



## Welcome

Welcome to the November edition of Jeder Yarns!

As we wind down to the end of the year, our members are feeling it, as we're sure you are too. It's nearly break time! Throughout all of the uncertainty, lockdowns, distance and online communication, we have still been a busy Org in motion and the slowing of pace will be welcome so we can be regenerated and fresh for the new year!

Our November Gathering was held mid November and although we haven't been able to be together physically since 2019, we gathered with who we could, found spaces in our homes to connect and spent two days talking all things Jeder and how we can better strengthen the organisation!

We've had two new members join the CoBu Team, 2 students currently on placement with them and a new CoS joining the Team in Northern Rivers. Our CoBu and NDIS Teams are continuing their work on blending the teams and currently have 3 members crossing between and across spaces.

We wish you happy holidays and planning. Until the next Yarn, stay safe, wash your hands, wear your mask, be kind, show compassion and tell someone you love them!

Yours in Generosity and Kindness

The Jeder Members

*Of course, we'll still be available to our teams, participants and partners over the end of the year. And our Admin Navigator will be active throughout the holidays and available :)*

[VISIT OUR WEBSITE](#)

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## Getting to know our members...

[Meet Denise Aviles](#)



Hi my name is Denise Aviles i am an enthusiastic and caring individual with a passion for disability work and community development. I'm considerate of people's needs and adapt my care based on each individual as i understand everyone's needs are different.

I studied community services and have 4 years of disability support work experience. I've worked in many settings from day programs with large groups, to in-home one-on-one support.

I love being in the outdoors and getting involved in the community. The beach is my favourite place. Growing up in Australia with a South American background, i'm also fluent in Spanish. I'm always up for adventure, new experiences and challenges. I look forward to meeting new people and assisting in any way that i can.

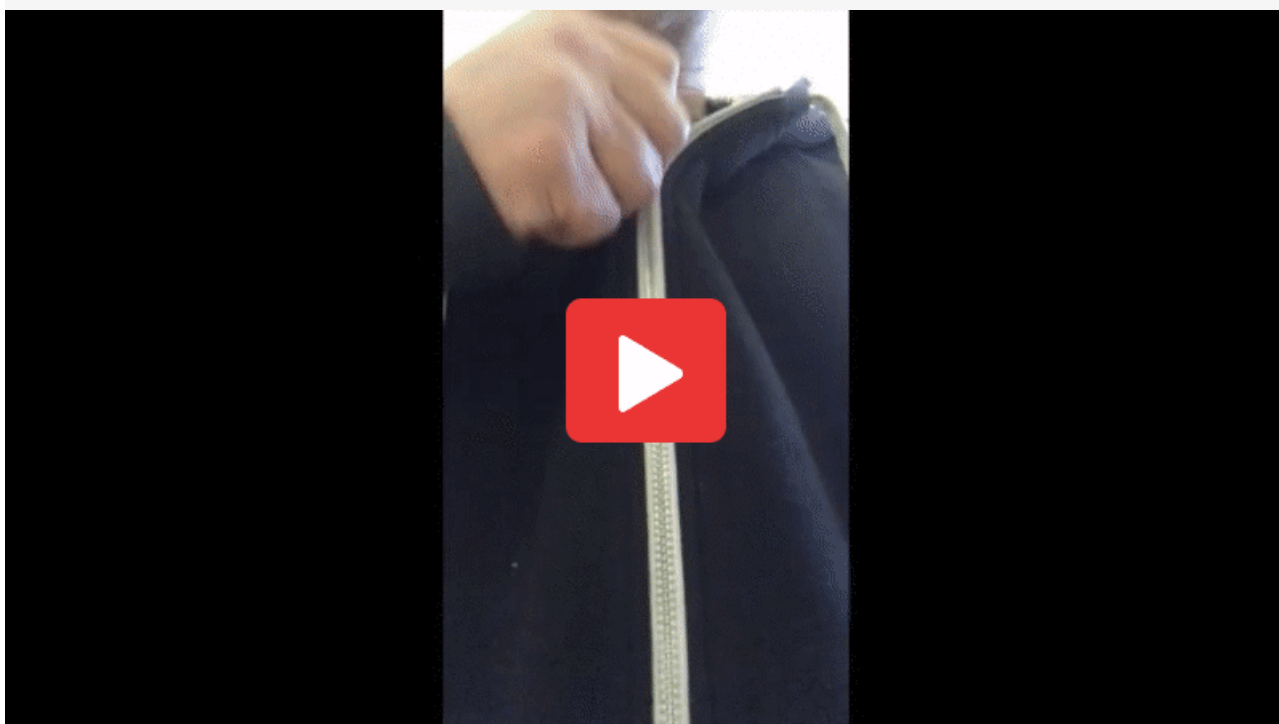
[Contact Freya here!](#)

## Behind the scenes...

### Meet the Zipper

During the last few weeks of lockdown in Sydney, one of our resident Artists, and a member of our amazing Sydney CoS Team, found a new passion for the zipper!

*Art, video and music by Mark Cauvin.*



*Mark Cauvin is an accomplished Classical Avant-Garde Double Bass Interpreter, Performer, Composer, and Improvisor. He is also an experienced Support Coordinator who brings empathy,*

# ABCD-EBOOK READY FOR LAUNCH

## WE NEED YOUR STORIES & RESOURCES

- Join the monthly writing sessions on the first week of each month at 9am & 9pm AEST
- Email any questions to the ebook team at [abcldebook@gmail.com](mailto:abcldebook@gmail.com)



### Gathering Highlight

## Using Theory U

Submitted by [Vic Tyler](#)

Scharmer, Otto. The Essentials of Theory U.

Shifting your mode of listening is life-changing. Shifting how you listen, the way you pay attention, sounds like a really small change. But here is the thing: Changing how you listen means that you change how you experience relationships and the world. And if you change that, you change, well, EVERYTHING.

To become a better listener, you first need to understand the four archetypes of listening. The four types of listening reflect the underlying principles of the opening of the mind, heart, and will:

- **Downloading:** Listening is limited to reconfirming what we already know. Nothing new penetrates our bubble.
- **Factual:** We let the data talk to us and notice disconfirming information. Doing this requires opening the mind—that is, the capacity to suspend our habits of judgment.

- **Empathic:** We can start to connect with the speaker on a more emotional level. We can put ourselves in their shoes and start to see things from their perspective.
- **Generative:** We move beyond connecting with the speaker, and connect with the core ideas. It's about turning words into action.

### Three Enemies on the Journey Down the Left Side of the U.

Why is the deeper territory of listening more difficult? Because it requires some intentional inner work to illuminate the blind spot, our interior condition. Connecting to our source of creativity at the bottom of the U requires crossing the three gates, or thresholds. What makes this journey so difficult is that these gates tend to be guarded by three “enemies” or three “inner voices of resistance” each of which blocks the entrance to these deeper domains.

1. The first enemy blocks the gate to the open mind. Stanford University’s Michael Ray calls this the Voice of Judgment (VoJ). Every creativity technique starts with this instruction: Suspend your voice of judgment. It is the critical starting point because without it we shut down the creative power of the open mind.
2. The second enemy blocks the gate to the open heart. Let us call this the Voice of Cynicism (VoC)—that is, all emotional acts of distancing. What is at stake when we begin to access the open heart? We must be willing to put ourselves in a position of true openness and vulnerability toward another, which is the opposite of distancing.
3. The third enemy blocks the gate to the open will. This is the Voice of Fear (VoF). It seeks to prevent us from letting go of what we have and who we are. It can show up as a fear of losing things. Or a fear of being ostracized. Or a fear of death. And yet dealing with that voice of fear is at the heart of leadership today: to hold the space for letting go of the old and for letting come, or welcoming, the new.

To learn more about Otto Scharma, Theory U and more visit [The Presencing Institute](https://www.presencinginstitute.com/).




19th Oct - 7th Dec 2021

## Conscious Care and Support!

Discussion Series

An overview so far...



**Everything we do is practice for something greater than  
where we currently are.**

**“Practice only makes for improvement”**

**- LESBROWN**

mtg

Written by [Meredith Baylis](#)

As part of the Conscious Care and Support Discussion Series brought to you by [The Jeder Institute](#), [A Centre for Conscious Care](#), and [Community Living Windsor](#), we have been engaged in curious learning with *Adriana McVicker from A Centre for Conscious Care* for 5 weeks now as part of an 8 week program.

**Week 1. *Awareness Based Calming and De-escalation Skills Offered by a Mindful Supporter.***

In this 90-minute session, we explored:

- understanding anxiety more completely,
- additional approaches outside of our traditional ways to de-escalate those with heightened levels of anxiety, agitation and aggression, and
- how to enhance the mindful emotional self-regulation for those we care for, along with building the skills ourselves as supporters.

**Week 2. *Gastrointestinal (GI) and Bowel Health.***

In this 90-minute session, we explored:

- GI, bowel & digestive health of those with autism and other developmental disabilities
- Allergens, intolerances, and infections that can heighten anxiety
- The importance of the gut-brain connection

**Week 3. *Emotional and Mental Health.***

In this 90-minute session, we explored:

- Healing the nervous system to lessen the suffering of trauma
- Side effects and other considerations of medications (specifically psychotropic and mood stabilizers)
- The gut-brain connection and mental health
- Our role as advocates

**Week 4. *Brain Development and Coherence – Sensory Integration and Processing.***

In this 90-minute session, we will explore:

- Neurogenesis, Neuroplasticity and Neurochemical Production
- Brain Coherence
- Gut / Brain Connection and Inflammation
- Hyper and Hypo Active Sense Stores

#### Week 5. *The “Human Predicament” Part One.*

In this 90-minute session, we explored the “human predicament” in which we all live that drives us to our less-than-optimal selves when providing support. Just when you think you have it figured out, you don't really!

We are enjoying our time together and trying to reconcile how we can bring these new learnings into our work/personal life to replace our schemas, filters, primed prompts & primitive predispositions.

We look forward to next few weeks of learning with Adriana!

“Knowledge is of no value unless you put it into practice.” - Anton Chekhov.

Jeder Institute

## Training | Workshops

ONLINE

### Conscious Care & Support

Discussion Series

**19th October - 7th December**

**Weekly sessions - 9:30am - 11am**

**How much:** \$10 - \$50 per session - Pay what you can

Book in for different sessions, or sign up for all 8!

CCS applies practical research from the disciplines of including but not limited to mindfulness, neuroplasticity, social neurobiology, emotional freedom therapy, nutrition, gastrointestinal health, and sensory regulation.

The first four sessions will unpack sections of the Conscious Care and Support best practices framework providing education along with practical examples and ideas for implementation. The following four sessions will explore us more deeply as supporters by discussing the “human predicament”, building emotional self-regulation through B-FIT mindfulness, and increasing our capacity to bring optimal, skilled, and compassionate support to those we support.



[Book here!](#)



ONLINE

## ABCD: Stories & Practical Action

### CHANGE OF DATE

**Tuesday 18th January**

#### Two Timezones:

- 9AM – 3PM (SAST – SOUTH AFRICA TIME)
- 5PM – 11PM (AEST – AUSTRALIAN TIME)

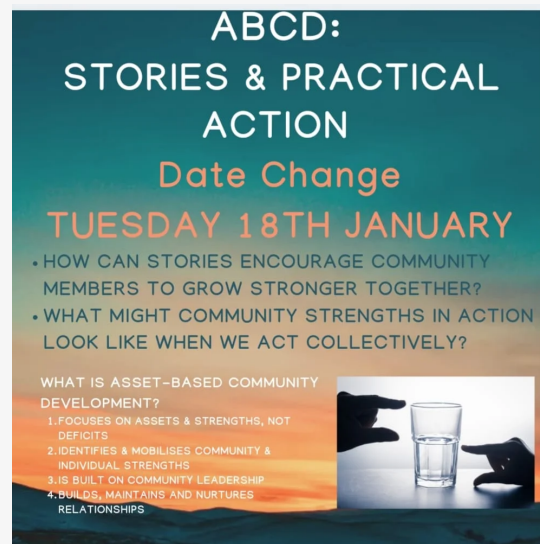
**How much:** R500 Students and NFP | R800 Government and Private Sector  
Prices in Rand - contact us if you need registration support from other countries .

HOW CAN STORIES ENCOURAGE COMMUNITY MEMBERS TO GROW STRONGER TOGETHER?

WHAT MIGHT COMMUNITY STRENGTHS IN ACTION LOOK LIKE WHEN WE ACT COLLECTIVELY?

Join a team of global ABCD practitioners as they share stories and practical action to help orientate you to the ABCD approach.

**For more info, and bookings, click here!**



## Breathe.Notice.Now.

**FREE Online Weekly Guided Mindfulness Sessions**

**NO REGISTRATION REQUIRED**

**Monday Mornings – 11:00 am – 11:45 am (AEDT – Sydney Time)**

**November 8 to December 13, 2021**

Click Here Every Session to Join <https://zoom.us/j/98484141617>

FREE Weekly Online Guided Mindfulness Sessions

# breathe. notice. now.

**Monday Mornings**  
**11:00 am - 11:45 am (AEDT- Sydney Time)**  
**November 8 - December 13**

**with a 60-minute Ask Me Anything Session  
on Monday December 13, 2021**

Join us on Monday mornings as we explore and practice a skill set that has been internationally proven to offer many benefits to enhance and improve levels of overall health and wellness.

**NO REGISTRATION REQUIRED**

**Click Here Every Session to Join**  
**<https://zoom.us/j/98484141617>**



Have questions  
about your  
practice or want to  
learn more about  
mindfulness?



Join **Peter Marks**  
**CEO, A Centre for**  
**Conscious Care** and  
co-founder of  
**B-FIT Mindfulness**  
on Monday  
December 13th for a  
60 minute  
**Ask Me Anything**  
Q & A session.



For more information  
please email  
[adriana@clwindsor.org](mailto:adriana@clwindsor.org)

## Around our neighbourhoods...



15th - 16th November

## Australian Reconciliation Convention

The 2021 Australian Reconciliation Convention is a once in a generation event, the first national reconciliation gathering in more than 20 years.

Delivered over two days both in-person at the International Convention Centre Sydney and virtually via EventCast, an award-winning, immersive and interactive event platform, the Convention will be a vibrant and historic landmark event in Australia's reconciliation journey.

The Convention's innovative approach will include rigorous discussions and panel presentations with local, national and international perspectives to reflect on the past and to explore the future of a just, equitable, and reconciled Australia.



It will also include interactive sessions, storytelling, and performances, covering the breadth and depth of how we are moving from safe to brave.

2021 marks twenty years of [Reconciliation Australia](#) and almost three decades of the Australian formal reconciliation process.

[To learn more, or to register, click here!](#)



## **WORLD COMMUNITY DEVELOPMENT CONFERENCE 2022 Inclusion, Challenges, Opportunities**

**20-22 June 2022 | Ureki, Georgia**

<http://wcdc2022.online> | [info@wcdc2022.online](mailto:info@wcdc2022.online) | [#WCDC2022](#) | [@WCDC2022](#)

ONLINE

### **Coady Institute**

**Education Opportunities -  
Applications Open**



Coady Institute offers educational programming for emerging and established community leaders with a passion for social change. Coady's approach to adult education is practice-focused and participatory, informed by learner-centered and asset-based methods that hold the potential for both personal growth and societal transformation.

We are offering an extensive program of online courses this year which provide an opportunity to learn with a cohort of change leaders from around the globe while balancing work and family commitments, offering affordable rates, and ensuring the health and safety of participants and staff by minimizing travel.

**Partial bursaries are available for qualifying candidates.**

(note: these courses take place online)

- Climate Change Basics for Community Resilience
- Advancing Women's Conflict Transformation and Peacebuilding for Community Development  
(for self-identifying women)
- Introduction to Social Enterprise
- Building on Abundance in Indigenous Communities  
(for First Nation, Métis, and Inuit persons residing in Canada)
- Developmental Evaluation for Social Impact  
(for participants from the G20)
- Research Methods for Social Impact  
(for participants from the G20)

- Women's Leadership for Community Development (for self-identifying women)
- Citizen-Led Accountability: Strategies and Practices
- Master of Adult Education - Women's Leadership and Community Development (for self-identifying women)

[For more info, and applications, click here!](#)

## The Cracked Pot



Ready by [Fiona Miller](#). Fiona is an innovative and creative ABCD Trainer and Graphic Harvest Facilitator with Jeder Institute.

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 FORWARD EMAIL

### Jeder Institute

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