



Breaking Bread, Building Bonds Host Guide

Gathering/Event:

Date:

Introductions

- ❖ Tell us your name, pronouns, and something that might surprise us about what it's like to be you.

Question One



Question Two



Question Three



Wrap-Up Question

- ❖ What's a word or phrase that reflects what you're taking away from this conversation?



The People's Supper Community Standards

Be Present

- ❖ We encourage you to turn off your phone or silence notifications during our time together, and to check your to-do's at the door.

Stick with "I" Statements

- ❖ We are each our own best expert. Your experience is yours and please honor and respect that others' experiences are theirs.
- ❖ Avoid advice-giving unless someone requests it. No fixing, saving, advising, or correcting each other.

Share the Air

- ❖ Be **patient** and **respectful** with speaking turns and speaking times.
- ❖ *Notice that you're talking more than others?* Step back and give other voices a chance to be heard. Silence can be powerful together, and we welcome what silence has to say as much as speech.

Beware Erasure

- ❖ Licensed social worker and researcher Brené Brown states that "We need to dispel the myth that empathy is 'walking in someone else's shoes.' Rather than walking in your shoes, I need to learn how to listen to the story you tell about what it's like in your shoes and believe you even when it doesn't match my experiences."
- ❖ We know how powerful the words "**me, too**" can be, but be careful to avoid what researcher and civil rights leader John A. Powell calls **saming**—trying to relate to something you can't.

Keep it Confidential

- ❖ What happens at the table stays at the table! No sharing quotes or identifying details beyond the table without explicit permission from other participants.