

FAT QUEER COMMUNITY

HEART CIRCLE & POTLUCK BRUNCH

**Saturday, September 24, 2011 @ Humanist Hall
411 28th St, Oakland (between Telegraph & Broadway)**

ALL SELF-IDENTIFIED FAT QUEERS WELCOME!

Feel free to come for any or all parts of the event (RSVP requested)

HEART CIRCLE

10am - noon

Borrowed from the Radical Faerie community, a heart circle is a talking circle where each person speaks from the heart, while the others listen attentively from the heart. A talisman is passed around the circle, and whoever holds it is the one speaking, while the others listen without interrupting or giving feedback. A heart circle has its own kind of magic, which comes as much from the quality of the listening as from the speaking. Speaking and listening "from the heart" are difficult to define, but we know when we're doing it, and a heart circle is a chance to discover the meaning for ourselves, together in community.

**DOORS for the heart circle
OPEN at 9:45 and CLOSE at
10:10, so don't be late!**

POTLUCK BRUNCH

noon - 2 pm

Potluck & brunch, two fine queer traditions! Share your culinary creativity with your community! (No one turned away for lack of food.) We will provide cards and pens for listing ingredients, so those with food allergies, etc. can know what to eat. If you have food allergies, bring some food you like! There is a kitchen for heating up food. **DOORS for the potluck OPEN at NOON.**

COMMUNITY ANNOUNCEMENTS

2 pm - 2:30 pm

A face-to-face time & space to let your community know what projects you are working on, generate excitement, ask for input and solicit participation.

ACCESS

Please help keep this a **fragrance-free space** to allow full participation by those with allergies and chemical sensitivity. This means use unscented body products and laundry soap prior to coming.

Learn how to be fragrance-free: visit <http://bit.ly/fragrancefree>

The space is **wheelchair accessible** and contains basic **folding chairs**. If you prefer a chair that's more comfy for your fine fat ass, bring it!

PARTICIPATE

This event is being organized by fat, queer citizens Max Airborne and Greta Carey, but we can't do it alone! Sign up to help! Email us: fatqueerheartcircle@gmail.com

THIS EVENT IS FREE

Donations gratefully accepted to help pay for space rental. Email us for info about how to donate: fatqueerheartcircle@gmail.com

fat queer community heart circle sept. 2011

agreements

- manatee goes around the circle
- manatee holder is the speaker
- it's fine to pass without speaking
- speak from the heart
- listen from the heart
- no cross talk or interrupting
- stay focused on our own experience
- when speaker passes the manatee, feel free to give them some love/thanks/ acknowledgement with a gesture or wordless sound
- confidentiality: what's said here stays here

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