[](https://tcopm.org/)

Unity Church–Unitarian supports The Circle of Peace Movement (TCOPM, whose mission is racial healing and the elimination of neighborhood violence). **Unity’s Racial & Restorative Justice Team helps organize volunteers to support the circles.**

**How can I help?** The welcoming atmosphere of the circle starts with a home-cooked meal. We need food items that can be stored or frozen (see the List of Bulk Items Needed), prepped food donations, and help with meal prep and coordination.

**What does a peace circle look like?** The Circle of Peace Movement (for its story, *see* TCOPM Info) has grown out of a 2010 restorative justice effort led by Russel and Sarah Balenger. The welcoming atmosphere of the circles is intentional: Participants share a home-cooked meal. After the meal, the circle keeper reads the rules:

1. Speak only when you have the talking piece.
2. Keep your comments to 2 minutes.
3. Speak from your heart.
4. Use I-statements (not you-statements).
5. Respect one another.
6. No put-downs.
7. It’s okay to pass without commenting.
8. Don’t leave during circle (mad).
9. Confidentiality: What is said in circle stays in circle.

10. Everyone in circle is equal.

The circle keeper gives a short reading, poses a question, and passes a talking piece around the circle so that so each participant has a chance to be heard. The circle’s healing power rests in the safe speaking and listening space and the relationships created there. Everyone is welcome at the Monday Circle of Peace, which starts with a buffet supper served at 5:15 in Unity’s Center Room. Unity members support the circle-keeper’s leadership.

**What is needed at this time:**

1. **Meal coordination (kitchen presence) with assistance from Sarah Balenger on the second and fifth Mondays of the month.** The coordinator will answer questions and/or assist with cooking/warming of main dish if necessary and other meal prep (3:00-5:30) .
2. **Kitchen assistance on the first, third, and fourth Mondays.** (3:30-5:30)
3. **Donations of** prepared food items for **40 people on the second and fifth Mondays when the church is open**. We divide meals into five categories of donation/prep for each circle:

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| * **Main Dish. No pork.** Example: roasted chicken legs/thighs with rice or roasted sweet potatoes. Write a note with cooking instructions if you cannot finish cooking the item yourself. **If you wish to provide a casserole, please check with Sarah Balenger (651-492-8685) about it contents . . . Lasagna is good!** * **Green Salad.** 16 oz. of greens plus two or three other chopped vegetables such as sliced green onions or diced red onion, bite-sized pieces of bell pepper, carrots, cauliflower, broccoli, tomatoes, cucumbers * Homemade or bottled dressing (for application immediately before serving) * **Fresh fruit salad (no dressing)**    + **About 4 pounds total of** two or three varieties of seasonal washed, stemmed, and (cut if necessary) bite-sized fruit such as red or green grapes (don’t cut), strawberries, pineapple, melon, mango, orange or Cutie sections, berries, etc. Bananas and apples must be cut immediately before serving.   + **Bread (sliced, put on counter, not in refrigerator/cooler)**   + 1.5 loaves and 2 sticks of butter for Mondays * **Sweet** * A small portion per person (not necessarily homemade), such as mini-cupcakes, brownies, cookies, or bite-sized candy |

* **Prepare** food at home or in the church kitchen (using church pans).
* **Mark** all food donations “Monday Circle." Mark any container for return with your name. It will be rinsed and left in the volunteer coordinator’s office.
* **Leave** items (except for bread & butter) in the church kitchen frig/cooler shelf marked "Circle" (on the left) by 4:30 pm the day of circle. You may drop off food earlier, even the day ahead, if it will remain fresh. Everything must be ready to serve before 5:15.
* If you wish reimbursement for food items, **save** your receipt and fill out a reimbursement form found in the Circle of Peace box in the church mailroom. Attach the receipt to the form and put in Barbara’s mailbox. A check will be mailed to you.

**Questions?**

**More info** on the SignupGenius site:

**http://www.signupgenius.com/go/20f0845aaae2baaf85-circle**

Or contact Ellen Green (ebgedit@gmail.com or 651-224-1403)

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