



# Community Roles & Village Tenders

Finding your role in your community!

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West Coast Communities Conference 2019  
OUR Community, Vancouver Island, BC



# A little about me...



# What does it mean to “Tend”...

The Village  
The Community  
The Sacred Hearth Fire



# Community Building vs. Team Building?

**Team**: a number of persons associated together in work or activity

**Community**: a group of people with common interests

**Village**: a settlement usually larger than a hamlet and smaller than a town → *place-based*



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- Focus on the heart, on bonding on connection (for it's own sake)
- Feels like family
- Sense of belongingness



# Sneak Preview...

Typology = Circle of Life (example)

Community Setting = Book Club (example)



# Typology of Community Roles & Village Tending

- **Circle of Life: Childhood to Elderhood** (*Macnamara, Davis & Leonard, Allen*)
- **The Mandala of Belongingness: Roles on the Inner and Outer Rings** (*Vogl*)
- **The Mandala of Group Roles: A Village View** (*Starhawk's Empowerment Manuel*)
- **Social Forestry Guilds** (*Tomi Hazel's Social Forestry*)
- **Community Support Roles** (*Panksepp's & Gottman's Emotional System Models*)
- **Space Tenders at Ancestral Skills Gatherings & Traditional Ceremony Space**
- **Others?**



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# #1 The Circle of Life

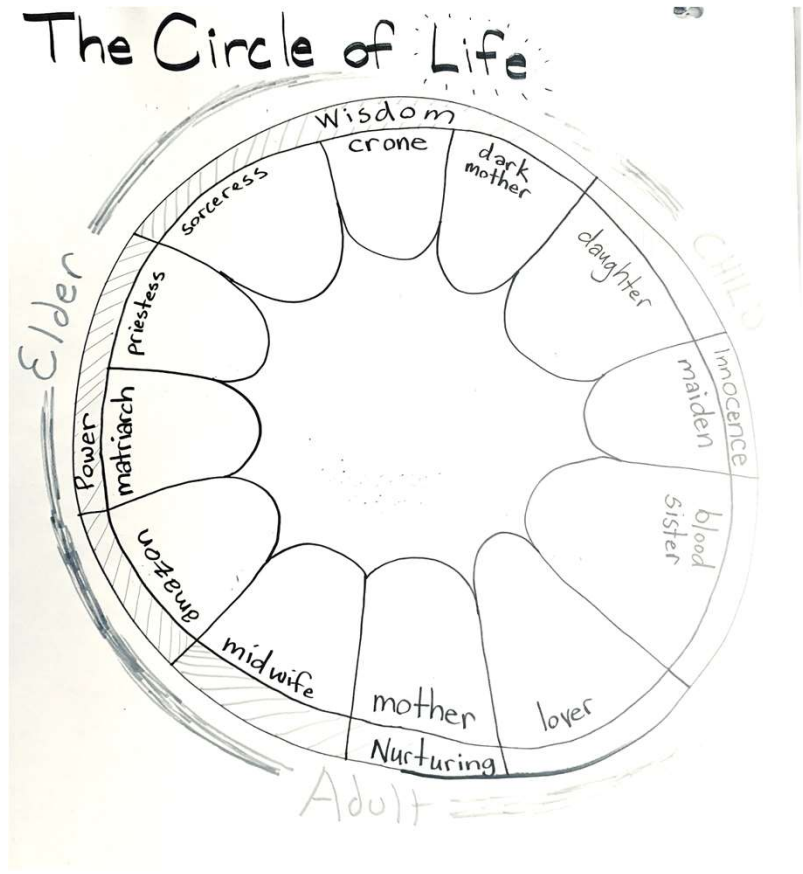
From Childhood to Elderhood



Macnamara (2012)  
Davis and Leonard (1996)  
Allen (1991)

# The Circle of Life

From Childhood to Elderhood



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# #2 The Mandala of Group Roles

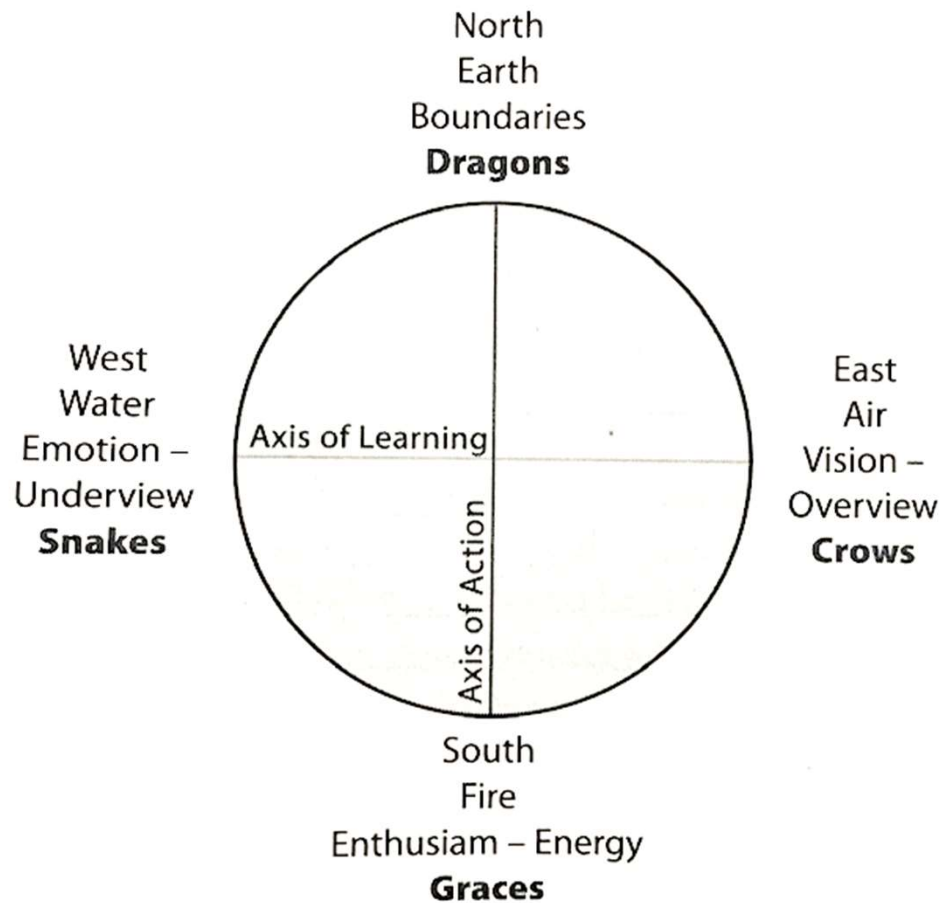
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# The Mandala of Group Roles

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# #3 Community Support Roles

*Application Panksepp's & Gottman's Emotional System Models*



*Panksepp (1982)  
Gottman (1991)*

# Community Support Roles

Application Panksepp's & Gottman's Emotional System Models

## Explorer

*Exploration, Discovery*

Seeking learning, questioning, goal-setting. Feeling curiosity, excitement, interest, mastery. Over activation creates intense sensation seeking, overwork, manic behavior. Under activation leads to restlessness, boredom, irritation, anxiety.

## Sensualist

*Sexual gratification, procreation*

Seeking sex, flirtation, arousal, sexual contact, intercourse. Feeling excitement, pleasure. Over activation creates sexual risk-taking, coercion, sexual harassment. Under activation leads to aversion and depression.

## Sentry

*Defense, Vigilance*

Characterized by worry, seeking safety, prevention, protection. Feeling apprehension, tension, anxiety, fear. Over activation creates unrealistic fears, phobia, paranoia, overprotectiveness, intense anxiety, obsessive-compulsive disorders, hyper-vigilance. Under activation leads to cavalier behavior, carelessness, unsafe risk-taking.

## Commander-in-Chief

*Dominance, Control*

Seeking power, freedom, forcing action. Feeling confidence, power. Over activation creates anger, aggression, rage, violent attack. Under activation leads to impotence, passivity, frustration.

## Nest Builder

*Affiliation, Bonding, Attachment*

Seeking nurturing, caring, forming friendships, expressing affection, experiencing loss and grief. Feeling love, belonging, self-worth, being needed, separation distress, grief. Over activation creates irritability, loss of personal boundaries, martyrdom, panic when faced with separation. Under activation leads to loneliness, depression, anxiety, trouble healing from loss or grief.

## Jester

*Recreation, Diversion*

Seeking play, amusement, joking, creative pursuits, sports, games, make-believe. Feeling relaxation, joy, serenity, ecstasy. Over activation creates extreme silliness, manic behavior. Under activation leads to lethargy, depression, inhibition.

## Energy Czar

*Regulates need for energy, rest, relaxation*

Seeking rest, relaxation, nourishment, exercise. Feeling anticipation, satiety, pleasure, satisfaction. Over activation creates obsession with stress relief, sleep, diet, body weight. Under activation leads to fatigue, exhaustion, depression, weakened immune system.

Panksepp (1982)  
Gottman (1991)

# Finding Your Role Activity

- Gathering into groups related to specific role typology
- Take 5 minutes to reflect, and write your thoughts on your index card



# Finding Your Role Activity

- Gathering into groups related to specific role typology
- Take 5 minutes to reflect, and write your thoughts on your index card
- Discuss with your group-mates
  - ✓ Your chosen community role typology and double check your understanding of the elements
  - ✓ Share examples of how you would apply for yourself in your community
  - ✓ Share what roles are missing and how that impacts your community
  - ✓ Questions, insights and challenges





# Finding Your Role Activity

- Gathering into groups related to specific role typology
- Identify the community setting you wish to focus on for yourself
- Take 5 minutes to reflect, and write your thoughts on your index card
- Small group discussion
- **Share out and reflections**



# Thank you!

Questions, Reflections, Stories?