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Licensed Professional Counselor

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A SENSE OF COMMUNITY

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TENDING THE HEALTHY HEARTH

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Planting Hope
In Hearts and Minds



There is something fundamental in the human psyche that draws us to be in community. Regardless of age, location, ethnicity, social or economic status; we want to *belong* somewhere. So much so that we will risk belonging to a dangerous community rather than none at all; such is the appeal of many gangs. It is programmed into our genetics that there is safety in numbers; that to be separated from the pack is not safe. John Donne captured our need for community in this famous quote, “No man is an Island, entire of itself; every man is a piece of the continent, a part of the main.”

While our ideas about what it means to be in community may vary, there are some general principles that apply:

1. Common or shared interests, beliefs, values, tasks or goals
2. A sense of interdependence; expected contribution of members to the whole
3. Members experience identification, esteem and/or support from each other
4. The satisfaction of mutual relationship; of giving and receiving
5. The safety of the group

Hopefully, we find a sense of community in more than one area of our lives, including: our families, school communities, work communities, communities of faith, the local communities in which we live, and the global community at large. It is likely that we also *belong* to smaller communities within each of these.

This month kicks off a season of *Community* celebrations. From now until Labor Day, most every town and city across America will celebrate what makes their community unique. On April 9-11th, our town of Dripping Springs will host its annual Founder’s Day celebration with it’s own style of Texas traditions and hospitality. It is an event I have enjoyed every year since 1996, from the Texas bar-b-que, the Chile cook-off, the street dance, the church bake sales, and everything in-between—it is a place to meet my neighbors and make new friends. I encourage you to take note of your community’s celebration this year and consider where it is you find your sense of belonging. Chances are you are more a part of your *community* than you know.

Mindful Connections

A program devoted to your body, mind and spirit.

I am pleased to host *Mindful Connections* with fellow psychotherapist, Tina Moody, every Saturday morning from 11-12:00 on our community radio station **KDRP, 99.9FM** in Dripping Springs and streaming live at www.kdrplive.org. You can also listen to podcasts of recent shows on the website at your convenience. Just click on the *Mindful Connections* tab on the left side of the homepage and choose the show you want to listen to.

We will be **broadcasting live from Founder’s Day on Saturday April 10th at 11:00 a.m.** Stop by the **KDRP** booth and say hi!