



Photo: Tahir X / Pexels

The Practice of **Community Care**

Questions, quotes & practices to aid reflection.

- Do you find it easier to be cared for or to care for others?
- Are there some types of care that are easier to offer and/or accept than others?
- How do we practice being communities of care?
- How do we ensure that care is integrated into our ways of being together?

It's through an orientation toward healing and repair for ourselves and others that we recover our capacity for feeling, for relationship, and, with that, the ability to strengthen our bonds and work together.

Prentis Hemphill

If you want to lift yourself up, lift up someone else.

Booker T. Washington

We have all known the long loneliness and we have learned that the only solution is love and that love comes with community.

Dorothy Day

The trees act not as individuals but somehow as a collective. But what we see is the power of unity. All flourishing is mutual.

Robin Wall Kimmerer

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