

Dear Friends,

Thank you for joining Love 2.0 in the OLLI Spring 2014 term!

Welcome to those of you who were not able to join this past week. We look forward to meeting you next week!

We had a great first meeting. I feel like we're all in the same boat. The main thing is our curiosity and willingness to open ourselves to something we've not yet tried.

I'm definitely taking the class with you. You are helping me to embark on this journey.

Here are the ground rules that we developed in class together:

1. Confidentiality: what we say in the room, stays in the room.
2. Listening respectfully to one another
3. Participate! Explore exercises on our own outside of class.
4. Polite and civil (gentle) disagreements
5. No assaults (verbal or physical)
6. Open-mindedness and curiosity
7. Non-judgmental - firstly of ourselves; neither of others
8. Forgiveness! For ourselves and for one another

The book we're using for our guide is Dr. Barbara Fredrickson's book "Love 2.0" You can get this at Flyleaf Books in Chapel Hill, The Regulator Book Store in Durham, Barnes & Nobel, or [Amazon.com](http://Amazon.com) - including Nook and Kindle.

Do let me know if you are having any difficulty getting your hands on the book. This week we are reading Ch 2 and Ch 5. Chapter 5 reviews a couple of different practices that we do on our own to prepare ourselves to be ready when opportunities to connect with others arise.

Please choose any of the exercises from Chapter 5 you like and do them every day. Doing them for 30 seconds counts!

If it's fun for you, you can use the tools available on the website provided in the book:

<http://www.positivityresonance.com/>

You can create your own account under the Tools section of this website to track your daily experiences. That is what I am doing.

To this email, I'm attaching the Syllabus and handouts I distributed in class on Tuesday.

Raymond Conroy has offered to set up a website for our class. I plan to store our docs there and add references and resources as we go along. I'll send you the link when it's ready.

Don't hesitate to be in touch if you have questions or comments. This is a class about our connections!

Thanks you to you all for your presence,

Melissa

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