

# Community Building in Britain Newsletter

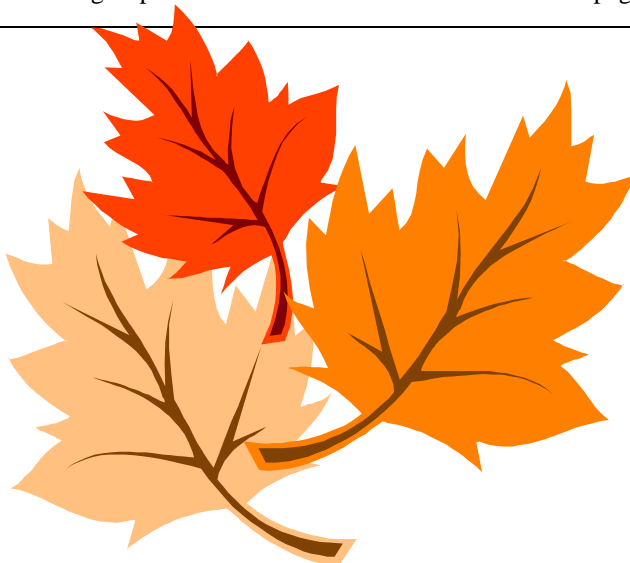
Number 76

October/November 2000

*The newsletter is issued by a growing network of people in Britain who are committed to developing community building beyond that originally described in Dr. M. Scott Peck's book, 'The Different Drum', and as further developed by the Foundation for Community Encouragement in the USA (FCE).*

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# Not the Editorial

Dear readers,

This is “not the editorial” because I am not the editor. We still need an editor, or editorial team, to come forward (please!).

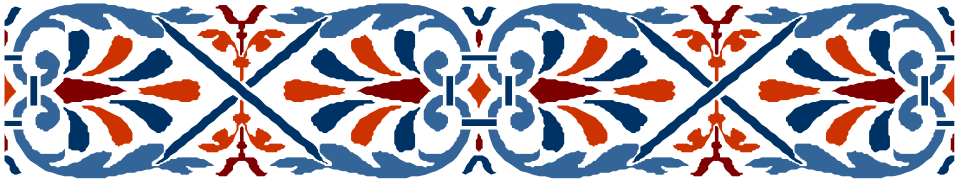
The editor’s role involves:

- deciding what goes in and how to edit contributions (if at all)
- commissioning articles, photos, poems etc
- encouraging potential contributors
- establishing rights to publish
- generating interest among subscribers
- writing an editorial, and/or other contributions

I am very happy to continue supporting the editor in producing and distributing the newsletter, so the editorial work involved in terms of hours is not very great.

In the meantime, thank you to those who have sent in articles and letters for this edition. Keep them coming in to the address below for the time being.

*Peter Cooper*  
52 Sole Farm Avenue  
Bookham  
Leatherhead  
KT23 3DE  
07974 961301  
[PeterCBiB@aol.com](mailto:PeterCBiB@aol.com)



## SEX LOVE AND RELATIONSHIP

Sarah Wood and George Giangrande will be hosting this event at Braziers Park, Oxfordshire, on March 16-18, 2001.

This weekend will be an opportunity to explore our views, understanding, and feelings, about sex, love, and relationship (often fraught and difficult areas) as part of a CB circle.

Sarah and I will also be inviting participation in non-verbal, 'energetic' communication, using gentle, non-invasive exercises.

It is only by proceeding from where we are now that real understanding and growth can take place. Sex, as the manifestation of love physically through our bodies, is like many things, a journey. We hope this workshop can help us on our journeys.

The only requirement for this workshop is to have done a CB event.

The cost is £95 for full room and board and £50 non resident or camping.

Sarah and George live in the Braziers Park community and are trained in Tantra.

For more information or to book ring 01491 682106, or e-mail [George\\_Sarah@compuserve.com](mailto:George_Sarah@compuserve.com).

Braziers Park is located between Oxford & Reading, 55 minutes by train from London Paddington.

## Community Building in Britain events

<u>Date</u>	<u>Place</u>	<u>Contact</u>	<u>Fee</u>	<u>Notes</u>
25-26 November	London	Colin Morely 020 8445 2514 colin@aw2.co.uk	£95	CBE

Note: - **CBE** stands for “Community Building Experience”, which provides an opportunity to build community in a large group over two days. In a “Community Building Workshop”, or **CBW**, a third day is added so that not only can participants experience the building of community but they can also learn about the process.

Other events are being arranged so keep your eye on the newsletter or web-site.

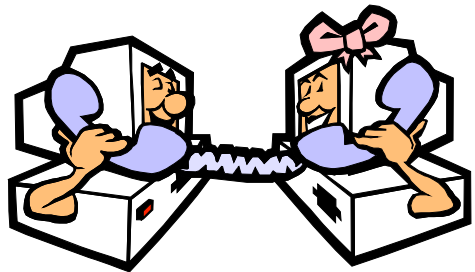
### Love on line

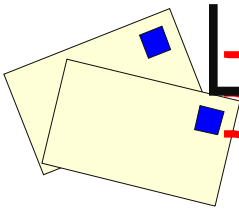
*Can we talk on the computer  
I will be your ardent suitor  
I'll say anything you want  
And I'll do everything I can  
Every morning I will greet you  
I won't ever have to meet you  
Log me on and keep your distance  
And I'll always be your man*

*I'll be tall and I'll be handsome  
It won't cost me a king's ransom  
To be in amongst your e-mail  
When we stay at home to play  
I will never need to doubt you  
I'll know sweet flick all about you  
I can exit through the window  
When we've nothing left to say*

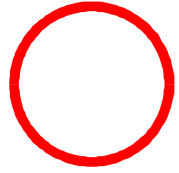
*Arguments can last for ages  
I'll go rambling on for pages  
You won't stop or interrupt me  
So we'll never have to fight  
And if you're not feeling keen  
You can just switch off your screen  
Without foreplay or coitus  
Disconnect and say "goodnight"*

*Bill Horrocks*





# LETTERS



## Aims of CB Events

Dear CBiB

What is Community Building for?

- a new, personal, and meaningful "experience of community"?
- to open up new relationships with others who are there?
- to train more facilitators for the 'movement'?
- to learn something which might make a difference in 'ordinary' living?
- something else?

Possibly any or all of those, but .....

I think I'm supporting Mike Roth's plea for clearer thinking about aims. Newsletter 75 came yesterday, and as I read it I began to ask myself whether there is a danger of seeing Community Building as something that is an end in itself: something, almost, that people do for what they get out of it at the time - a basically self-centred reason; something very little to do with community in its traditional sense.

## Social needs

Of course, 'reaching community' can be very pleasurable and exciting. Let's enjoy it if we can. But there are urgent social needs outside ourselves.

For several generations, in our 'Western' culture, the rapidly increasing scale of political and economic organisation, and the speed of long-distance communication, have been

undermining, weakening, and one could say 'destroying' many aspects of local social and personal interdependence. We no longer know (as I did in my childhood) the farmers who produce our milk and meat. In the village where I live now, there is no

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Let's enjoy the pleasure and excitement of 'reaching community' if we can. But there are urgent social needs outside ourselves.

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shoemaker or tailor, as there was before WW2. We have a society that is increasingly impersonal, with credit cards replacing personal transactions. With central heating and cheap imports we are less in touch with the seasons, too!

Smaller families, more cars, and more generous incomes mean that the affluent majority is in danger of becoming much more self-centred.

Is not this impersonal society very fragile? The row over petrol gave us a hint of how quickly and dangerously things might go wrong. The constant economic growth which economists preach is impossible to sustain: 2% per annum growth over one century means an absurd nineteen-fold increase in output.

## Social breakdown

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I hope there is a local Community to support my children and grandchildren through the crisis

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As I am nearing 80 I may not see a major social breakdown, but the chances of one happening seem to be increasing. Scott Peck, in "The Different Drum"

Part 3, seemed to see Community Building in national institutions (church and state) as a possibility. I don't think that's as important

as his plea for local communities (pp 326-330 in the Arrow Books 1988 edition beside me now).

The popularity of TV programmes like "Big Brother", which was about social exclusion - about the destruction of a group, rather than about learning to accept people in spite of individual differences - shows how hard the task has become; but if things go badly wrong, as I think they will eventually, I hope there is a local Community to support my children and grandchildren through the crisis. The concepts and the processes are there in Scott Peck's works.

*Arthur French  
3 Dornafield Road,  
Ipplepen,  
Newton Abbot  
TQ12 5SH  
a.french@eclipse.co.uk*

## Complaints procedure

Dear Editor,

I was saddened to read of Dave Boston's experience after a community building event. I too have had difficulties with some CB events. I would like to see CBiB develop a well-thought out and well-advertised complaints procedure. I would like to see this procedure independent of the facilitator training group and holding group, but make reports and recommendations to the holding group.

*John Hoggett  
15 Palmer Park Avenue  
Reading RG6 1DN  
0118 9265671*

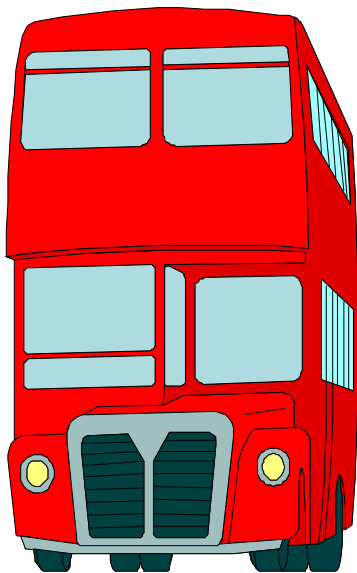


# Dinnington CBE 7/8th October, 2000

The Dinnington Community Building Experience took place in St Joseph's Primary School. There were poems by the children in the hall where we met.

In the room at where we ate our soup there were pictures of John Lennon on the walls; the children had been doing a project.

Being in the circle, for me, was a bit like being on a bus with no destination or number up on the front. The seating arrangement was more like on a flying saucer. Mike and Chrissie and Anthony and Tracy and Jonathan were the bus conductors, and I'm glad they were. God knows who was driving the bus. I'm glad I was on the bus and I'm glad all the other people were too. I'm still not sure where it was/is taking us.



Here are the words to a song by John Lennon –

*Bill Horrocks  
174 Laughton Road  
Dinnington  
Sheffield  
S25 2PT*



## Rain

When the rain comes  
They run and hide their heads  
They might as well be dead  
When the rain comes  
When the rain comes

When the sun shines  
They slip into the shade  
And sip their lemonade  
When the sun shines  
When the sun shines

Rain - I don't mind  
Shine - the weather's fine

I can show you  
That when it starts to rain  
That everything's the same  
I can show you  
I can show you

Can you hear me  
That when it rains and shines  
It's just a state of mind  
Can you hear me  
Can you hear me

Rain - I don't mind  
Shine - the weather's fine

On Saturday it rained all day.  
On Sunday it was sunny.

# From Germany

On very short notice I participated at a Community Building workshop in Germany. I was just in the process of moving all my belongings from Ireland, where I had lived the past 3 years, back to Germany.

The weekend of the workshop was 22nd - 24th of September at the Kuebler Foundation in the Odenwald. Jerry Hampton, who I had met at a previous workshop in London, and Carrol were the facilitators. They created a place of safety and warmth for me and I was so happy to be able to speak English. We had a lovely German-American woman, Ine a friend of Carrols who translated, which is tremendously challenging during a C.B. workshop. I helped out a little bit when she wanted to share in the meeting as a participant.

## Fear

My main fear in returning to Germany was that I would not fit in, having never managed in my years in London and later in Ireland, to amass any money or any material wealth. Since this is very important here in Deutschland, I projected all my bad feelings I had about myself out onto 'them out there'. And I was more than glad that so many foreigners were attending the workshop, as this helped me to feel less strange myself.

## Rage

Now, the workshop started with a lot of left over stuff from previous workshops. Myself included I tapped into my rage with 'the help' of another German participant which I had met during a workshop in Birmingham the previous year.

Was I ever glad that she did not enter into fighting mode with me, as it helped me to clearly identify that she had just triggered these very powerful feelings in me and not caused them. I was able during my 'explosion' at her to express this concept in my head, but she got the brunt of the intensity of my anger none the less.

My feelings towards her did not change significantly, after this. It was only during the last day that I made a powerful connection. I spoke the feelings that I had truthfully, which was very shocking to myself, the fact that I wanted her dead. After I had acknowledged this all my rage subsided and I could once again see her as another person who is struggling to be authentic. This was such a huge lesson for me, I have to say what I really feel and then I can be reconciled.

I also made another connection. Upon my return to Germany there were a lot of racially crimes committed against foreigners, especially by young neo-nazis. I realised that the strength of feeling I had against this person in the group had murderous power. These young neo-nazis who do go out and kill people just because they happen to have another skin colour must experience similar overpowering emotions to motivate them to commit hideous crimes.

## Hope

The experience of this workshop has given me new hope and energy to keep working on my dream to try to create community wherever I come across the possibility.

For everybody who still remembers me from the London workshops, I'd love to hear from you. Please drop me a line or e-mail me. I am presently looking after my mother who was diagnosed with malignant lung cancer. Pray for her and me to know how best to support her to get well again, all things are possible.

The spirit is gracious to guide and protect us if we follow its promptings.

All my love to the many Community Builders and good luck.

*Jutta Ried  
Grossgasse 3  
61184 Karben  
Germany  
e-mail juttaried@hotmail.com*

# Scott Peck's guidelines are not the Ten Commandments

Back when Scott Peck started his first Community Building groups it seemed to him (and presumably them) that getting together in groups of 50 plus was a good idea. What I mean are the public groups where the general public encounter the CB process for the first time.

## Big groups

It's a mystery to me why 50 complete strangers have to meet for 2/3 days in an attempt to communicate.

Even if Community is reached occasionally (or for a long time) that process is a battering of all of the senses, humiliation etc etc.

And how many people feel confident about speaking to 50 people altogether never mind confiding their deep thoughts and feelings?

It's like bringing 50 non-swimmers and inexperienced swimmers to a swimming pool, seating them round the edge and asking them to jump in whenever they feel like it. Chaos and panic are bound to ensue.

## Suggestion

What if the 50 people met together at 9:30am as usual, were given a short talk

with a few questions, then divided into small groups with at least one experienced CB member. This person would go more deeply into the pseudo Community, chaos, emptiness and Community guidelines and the saying "I" and being moved to speak. Then the members would be itching to have a go at it. Which they would do.

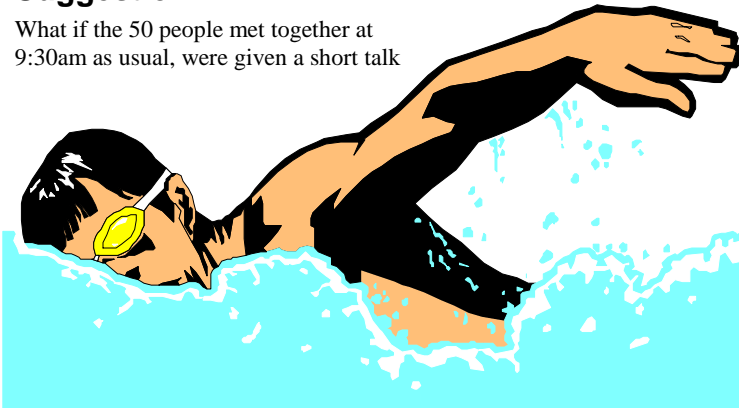
Then the small group facilitators would discuss what went on, what was unclear, and unsatisfactory; what was clear and satisfactory etc etc. Thus people would be prepared for the large group which

might not even happen. But so what? At least more people would have actually communicated with each other or noticed they are unable to communicate in this way.

## Exhilarating

It's one of the main reasons I've drifted away from regular CB meetings and failed to tell my friends about CB which is one of the most exhilarating and moving techniques I've come across in 22 years of exploring alternatives to our present mechanistic materialistic mindset.

*Margaret C. Walsh*



# Newsletter accounts

The summary accounts for the newsletter and mailings for calendar year 1999 are:

<u>Newsletter</u>		<u>Net</u>
Income	1712.89	
Expenditure	-820.85	+892.04
<u>Network Mailings</u>		
CBiB Contn	344.76	
Other income	120.00	
Expenditure	-667.31	-202.55
<u>Sales of books etc</u>		
Income	19.00	
Expenditure	-0.00	+19.00
<u>Other Income</u>		
Donations	134.00	
Interest	21.00	+155.00
<u>Other Expenditure</u>		
To central CBiB	-200.00	
Miscellaneous	-10.40	-210.40
<u>Total Net Income</u>		<u>+653.09</u>

<u>Bank &amp; Building Society</u>		
Balances at beginning of year		1073.40
less change owed by debtor		-254.30
plus Total Net Income		<u>+653.09</u>
<u>Balance at end of year</u>		<u>1472.19</u>

<u>Net assets</u>		
Balances		1732.75
less Prepaid subscriptions		-10.00
less Recent contribution to CBiB		-500.00
less Allowance for 2 editions		<u>-180.00</u>
<u>Total net assets</u>		<u>1042.75</u>

## Circulation

31/12/96	133
31/12/97	196
17/2/98	200
30/1/99	213
31/12/99	221

(PS sorry these figures are so late - Peter

# Sex, Spirit and Community

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*How a more sacred sexuality, a more engaged spirituality and a greater honouring of ourselves and others can become the foundations of deep community.*

*This is a publisher's statement about a recently published book  
by Mark Josephs-Serra.*

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The relationship between our inner journeys and our politics is of profound, crucial importance. Bizarre or radical as it may seem at first, this book looks at how a more sacred sexuality, a more engaged spirituality, and a greater honouring of ourselves and others can become the foundations of deep community.

There was spirituality and unity in traditional culture, but also rigidity and repression. Modern culture is characterised by sexual freedom and individuality, but also by emptiness and fragmentation. Sex, Spirit and Community is a passionate and intelligent book from the cutting edge of the

holistic cultural trend to be found throughout contemporary society - in green awareness, in health foods, in self-development and alternative economic strategies.

Moving towards a vision of a more decentralised society, the author addresses the question of how to develop communities that acknowledge the mystery of life and death, the magnificence of the earth, and the importance of love, hate, joy and fear - not only in our inner worlds, but in the way we organise our practical, everyday lives.

Mark Josephs-Serra writes about a journey towards personal wholeness, towards community structures that can bond us in a sense of a shared journey, and towards political organisation rooted in a commitment to that shared journey.

*(224 pages, £9.95 post free in the UK)*

*More details from*

*Jon Carpenter Publishing,  
Direct Mail Dept.,  
2 Home Farm Cottages,  
Sandy Lane,  
St Paul's Cray,  
Kent BR5 3HZ*

## Contents

Preface, Introduction

1. The pre-modern era (the fundamentalist phase or "Sexless Spirit")

Introduction; The Body, Sexuality, the World; Relationships; Alienation

2 The modern era (the pornographic culture or "Spiritless Sex")

Introduction; The Question of Certainty; Split-off Sex; Completing Adolescence at Forty; Pseudo-scientific Fundamentalism; Holism, Community and Religion; Holism, Community and Politics: Notes on Holistic Democracy

3 A Possible post-modern era (holistic community or "Sex and Spirit")

Introduction; Co-creativity and Flexible Form; An Overview of the Model of the Four Spheres of Community; the Community Forum; The Communal Sphere: Initiation; The Communal Sphere: Partnership; the Balance project; The Blood and Roots of Community

## About the author

Born an English Jew, at seventeen a disillusioned Mark Josephs-Serra set off to travel the world. He spent a decade as a Hindu monk, and then many years reconnecting with the earth and studying the art of relationships. Since founding 'Balance' in 1994 he has involved hundreds of people in exploring deep, holistic community. Mark now lives in Devon with his family and friends and shares his explorations in his writing and workshops.



## CBiB calendar

<u>Date</u>	<u>HG</u>	<u>FTG</u>	<u>Location</u>	<u>Event/comment</u>
25/11/00			London	CBE
8/12/00	HG		Douai	
19/1/01		FTG	Stanbrook	Stanbrook Abbey, Worcester
9/2/01			Douai	possible
16/3/01	HG		Douai	
27/4/01		FTG	Douai or Poor Clares	
11/5/01	HG	FTG	Douai or Poor Clares	joint meeting
22/6/01	HG		Douai	
14/9/01		FTG	Douai	possible
12/10/01	HG		Douai	possible

Note that the additions since the last issue are marked with \* (none), and the only changes are the possible use of Poor Clares in Baddesley Clinton.

For information or queries about dates or activities in the calendar contact Anthony Kirke, 125 Greenham Road, Newbury, Berkshire RG14 7JE Tel:01635 47377.



## Local ongoing Community Building groups

*Some groups are open to anyone interested in experiencing Community Building, some are open to you only if you have already attended a CB event, some are open all the time to new members, some may not be open to newcomers just now... Check with the local contact person.*

**Brighton:** Meets on the second Saturday of the month. Contact Tracy on 01243 775745

**Leamington Spa:** First Wednesday of each month, 8pm. New members welcome. Prior attendance at a CB event is not necessary. Contact Debbie or Armando on 01926 337 409

**Sheffield:** Meets monthly. Contact Alison 0114 263 0177

*Other groups exist but are not currently publicised. If you are interested in joining, or forming, a group please feel free to contact Peter Cooper (address below) for information and help.*



## General enquiries

*about Community Building in Britain, or events: Tel **07071 880858** (premium rate), write to 52 Sole Farm Avenue, Bookham, Leatherhead KT23 3DE email to PeterCBiB@aol.com, or see the Web page: <http://members.aol.com/petercbib>*

## Newsletter contributions

*Please send items for inclusion in the next issue to the administrator Peter Cooper 52 Sole Farm Avenue, Bookham, Leatherhead KT23 3DE by **31/12/00** (Tel: 07974 961301; email: PeterCBiB@aol.com).*

*For convenience of personal contact, the address and telephone number of letter-writers will normally be published, unless other instructions are given. Contributions of any sort (articles, pictures, poems, letters etc.), and of any length, are welcome from all involved in any way with the CBiB network. While every effort will be made to reproduce items in full, please realise that the editor may have to shorten or alter them for publication.*

## Subscriptions and mailings

*Subscription rate [UK] to March 2001: (Apr-Jun) £10; (Jul-Sep) £7.50; (Oct-Dec) £5; (Jan-Mar) £2.50. Please send cheques (payable to "Community Building in Britain") and any address changes to: Peter Cooper, 52 Sole Farm Avenue, Bookham, Leatherhead KT23 3DE Tel: 07974 961301 (PeterCBiB@aol.com)*