

Showing-Up Plan

Presence, repeated, is the quiet engine of community. Show up — no fixing required.

One person going through something hard right now:

One specific, low-pressure way I'll show up for them this week:

One ordinary event I'll simply attend (a practice, a small birthday, a meeting):

Someone in 'month six' of a hard season that others have stopped checking on:

How I'll keep showing up after the crisis passes:
