

AVP CALIFORNIA NEWS

Winter 2019



Extraterrestrial Joins Basic Workshop at California Men's Colony

By Kick-back Keith

My name is Kick-back Keith and I have been part of the AVP family for 11 years. Participating in AVP is the most significant decision that I have made in my life. I am now and forevermore an ambassador for AVP. Allow me to share a short story.

An alien appeared before me one morning as I was preparing to facilitate an AVP workshop. She asked what I was doing. I explained that I was getting ready to do a workshop on alternatives to violence. "What are these alternatives?" she inquired. Since I was pressed for time I invited her to follow me so that I, and my fellow facilitators, could show her.

After the workshop's welcome, team introductions, opening talk, and a Gathering on our motives for coming to the workshop, we played "The Big Wind Blows." The alien enjoyed the Light and Lovely but was surprised and disappointed that no one else got up from their chair when she said

"the Big Wind blows for everyone like me who arrived today by interstellar planetary transport."

Not knowing what an adjective name is, we chose, by consensus, "Adventurous Alien" for our new friend which pleased her greatly! She knew what violence was but could not offer any alternatives. Her earliest experience with violence was the war that devastated her world. She shared that something she is proud of is traveling through the galaxy in search of a strategy for peace. And because members of her species are completely toothless she was a memorable, good-natured participant in "Mrs. Mumbly."

When we introduced the guides to Transforming Power, Adventurous Alien said she resonated most with number twelve—build community based upon honesty, respect, and caring—because she was seeking to rebuild her world, community by community.

In "Who Am I?" Adventurous Alien discovered that her most precious attribute is compassion. That was the slip of paper she chose to hold on to.

At the end of the workshop Adventurous Alien wept tears of joy as she read her affirmation poster. She vowed to take the "6 Point Problem Solving" strategy home to her planet. Then she applied her AVP pin to her prominent forehead and thanked us for allowing her to be a participant in the Basic workshop. She departed, declaring, "My name is Adventurous Alien and I'm going on a picnic, and I'm bringing AVP and all its philosophies with me." So this is how AVP spread beyond Earth to the outermost reaches of the Galaxy.



AVP USA Gathering Comes to California in May, 2019

By Take-A-Breath Toby

The 2019 conference of AVP USA will be held at Mills College, just 10 minutes from the Oakland airport, May 24 through 27. If you've never been to a national conference, please know that they offer an array of resources and learning opportunities that are beyond description. Participants learn and interact with members of the AVP family from around the nation and the world. This transformative event is seldom so conveniently located for California facilitators, so please don't miss out.

developed out of awareness that we're collectively aspiring toward a way of being together as a family, a community, an organization, a country, and a world that does not yet exist. We seek to provoke conversation and dialogue on how to change, transform, and become fully and compassionately engaged with one another as whole human beings.



The engaging theme of the conference is *Embracing Each Other: Transformation into Wholeness*. It was

The conference will feature a session by the not-to-be-missed Poetic Justice Project, a group that advances social justice by engaging formerly incarcerated people in the creation of original theatre that examines crime,

(continued on page 2)

2018 Cambria Fall Gathering Was A Stellar Event

by Caring Karen

In October, California facilitators enjoyed an energizing weekend of community, learning and inspiration on the stunningly beautiful bluff above the Pacific at Camp Ocean Pines in Cambria.

The conference lived up to its theme of *Strengthening our Foundation and Building for the Future*. Participants celebrated significant achievements and reflected together on the roots of AVP California and visions for its future. Old friendships were joyfully renewed and new ones were created.

Breakouts sessions included "Giving and Receiving Feedback", "Facilitation of I-Messages", "Successful Recruitment for Community Workshops", and a report by Lively Lydia on bringing AVP to the nation of Jordan. A special session on "Discernment" served as a preview of a future specialized training weekend.

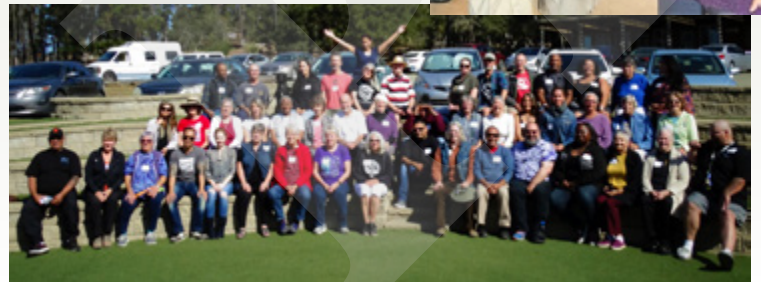
Stephen Matchett was honored with a lifetime achievement award for his tireless and invaluable service to AVP California. Stephen has served AVP California since its inception as the Treasurer. He is

also a core member of the Bay Bridge Council and Prison Coordinator for the women's prison in Chowchilla.

The annual Saturday night auction was a blast. It brought in over \$3,000, thanks to Take-A-Breath Toby's organizing and auctioneering, and the generosity of the AVP family.



Stephen Matchett receives award from Joyce Banzhaf



Hero's Journey 5k Returns to LA on April 20



What could be better than a refreshing morning of exercise with friends in the sunshine to benefit AVP California?

For a second year Energetic Elizabeth is the force behind the Hero's Journey 5K Walk-Run to be held April 20th at the Los Angeles State Historic Park. The route is fully enclosed, flat, and suitable for runners and walkers of all ages and abilities. Participants are encouraged to dress as a favorite Super Hero, although regular attire is also welcomed. Finishers receive a commemorative race t-shirt, medal, and official time result. The fun event includes a professional DJ, finish-line festival, Health and Wellness Expo, and sponsor displays, including one by Harley Davidson.

Members of the AVP California family are invited to join the event as participants or volunteers. For more information please go to herosjourneyrun.com

...continued from Page 1, AVP USA Gathering

punishment and redemption. Participants may also take advantage of extended workshops facilitated by the AVP International Education Committee.

If you'd like to submit an idea for a breakout session please use the form at: [Break Out Submission Form](#)

Watch for exciting updates about the conference in the near future.

Where is Mrs. Mumbly Now?

Special to the AVP CA Newsletter: Reliable sources told us that Mrs. Mumbly was recently seen coming out of the Oakland Raiders headquarters. It seems she had been invited to interview for a position as a coach. There is no word yet on whether Mrs. Mumbly received a job offer. If you see Mrs. Mumbly, please tell your neighbor as he is looking for her.

AVP and the Art of the Quilt



Vibrant Vicki made three lap-quilts for the Cambria Gathering auction to raise funds for AVP CA. Their beauty led to a bidding war that contributed in large part toward the successful auction proceeds. We're grateful for Vicki's generosity; these handmade pieces take months to make. Below are pictures of the three quilts, along with Vicki's reflections:

Quilting is a mindful meditation practice for me. My favorite AVP workshop is the Advanced. I'm, fascinated by the fact that in Advanced workshops the same team, the same theme and even the same participants can create vastly different and unique experiences. We can do the same exercise in several workshops and have greatly disparate input and results. I just love this reality.

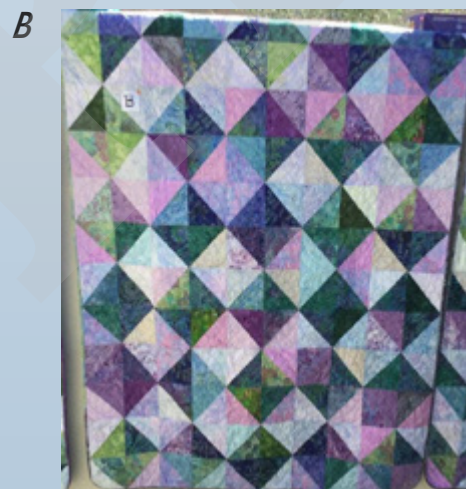
So, while thinking about the lightness and darkness of Advanced workshops, I decided to use half-square triangle blocks as my quilting material. These are blocks with one-half light fabric and the other half dark. A really good Advanced workshop consists of an exquisite balance of light and fun with equal space for deepness and sorrow. The fabrics are batiks in various shades of blue, green and purple. I chose these colors because green is representative of growth, blue often a proxy for expressing spirituality, and purple often stands for courage (e.g. the Purple Heart medal). All fabrics appear in each quilt.

Batiks are created by a hand dyeing process just as a workshop is crafted by its human participants. I played with the layout of the blocks to create three distinct patterns.

A — This pattern is asymmetrical with the focal blocks off center. So many times a workshop wanders in different ways along the path of the theme before reaching the heart of each participant in a very magical walk together as a community.

B — This pattern focuses on the light and dark of a workshop. The balance of having fun, sharing our personalities and experiences with acknowledgement of our pain, faults and fears, allows all to grow and learn.

C — This is a zigzag pattern. Sometimes I feel that although the group has chosen a theme the workshop zigzags from one topic to another. Sometimes even a few more topics are brought into the workshop and I am left wondering what happened to the team's plan? Then, miraculously, the workshop becomes cohesive and coherent and meaningful.



Your 2018-2019 AVP California Steering Committee

The AVP CA Steering Committee added three dynamic new members in October. They are Guari Delgado, Tondria Hall, and Lydia McCloskey. These three join continuing members Joyce Banzhaf, Stacy Hughes, Toby Laverty, Rabia Khawar, Stephen Matchett, and Nancy Vimla. You may communicate with the Steering Committee via their email address: AVP CA Steering Committee

The AVP California Newsletter is edited by [Smiling Steve](#) with assistance from “no-fake-news” reporters [Caring Karen](#) and [Radiant Rabia](#). Please contact us with suggestions and feedback. We welcome contributions that focus on AVP activity around the state, and if you see [Mrs. Mumbly](#), please let one of us know.