A good community is a place where more and more people say…

I belong to this place and I act from responsibility for it

This means that more people can say…	…because more community settings cultivate…	…through such practices as these…
My contribution is welcome & so am I	Invitations	• Spending time listening to people in places that they are comfortable in order to discover what they care about & what their capacities are. • Reaching out to ask clearly for active involvement
	Hospitality	• Being thoughtful about the ways people are welcomed & purposeful about greeting & involving newcomers. • Making places accessible
I can see how to contribute	Channels	• Assisting people to see a pathway that connects where they are now with a way of being involved. • Assuring that people can see models: others that they identify with experiencing satisfaction from involvement.
	Roles	• Thinking through the work to assure that there is something meaningful for each interested person to do
	Orientation	• Offering necessary support so people understand how to be a part of things, both the tasks & the social dimension.
I make a difference because of what I offer	Practical help	• Figuring out how to match the person's capacities to work that needs doing & assuring that the person can see how they make a difference to the whole effort.
	Information and knowledge	• Opening clear ways that people can contribute ideas to the way the things are done.
	Connections to networks & associations	• Encouraging people to recruit support & build alliances • Offering opportunities for people to be well-informed ambassadors of the effort.

From John O'Brien & David Towell *Conversations about building sustainable & inclusive communities*. http://inclusiveandsustainable.ning.com

I can get what I need to make my contribution	Encouragement	• Helping people see their abilities • Holding high, positive expectations that people will find ways to contribute. • Supporting people to stretch a bit outside their comfort zone
	Adjustments	• Modifying environments, procedures, or routines to make it possible for people to participate more effectively.
	Learning	• Assisting people to develop skills & knowledge.
	Personal Assistance	• Assuring that people who need personal assistance have it in a way that doesn't take away from their dignity or diminish their participation. • Honoring people's preferences about who they want to assist them and what their preferences are.
I can invite, welcome, encourage, & assist others to join in and contribute		