

*LISTEN DEEPLY:
Post-Tragedy Community-Building
Dialogue in Portland*

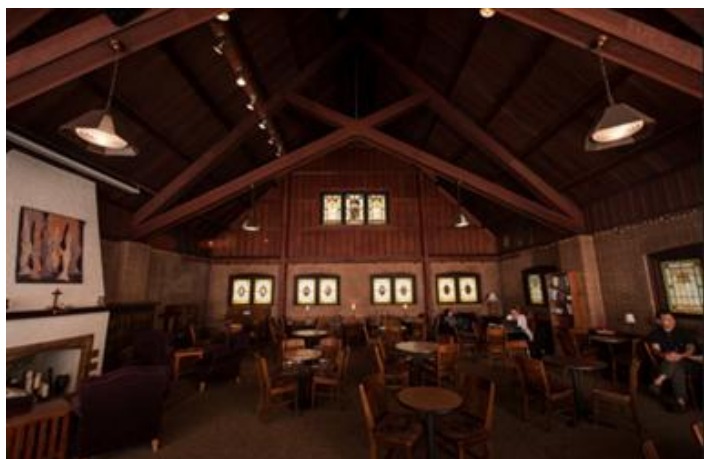
6:00 Sharp - 8:30 pm —Thursday, 01 June 2017
TaborSpace — Portland, Oregon USA

Friday, February 26, 2017 aboard a TriMet MAX train in Portland, Oregon, two men were stabbed to death and a third wounded by a man they were attempting to prevent from a racist and anti-Muslim hate tirade toward two women, one wearing a hijab.

Within just days, Elad Vazana, visiting Israeli facilitator of multi-narrative Middle East tours, began initiating a city-wide dialogue event to begin to heal — sit together, experience respectful communication that dignifies diverse people, and create community.

A core team of Portland citizens began inviting Portland residents of ALL faiths, races, orientations, ages, cultures and ethnicities to listen to each others' fears, pains, and hopes. The organizers offered a safe, welcoming space for authentic dialogue.

With only a few days to plan, TaborSpace was donated, invitations were posted, and 36 people entered the beautiful room for an evening circle of connection and deep listening.





The women and men gathered and shared their names and why they chose to be with the others at that moment

Then participants were invited to light a candle to remember and honor anyone they wished, before listening to settling music.



In the middle of the room, participants walked among one another to experience connection and "listening" by moving then collectively stopping, face-to-face appreciating one another, then choosing a partner for a deep listening experience that followed.

The pairs sat together face-to-face. For 10 minutes one shared with the other "what I have been taught about the other - about people who are not like me." The partner only listened to learn, without responses, cross-talk, or questions. Listened deeply.

Then for 5 more minutes the listener explored and inquired of the speaker: "When you said _____ it touched me. Would you tell me more about that?" Or: "When you said _____ if seemed very important for you. Would you please say more about that?"



After that 15 minutes, they switched. The listener became the speaker, and the speaker became the listener for the next 15 minutes.



After those 30-minutes, participants returned in pairs back to the big circle to assimilate by sharing what was learned, what happened, including the rare experience of being listened to, and of listening well.



The dialogue concluded by returning to the center of the room to share music, hugs, and appreciation for this creative way of engaging that heals people and relationships.



Participant Responses

***"Great tools and ideas, so simply and easily connecting people.
I wish that many more people, especially of color,
will come together like this."***

~ Anon

***"I left feeling so much better...re-connected to community,
lighter, and deeply appreciative.
Also now have a few new ideas for tough times.
Thank you all so much for making this happen -- balm for the soul."***

~ Britta Dedrick

***"I keep wondering what to 'say' when I talk to someone.
Now I realize more that we don't listen to each other.
When we meet, it's the listening that's needed."***

~ Anon

***"It really hit home and opened my heart . . . for a deep healing.
The one-to-one connection was particularly beautiful and
has inspired me to try this at Saturday services.
After a brief Torah talk about the parsha,
perhaps the congregants can get up to move about
while pondering a Torah-inspired question to then
talk about from the heart, like your question about 'the other.'
Maybe I'll call this 'Heart-to-Heart Torah' or 'Torah Speak.'"
Thanks for the inspiration."***

~ Harriet Cooke

"I have great, new ideas for what to do with my community."

~ Anon

***"Thank you, Elad, for that incredibly connecting experience.
I'm thankful to have met you!!"***

~ Yamilka Hayes

"We need so much to connect like this, especially in these days."

~ Anon

***"I never believed that
others I've talked with were actually my "other."
Today I experienced that even more strongly."***

~ Anon

"It was a great event!"

~ Elizabeth Fischer

***"The music was so heart-warming.
It deepened our connections."***

~ Anon



*Thanks to all of you who
decided to come together, deeply listen, and connect.
Thanks Abby, Lisa, Lana, Lauren, Len and Libby Traubman,
TaborSpace, Lewis, Lisa, and many others who
made this event happen so quickly and so well.*

Contact:

Elad Vazana

Nataf, Israel

EladVazana@gmail.com

<http://www.tour4change.com>

This document is on the Web at
<http://traubman.igc.org/portlanddialogue.pdf>