

Fulton County Arts : CAPF Report

Community Action Public Forum

Date: February 7th, 2024

Location: Canton Learning Collaborative - Canton, IL

Attendance: 6 (2 via Zoom)

Time: 7:30pm-8:30pm

FCA Updates:

1. Art Desk
 - a. The Art Desk is a project focused on liberating creative expression in all age groups
 - b. We're working on growing our inventory of supplies to support the artistic discipline on all levels - feel free to reach out if you think you have supplies you'd like to donate.
 - i. On February 14th, we will be bringing our Art Desk to CLC for our homeschool group.
2. Mall Space
 - a. Moved into a different space due to HVAC issues.
 - b. Hours TBD
3. Big Read
 - a. We have finished Heartland and are moving into Infinite Country.
 - b. Let us know if you or anyone you know is interested in joining!
 - i. We have a private Facebook group for discussions
 - c. Illinois Humanities / NEA Big Read: Discussion #1 - Infinite Country - February 26th @ 6:30pm-8:30pm
 - d. Anyone who wants to join still can. Reach out to FCA.
4. Fulton County Arts Online Calendar
 - a. Available via www.FultonCountyArts.Org/events
5. Community Action - Fulton County Facebook Group
 - a. Available Soon

CAPF Presentation & Community Discussion

1. "The Power of Vulnerability" - TED Talk by Brene Brown
 - a. Brene completed a master's of social work degree, followed by a doctorate in philosophy. She is an author, speaker, professor, and podcast host. Her research has focused on vulnerability, shame, and courageous leadership.
 - b. We chose to discuss Brene Brown because shame and perfectionism are so prevalent in our society. It impacts not only our personal lives and relationships but our community. We've experienced this firsthand in many ways.

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2. Community Discussion around *Vulnerability*
 - a. Passages from the TED talk were handed out then read amongst the group.
 - b. Passages attached at the end of this report
 - c. Community members shared insight into their own experiences feeling vulnerable while reflecting on the selected passages.

Date for next CAPF - Monday, March 11th @ 6:00pm
inside the *Lewistown and Fulton County Visitor Center*
222 S Main St, Lewistown, IL 61542

(Conclude)

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- Passages

- *One of the weird things that's happened is, after the TED explosion, I got a lot of offers to speak all over the country — everyone from schools and parent meetings to Fortune 500 companies. And so many of the calls went like this, "Hey Dr. Brown, we loved your TED talk. We'd like you to come in and speak. We'd appreciate it if you wouldn't mention vulnerability or shame."*
- *What would you like for me to talk about? There are three big answers. This is mostly, to be honest with you, from the business sector: innovation, creativity and change.*
- *So let me go on the record and say that vulnerability is the birthplace of innovation, creativity and change. To create is to make something that has never existed before. There's nothing more vulnerable than that. Adaptability to change is all about vulnerability.*
- *And I did not learn about vulnerability and courage and creativity and innovation from studying vulnerability. I learned about these things from studying shame. And so I want to walk you into shame. Jungian analysts call shame the swamp of the soul. And we're going to walk in. And the purpose is not to walk in and construct a home and live there. It is to put on some galoshes — and walk through and find our way around.*

We share this because we completely relate—our vulnerability, courage, creativity, and innovation to build community and create the *Art Gatherings* stem from our own place of shame and living experiences. We hope to share more of that story soon. Today, we express this with the hope of maintaining a space for dialogue where a ripple effect of trust, openness, and collaboration can occur. Brene has stated that “a culture of shame can destroy creativity and innovation,” and we've experienced that firsthand. We aim to persist in valuing empathy and promoting accountability, as Brene suggests.

Chris Rabe & Derek Doyle
Fulton County Arts

