

# Eastern European NVC Network Newsletter

## Upcoming Events

### ESTONIA

#### Art Of Living Together

20–26 March 2008 Haapsalu

Contact : merikene@gmail.com

#### World Trainers Assembly

30 April–4 May 2008 Haapsalu

Contact : merikene@gmail.com

#### How to Act As The Third Side

5–6 May 2008 Tallin

Contact : merikene@gmail.com

### POLAND

#### One World—Advanced

19–25 July 2008 Warsaw

Contact : aniamills@wp.pl

#### NVC—East West

26 July –2 August 2008 Warsaw

Contact : aniamills@wp.pl

### ROMANIA

#### NVC Retreat for Couples

17–23 August 2008 Carpathian Mts

Contact : monica\_reu@yahoo.com

### Next Network Meeting

February 2008

Budapest (HUNGARY)

## Autumn— Time to Celebrate

A warm welcome to the second Network Newsletter!

In collecting information and short stories from around the region, I've had in mind a theme of celebration. Autumn is traditionally a time for harvest and celebration of the fruits of the year's hard work. It's time to start the winter slow down and to stop and regenerate.

Whatever Autumn means to you, I hope you enjoy reading some of the celebrations in the NVC world in Eastern Europe.



If you are reading about this Network for the first time, I warmly invite you to connect with us. I hope eventually this Network will connect and support all of those involved in NVC in this part of the World—and beyond.

I wish you all a colourful and joyful Autumn.

Ian Peatey

## People Around The Region

This section is devoted to the people active in NVC in Eastern Europe. If you want, you can cut out the photos and collect them - like those 'Panini' stickers!

Look out for future Newsletters to get to know others.

### Monica Reu—Romania



Favourite city? I visited Moscow for the first time this summer and, although I don't know the city that well, there's some poetry there. Maybe I brought it with me, but it was definitely there. And the culture and the architecture are wonderful.

I always carry with me lip balm to keep my lips moist, iPod and mobile phone—which gives me the chance to connect with anyone, wherever I am.

Most memorable NVC experience was on the 2005 Budapest IIT. I spent one evening with my roommate Lucy and Dunia talking about my struggles in life. Dunia emphasised, in his warm way, the idea that

fun is the whole point of being an NVC trainer which made me certain that this is what I want to do with the rest of my life.

My biggest success so far was helping a couple in deep conflict over the husband not helping with cleaning the bathroom. I was touched by their amazement when they finally saw the beauty behind the labels 'lazy' (him) and 'obsessed' (her). They had both been yearning for greater intimacy!

### Eva Rambala—Hungary



I live in Budapest which was the first city I experienced after growing up in the countryside. I was impressed by the openness, warmth and beauty. These are still the things that make it my favourite city in the whole Universe.

I've been around NVC for many years and what really sticks in my memory is when I received empathy for the first

time. After crying many tears, I looked up to face the group (it was on a workshop) and discovered that the roof of the building had not fallen on my head and the world was still there.

And my biggest NVC success? The first time I spent a whole weekend with my mother and I felt no tension.

The things that are the first to be packed whenever I travel are 1) My Mac laptop (I'm so grateful to those who return it to me when I forget it). 2) My puppets. 3) My notes - even though I never use them they give me a sense of safety.

### Center For Nonviolent Communication

A global organization helping people connect compassionately with themselves and one another through Nonviolent Communication language, created by Marshall B. Rosenberg, Ph.D.

www.cnvc.org

## Vision

A world where everyone lives and works in co-operation and where structures serve life and contribute to peace within individuals and society.

A living and sustainable Nonviolent Communication community in Eastern Europe.

## Mission

A network of people involved in Nonviolent Communication in Eastern Europe that works in partnership with the global network, local networks and each other to:

- provide network structures and space for connecting, celebrating, mourning and sharing experience
- support members' personal development
- co-work on international projects
- support creation and maintenance of local networks and teams

## Activities

Currently we have established the following:

- Yahoo group to allow connecting and sharing information
- Monthly teleconference calls
- Teleclasses
- Newsletter
- Network meeting twice a year

## Connect With Us

Contact **Monica Reu** ([monica\\_reu@yahoo.com](mailto:monica_reu@yahoo.com)) if you want to find out how you can connect with this Network.

If you want to be added to the mailing list for this Newsletter, contact **Ian Peatey** ([ianpeatey@quantumlearning.pl](mailto:ianpeatey@quantumlearning.pl))

## News From Around The Region

### Poland

In September I was translator for Nada during a workshop on forgiving and healing in relationships. It was organised by Malgosia Jakubczak in her home with 10 participants. I found it a very deep and useful process and I saw the participants were deeply touched and really enjoyed it. I'm hoping this workshop will be repeated.

*Basia Kaczkowska*



A photo from the 2007 East West Training. A new location, a different group and much learning together with old and new friends alike. Planning is already underway for the Third East West in 2008.

*Ian Peatey*

I'm so happy to share that I dropped my work at school to concentrate as an NVC trainer. As you can imagine, it's not so easy to find people and money! I wish for support and exchange with anybody who would like a partner or co-trainer. I

work in English, German and Polish and my dream is to work with foreign partners on a project in Poland—maybe with EU money. Do you have ideas to share with me?

*Ewa Orłowska* [ewa.108@gmail.com](mailto:ewa.108@gmail.com)

### Hungary

Leaving my comfortable home, sitting in my nice new car, being kind of satisfied with all the comfort I managed to put together and a sense that I worked hard for it. Going to a refugee camp, where some people arrived with only the clothes they were wearing and trying to connect with them on the heart level. Not having any guilt and shame, not wanting to save them, 'just' being able to be there. This was one of the hardest things for me in 2007 and I'm really grateful for the possibility to have this challenge.

I had so many inner voices - they need something else, not this 'nothing' I offer. Some energy took me there. And then someone said, "I was really tired, worked hard yesterday, but I still put myself together to come. It's one thing to be seen, but it's much rarer that I can be heard. This is one of those rare places".

I am still convinced my task in life is to enjoy whatever was given to me, and also to connect with everyone I meet. I just don't know yet how to fully reduce my thoughts of guilt.

*Eva Rambala*

### Romania

At the end of September 2007, following a long and bumpy process, the Romanian NVC Association came into being. Founded by Monica Reu, Maria Badea and Alin Dumitrescu, its mission is to create projects, training and partnerships to promote the spread of NVC, Sociocracy and Fun.

I take it as a good omen that during the decisive court session, the judge making the ruling and the lawyer representing the Association fell madly in love with each other - then it made sense why we had struggled for one year to make it happen. Also that we have Ian Peatey and Jo Berger on the Board.

*Monica Reu*

### Estonia

This autumn NVC became an official subject for kindergarten teachers in one of Estonia's Universities. This is a pilot project for an NVC university 'e-course' with 25 students participating over 20 weeks. I celebrate the University's staff's eagerness and willingness to include NVC in their curricula and I'm curious how this will develop.

There is also willingness amongst the Estonian Parents Association Board to educate NVC teachers and develop NVC parenting programmes. In the future these programmes will be offered countrywide to parents and schools. This is still in a preliminary stage - I'm involved in discussions about how to make it sustainable and systematic (not only a "one-time event").

On another topic, I celebrate the co-operation with Vlierhof Centre in Netherlands! Eva Rambala and I have been there regularly during the year, giving open training, seminars, mediation, empathy sessions and facilitation for community members.

I celebrate the feedback that I received from the community - that it makes such a big difference to have NVC trainers living with them. Both Eva and I have been living there 2-3 weeks in a row. I hear that being around 'NVC people' is supportive for the community! I'm really happy about this as one of my big dreams is to support creating life-serving communities and organisations and I see that they are on their way!

*Merike Kahju*