

# Councillor Chronicles No.8 - Community Spirit by Laura Kurton

## Part 1

“There is no power for change greater than a community discovering what it cares about” – Margaret J Wheatley

Community. What does it mean to you?

At our core, we are social beings - we crave acceptance and love and feel our most joyful when we can share happiness with others. There is a certain magic of seeing ourselves reflected in our family, our friends and even complete strangers. And this magic is the realisation that although we are our own people and very much individual, at all of our centres, we are one and the same. And it is through this understanding that we can give our time, our energy and our resources more freely to others because we know that they are us.



That is what community means to me.

When we come together as a community with a common goal or mutual understanding, we are able to see how, when we join forces, we have the power to make mountains move, to create great waves of positivity through activities that benefit others, and this ripples out as a domino effect.

Community spirit is so important right now, because let's be honest, we are living in an entirely new world than what we used to know - but we're moving through this together. With technology taking over 80% of our time, non-stop staring at brightly lit up screens, pulling us away from the present moment - a lot of us may be experiencing a very lonely existence... However, there has been a great shift in our human consciousness and although the COVID-19 pandemic forced us into our homes, distancing us from loved ones and hiding our smiles away behind cloth masks, it has gifted us with a deeper understanding of empathy, as we all endure the same suffering together. And this empathy can be felt in the community if you just reach out to it.

Community support during this difficult time has been a saviour for many - and it is a safe place for you to join if you ever need to be uplifted.

Of course, making the decision to get active and involved in the community spirit has to be a very conscious choice. It doesn't just happen; we choose to want community spirit. It's more than just community. It's a community with love and so, it is something that needs to be invested in, worked at and grown by the people that want and need its benefits.

And there is always something that we can be doing as an individual for the

benefit of our community, from as little as a smile to improve our neighbour's day!

The communities that we live in and our social networks have a significant positive impact on our psychological and physical health. Social networks, opportunities and support can eliminate chronic loneliness, isolation and depression. Offering many a lifeline and others a purpose.

So, reach out and connect with me if you would like to get involved in any way on the Parish Council here in Fontmell Magna at all!

In the next chronicle I'll be sharing more about me, and then more about what I do, so you'll hopefully feel more comfortable with reaching out to me, before we even meet!

Warm regards and well wishes,

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