

Report on the Nonviolence Event Planning

Our Ad Hoc Subcommittee is charged with planning an event that highlights teachings of nonviolence and how they can be used to create positive change in our community. After a careful review of the options available to us we have decided to organize the event with the following theme:

The Transforming Power and Purpose of Anger

Date: 2/28/23

Time: 7pm to 9pm

Location: Culver City Senior Center B Rooms

Our workshop presenter is confirmed to be **Candace Carnicelli, the Executive Director of Common Peace**, a culver city based non-profit whose mission is to further education regarding non-violence...

Basic - In-Progress Contextual Draft Outline for: THE TRANSFORMING POWER AND PURPOSE OF ANGER

- Experiential Icebreaker
- What is Anger?
- Why do we have it?
- Where does it come from?
- How does it appear to serve us?
- The relationship between anger and power (power over)
- How does it show up in our lives? In our communities? In our organizations?
- Expressed anger: Is it good or bad?
- Understanding its Power and Purpose
- Identifying the Costs and Payoff of Anger in our lives
- The role of Compassion and nonviolence in transforming anger
- Anger as our Ally and SuperPower for connection
- How do we channel the energy of anger into acts for good in our personal lives, communities, the World?

The purpose of the Workshop (subject to further refinement) is to understand the genesis of anger in us, as humans - where it comes from (our primordial need to survive in stressful times: fight or flight response) - to inquire into how it appears to serve us - how we use and misuse it - and to reveal ways to transform it into a power for good and connection.

We are preparing to receive an **audience of about 100** or so people.

As part of our outreach/publicity efforts for this event, Candace has generously offered to write an article and submit it for publishing to some local Culver City news outlets where she has contacts.

And we request that this **event be in a hybrid format**, similar to the transgender day of remembrance event, such that audience members can join us virtually or in-person for the event...

We are also requesting a **budget of up to \$100 for snacks**.

And an additional \$250 for an honorarium for our workshop presenter, Candace Carnicelli.

Please review here the draft version of the flyer:

[Anger Flyer Draft 2.png](#)

We welcome your constructive feedback to improve the flyer and our event plan as a whole!