspire Community Resilience in  
Your Own Region & Home



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# Resiliency in Action



Abundance NC often gets asked by others in distant towns "how do we create an Abundance in our community?" We felt the urge to share what we've learned. We hope you enjoy this roadmap to resiliency. Let us know if we can help!

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Abundance NC is a 501(c)3 nonprofit with a mission of cultivating & celebrating community resilience here in the Piedmont of North Carolina! We are an event-driven organization focusing on programming that brings people together to talk about issues facing this region.

# STEP 1



Self awareness is step one to community resilience. Peace begins with oneself. A lifelong journey. Our defense mechanisms are learned behavior, often learned out of necessity as a trauma response. Projection, addiction, isolation and distraction are a few strategies. Clarity comes from examining ourselves and the sources of our behaviors in order to end cultural blame and shame.

Consciousness creates a powerful shift. Knowing ourselves, we can then attempt to know others, creating a mutually respectful dialogue. WE create our reality. There is only one race: HumanKind = Be BOTH



WE DON'T SEE THE  
WORLD AS IT IS, WE  
SEE IT AS  
WE ARE.

– ANAIS NIN



## Further reading:

- ▶ Own Your Self by Kelly Brogan, M.D.
- ▶ Facing the Dragon: Confronting Personal and Spiritual Grandiosity by Robert Moore
- ▶ Radical Forgiveness by Colin Tipping
- ▶ Nonviolent Communication: A Language of Life by Marshall Rosenberg

## Further support:

- ▶ Open Path Collective: Affordable Counseling for Individuals and Families (\$30-\$80 per session with a variety of therapists in our area)

Humans are social animals in need of connection and love. The circumstances of our birth or lives do not always make this an easy learned behavior.

Once again, we must begin with ourselves. Become someone \*YOU\* like to be around. Sadly, self-love is not a subject taught in schools, or encouraged in our consumer culture.

But so much of our societal dysfunction comes from generations of individuals who have not healed from ancestral trauma, who seek validation, approval and attention from outside themselves.



True love begins with self, and then ripples out to others including, community and the animate natural world. Love yourself like no one else.

Self love is the foundation stone to loving others. From this place of wholeness, we must love our children, give them time and attention, nourish them, encourage them through difficult times. Teach them the boundaries of healthy relationships - where they can love someone else and still love themselves in equal measure. Practice radical kindness and gratitude - daily.

This goes a long way to keeping a humble heart. Also, learn how to give and receive love. We are a society of touch-deprived people. Touch communicates many things: safety and trust, cooperation etc.





I define connection as the energy between people when they feel seen, heard and valued; when they can give and receive without judgement; and when they derive sustenance and strength from the relationship.

– Brené Brown

#### Further Reading:

- ▶ The More Beautiful World Our Hearts Know is Possible by Charles Eisenstein
- ▶ Sex at Dawn by Chris Ryan
- ▶ Ancestral Medicine: Rituals for Personal and Family Healing by Daniel Foor
- ▶ Hands on Research: The Science of Touch by Dacher Keltner



#### Resources for Teaching Youth:

- ▶ Unitarian Universalist Association's Our Whole Lives (OWL) Lifespan Sexuality Education
- ▶ Orange County Rape Crisis Center (OCRCC) Safe Touch Program

#### Resources for Adults:

- ▶ Orange County Rape Crisis Center
- ▶ Ancestral Lineage Healing with Daniel Foor
- ▶ The Flowjo
- ▶ Living Arts Collective

Our culture must move from death phobia into an understanding of what it means to die. The ONLY thing we have in common with every other animate being on the Earth, is that we die. This universal thread connects all, and coming to grips with ones' own mortality, the ephemeral and finite nature of life, will lay the bedrock for how one moves through the space of time that is life with integrity towards all beings.

“Someone I loved once gave me a box full of darkness. It took me years to understand that this too, was a gift. — Mary Oliver

“When I die  
Give what's left of me away  
To children  
And old men that wait to die.

And if you need to cry,  
Cry for your brother  
Walking the street beside you  
And when you need me,  
Put your arms  
Around anyone  
And give to them  
What you need to give to me.

I want to leave you something,  
Something better  
Than words  
Or sounds.

Look for me  
In the people I've known  
Or loved,  
(continued on next page)





### Further Reading:

- ▶ The Smell of Rain on Dust by Martin Prechtel
- ▶ Die Wise by Stephen Jenkinson
- ▶ Grave Matters: A Journey Through the Modern Funeral Industry to a Natural Way of Burial by Mark Harris

### Further Support:

- ▶ The Green Burial Council
- ▶ The Five Wishes
- ▶ Sanctuary at the Burrow
- ▶ heart2heart



And if you cannot give me away,  
At least let me live in your eyes  
And not on your mind.

You can love me most  
By letting  
Hands touch hands  
By letting  
Bodies touch bodies  
And by letting go  
Of children  
That need to be free.



Love doesn't die,  
People do.  
So, when all that's left of me  
Is love,  
Give me away.      “  
- Merrit Malloy

The way we grow our food ripples out far and wide, from the health of the soil to the health of the farmer and the economy. What we eat determines how we feel and how our bodies operate. When we invest in our soils, air and water, our farmers, our food systems and ultimately the health of our planet, we gain real resilience. All creatures depend on the viability of Earth's water, soil, and atmospheric health. The human body is a microcosm of the Earth's macrocosm - what we do to the Earth we do unto ourselves.



#### Further Reading:

- ▶ Small is Possible by Lyle Estill
- ▶ If Women Rose Rooted by Sharon Blackie
- ▶ Civilized to Death by Christopher Ryan

#### Further Support:

- ▶ Reach out to your local Agriculture Extension office
- ▶ NC Farm Fresh (find a CSA)
- ▶ TerraCycle:
- ▶ ThredUP:

#### 10 Tips for Sustainable Living:

- 1.) Eat seasonally and buy locally.
- 2.) Mend, fix, reuse, and maintain the "things" in your life.
- 3.) Share resources with your neighbors (ex. lawn mower)
- 4.) Invest in long-term fixes (ex. water filtration over bottles)
- 5.) Give experiences instead of giving "things" for gifts.
- 6.) Consider "renting" over ownership (ex. tuxedo, tractor)
- 7.) Ditch single-use plastics! There are alternatives everywhere.
- 8.) Invest in new technologies when your appliances wear-out. (ex. EV's, smart thermostats)
- 9.) Protect green spaces in your community!
- 10.) Get offline, go outside, and make changes in your own community! If you don't do it, then who will? Be that change.





The more we can invest and support clean renewable energy as a community the cleaner our air and waters will be. Supporting bicycle paths, community solar, electric car charging stations, wind and hydro will ensure a healthier future.

It may sound cliché, but act locally while thinking globally. Use your hands to plant



trees in your backyard. Use your time to clean up trash along your local shores. Use your dollar to vote for green businesses. Use your wealth to invest in your local food system. Use your law degree to support your community's efforts to keep a pipeline from crossing your county. Find your niche! Act small! Just do it!

#### Further Reading:

- ▶ Braiding Sweetgrass by Robin Wall Kimmerer
- ▶ Climate: A New Story by Charles Eisenstein
- ▶ Drawdown by Paul Hawken

#### Further Support:

- ▶ [Globalchange.gov/climate-change](http://Globalchange.gov/climate-change)
- ▶ NC Clean Energy:
- ▶ NC Sustainable Energy Association:
- ▶ Project Drawdown
- ▶ NC Warn
- ▶ Pachamama Alliance
- ▶ The Eco-Institute at Pickards Mountain



Is it too much to ask, to live in a world where our human gifts go toward the benefit of all? Where our daily activities contribute to the healing of the biosphere and the well-being of other people?"

– Charles Eisenstein

The natural world is diverse. Disease and weakness happen when there is an unnatural mono-cropping. Same with people. We are strongest when we have an understanding and relationship with people that are different from ourselves. Our minds are expanded and our souls are tolerant and empathic. The Golden Rule may seem trite, cliché, overused, but the truth and clarity of such a short phrase remains: -Do unto others and you would have done unto you. What's even better? It's reflexive -Do unto yourself only what you would do unto another.



#### Further Reading:

- ▶ The Parable of The Sower by Octavia Butler
- ▶ The Children's Fire by Mac Macartney
- ▶ Cultural Literacy by E.D. Hirsch

#### 10 Tips for Celebrating Diversity

- 1.) Visit the art museum.
- 2.) Keep an eye out for cultural events in your area.
- 3.) Read books written by people of color. Read translations.
- 4.) Listen to music from around the world.
- 5.) Meet your new neighbors. Learn about their traditions.
- 6.) Try a new cuisine and spice up your pallet.
- 7.) Volunteer to work with resettling refugees.
- 8.) Learn another language.
- 9.) Explore your own cultural heritage. Chances are, your ancestors are not from around here. Celebrate your lineage.
- 10.) Listen. Especially when someone is angry or hurting. Practice empathy. Practice radical hospitality, always.



The world is full of friction, and communities are suffering from divisiveness. Political affiliation, religious practice and beliefs, race relations, wealth disparities, all the -isms, continue to drive (and thrive on) wedges of separation into communities.

Equity is the notion that everyone has the right to adequate housing, food, education,



work and medical attention no matter what race, religion or economic background. There is enough for all when there is no greed. We live in a culture that bypasses enough and puts the pedal to the floor for MORE. We must return to the concept of ENOUGH, then give when we are blessed with more..

#### Further Reading:

- ▶ White Fragility by Robin DiAngelo
- ▶ The New Jim Crow by Michelle Alexander
- ▶ The Thirteenth (documentary)

#### Further Support

- ▶ Racial Equity Institute:
- ▶ Chatham Organizing for Racial Equity
- ▶ Chatham Social Justice Exchange
- ▶ Saxapahaw Social Justice Exchange
- ▶ The Accomplice Training w/ LaShauna Austria
- ▶ Seeds of Change Consulting
- ▶ The White Ally Tool Kit Program by The Dialogue Company
- ▶ Down Home NC



Not everything that is faced can be changed, but nothing can be changed until it is faced.

- James Baldwin

Communities are stronger when we have an abundance of local small businesses. Local dollars are distributed far wider when we buy from hometown shops. When we buy at cheaper big box stores, we pay more later -either needing to purchase the same item again, or because of the harm manufacturing and shipping it causes to the environment. When we support local businesses, the wealth stays here in our community, creating unique character, local culture, and a town where people want to live and stay.

## 5 Ways to Support Your Local Economy

- 1.) Support the industry and talent of a neighbor.
- 2.) Know the farmer who grows your food, if you don't grow your own.  
(Offer to help them!)
- 3.) Choose Main St. over the mall.
- 4.) Join your local co-op.
- 5.) Join your local time bank. If there isn't one near you, start one!



## Further Support:

- ▶ Slow Money NC
- ▶ Chatham Marketplace
- ▶ TimeBanks.org
- ▶ Directory of Open Co-Ops







## ORGANIZATIONS PROMOTING STRONG COMMUNITY IN THE CHATHAM COUNTY AREA - GET INVOLVED!

- ▶ Chatham Habitat for Humanity
- ▶ Communities in Schools of Chatham County
- ▶ Your Local Farmer's Markets - Chatham County has SO many:
  - ▶ Pittsboro: Farmer's Market - Thursday 3pm - 6pm, year round
  - ▶ Chatham Mills Farmer's Market - Saturday 8am - noon April - January
  - ▶ Fearrington Farmer's Market - Tuesday 4pm - 6pm, April - November
  - ▶ Siler City Farmer's Market - Saturday 9am - 1pm Seasonally starting April
  - ▶ Chapel Hill Farmer's Market - Saturday 9am - 12pm, Tuesday 3-6pm seasonally
- ▶ Carrboro Farmer's Market - Saturday year round & Wednesday seasonally
- ▶ Apex Farmer's Market - every other Saturday with seasonally dependent hours
- ▶ Haw River Assembly - bravely protecting our waterways and educating our youth
- ▶ Paperhand Puppet Intervention - delightful and meaningful artistic programming
- ▶ The Joy of Movement Studio - building community through movement and healing
- ▶ Piedmont Earth Skills Gathering - passing along ancestral survival skills
- ▶ Rural Advancement Foundation - preserving small farms & supporting farmers
- ▶ El Vinculo Hispano (Hispanic Liaison) - foster intercultural understanding
- ▶ Chatham Organizing for Racial Equity - build awareness of racism & educating
- ▶ St. Bart's Community Lunch - creating community through food and faith