

To: Spring 2020 Restorative Justice Group #7

Title: *What It Means to Show Up*

Has it really been seven weeks since we were together in a circle? So much has changed for everyone as we learn new ways to be in the world and hope that this is not our future normal. With the imposed rules for physical distancing, it has caused me to think about what it means to **show up**, especially because there are so many ways that we cannot physically show up right now. We humans are meant to be in relationship with one another, whether we're participating in a Restorative Justice circle, or spending time with family and friends; but what if that is not possible? Can **showing up** take on new meaning?

Restorative Justice volunteers often are asked why we **show up** week after week to be part of this experience. While each volunteer has different motivations for what brings us to this work, it is usually done by thinking that we have something to bring to others. We make a commitment to **show up** because it feels like really important work and we believe we have something to offer. What volunteers quickly learn is that when we **show up**, we get so much more from being present with others than we ever could have anticipated.

The other day, I was listening to a Creative Morning talk by Danny Miller, who spoke about what it means to **show up**—that it's an emotional involvement. It doesn't just happen when there is a traumatic event. He highlighted something that I hadn't thought about...that in order to show up for others, you need to show up for yourself, and that you don't know how often these sacred moments of investing emotionally in yourself and others will be there. He goes on to ask, "How do you want to show up in the world?" and "How can you share who you are in the world with others?"

Showing up in prison is challenging, especially with the current restrictions. It pushes all of us to think about what it means to show up when you cannot be physically present. Each of us has made a commitment to **show up, and to be fully present**, as members of the Restorative Justice circle—even though we cannot do so physically this spring. Nonetheless, we have agreed to "be there" for each other in community. **Showing up** is not a one-time act on a to do list. It takes courage and commitment and being vulnerable enough to be uncomfortable with whatever is in front of us.

In this unusual period of being quarantined, when we all have more time for reflection, take a look at these questions. Which ones speak to you? Are there any actions you want to take after thinking about them?

- *What would it look like for you to show up?*
- *Who are some people in your life for whom you want to show up?*
- *What specific things could you do to show up for others...For family? For friends?*
- *Is there someone that you haven't been in touch with who would really appreciate hearing from you?*
- *How do you think you'd feel if you showed up for someone who didn't expect it?*
- *Has someone shown up for you in a way that you did not expect?*

Some quotes for you to think about as you figure out how you might *show up* for someone this week. Be kind...Be grateful...Be safe. Back to you next week.

~ Ms. Caro-Bruce



Vulnerability is about showing up and being seen. It's tough to do that when we're terrified about what people might see or think.
~Brene Brown

Instead of showing up to let everyone know how great we are, show up to find out how great everyone else is.
~Simon Sinek

Showing up is not all of life—but it counts for a lot.
~Hillary Clinton

Bravery is the choice to show up and listen to another person, be it a loved one or perceived foe, even when it is uncomfortable, painful, or the last thing you want to do.
~Alaric Hutchinson

The biggest gift you can give is to be absolutely present, and when you're worrying about whether you're hopeful, or hopeless, or pessimistic, or optimistic, who cares? The main thing is that you're showing up, that you're here and that you're finding ever more capacity to love this world because it will not be healed without that. That is what is going to unleash our intelligence and our ingenuity and our solidarity for the healing of our world.
~Joanna Macy

I can't thank you enough for showing up. It's not the same without you.
~James Taylor

Just trying to do something—just being there, showing up—is how we get braver. Self-esteem is about doing.
~Joy Browne

The willingness to show up changes us. It makes us a little braver each time.
~Brene Brown