



ADDICTION

Host Kit

September 2017



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Appendix

Opening Reflection

Icebreaker Activity

Closing Reflection

Conversation Starter Cards *(print on cardstock if possible)*

Ideas for Action *(print on cardstock if possible)*

Catholic Social Teaching Supplement *(optional)*

Facebook Group Update Instructions

Table Tents *(print on cardstock if possible)*

Site Flyer *(by request)*

Sign-In Sheet



Dear IPJC Justice Café Host,

Thank you for hosting an IPJC Justice Café in your local community! Each Justice Café will have a café host local to that city. We use the term “host” rather than “facilitator” because the main role of the host is to provide a safe, welcoming environment for justice café conversations.

This monthly host kit contains all of the tools and resources needed to host a successful IPJC Justice Café.

- Host responsibilities and check list
- Tips for finding/arranging the location for your Justice Café
- Promotion suggestions and materials
- Justice Café Guidelines and Etiquette
- Justice Café Schedule and Host Script
- Opening/Closing Reflection, Conversation Starters, Ideas for Action
- Introduction to the IPJC Website
- Logistical information and tools

We will email you a link to the monthly host kit two to three weeks prior to your Justice Café. IPJC staff are also available for consultation at 206.223.1138 or ipjc@ipjc.org.

This is a starter-kit. It provides everything you need to host, but you can take it and grow! Some cafés have met two times a month, others have invited a speaker, or even just made small adjustments such as going into greater depth on just one conversation question rather than all of them. Feel free to work with the IPJC staff to adjust the kit as it will best fit your community!

Thank you for helping to create an international movement of young adults acting together for justice!

IPJC Justice Café Host Responsibilities

- Collaborate with IPJC to create spaces where young adults committed to social justice can connect regionally, nationally and internationally
- Utilize tools and resources provided by IPJC for a successful IPJC Justice Café
- Commit to the guiding principles of IPJC Justice Cafés
- Keep IPJC staff up to date of the date, time, location of your café; let us know how your Justice Café is going; and consult as needed (see page 8 for feedback form)

PJC Justice Café Host Check List – Before the Café

- Make pre-arrangements with *café location* (see page 3 for tips)
- Notify IPJC of location (to prepare flyer and update website)
- Download and print *Monthly Host Kit*
 - Make copies of materials to be handed out at the café
 - If possible, print the conversation starter and action cards on cardstock
- Promote your IPJC Justice Café (see page 3 for suggestions)
 - Invite, Invite, Invite! (social networks, phone, face-to-face, phone, carrier pigeon...)
 - Distribute/hang up the Promotional Flyer included in the Monthly Kit. If possible, print your flyers in color to grab extra attention.

IPJC Justice Café Check List – At the Café

- Bring materials printed from the Host Kit to café
 - Conversation starters, ideas for action, website instructions, sign in sheet
- Arrive at the café location early to set up
 - If coffee shop, use table tents included in Host Kit to save a few tables close to each other. If another venue, set up "café" style.
- Send around the *Sign-In Sheet* to make sure people are eligible for prizes and certificates!
- Use the *Host Script* and materials to guide your Justice Café time
- Set up the *time and date* for the next Justice Café
- Encourage participants to join the ongoing conversation on the *Justice Café Facebook*
 - Ask for at least one volunteer to post an update on the *Conversation Page*

IPJC Justice Café Check List – After the Café

- Check in with IPJC staff to share how your café is going – ipjc@ipjc.org. See page 8 for feedback form.
- Prepare for the next café – you may want to invite someone to co-host with you or take turns hosting your local IPJC Justice Café.

Tips for Finding/Arranging Your IPJC Justice Café Location

1. Make a list of potential locations for your IPJC Justice Café, keeping in mind the following considerations:
 - Local coffee shops or cafés that serve fair trade coffee and/or are committed to the local community
 - Central location with easy access to public transportation and/or parking
2. Talk to the manager of the café or coffee shop:
 - Describe the purpose of IPJC Justice Cafés
 - Share why you chose to hold your Justice Café at their location
 - Tell them that Justice Café participants will purchase a drink or snack as their “price of admission.” Remind them that it will be a small group for about an hour and a half.
 - Ask them if you can arrive early on the night of the Justice Café to save tables
 - Leave a few flyers to promote your Justice Café
3. If you choose to hold your Justice Café at another location (ie. student lounge, church hall)
 - Set up the space in “café” style
 - Serve coffee and/or tea to Justice Café participants

Promotion Suggestions

1. Identify young adult leaders and invite them to the Justice Café. Ask them ahead of time to take on a specific role (such as lead opening reflection). Invite them to bring a few friends.
2. Personal invitations are usually the most effective. Invite young adults in your church, campus or local community. Suggest that they spread the word and bring along a friend.
3. Distribute flyers to potential Justice Café participants, colleges, cafés, churches, etc...
4. Use social networking web tools (such as the Justice Café Website and Facebook) to invite friends, neighbors, colleagues, etc...
5. Submit bulletin announcements to local parishes, churches, online event listings, etc ...

IPJC JUSTICE CAFÉ ON ADDICTION [Insert date, time and location]. Join other young adults (20s-30s) for a meaningful conversation on the connections between spirituality and justice. For more information contact [insert your name and phone number]. Visit www.facebook.com/IPJCJusticeCafe before the Justice Café to explore the topic.

IPJC Justice Café Guiding Principles

IPJC Justice Cafés create spaces where young adults committed to social justice can:

- **BUILD COMMUNITY**
with young adults regionally, nationally and internationally
- **ACT FOR JUSTICE**
explore issues of global and local concern and act together for justice
- **DEEPEN SPIRITUALITY**
make connections between spirituality and justice

IPJC Justice Café Etiquette

- **Create** a space of trust and acceptance
- **Expect** to be surprised and find new insights
- **Focus** on what really matters
- **Link** your experience to the global reality
- **Listen** to understand and make connections
- **Make** room for others to join the conversation
- **Respect** each person's unique perspective
- **Share** your own experience and truth
- **Support** the café – buy a drink or snack
- **Take action** for justice individually and collectively

Suggested IPJC Justice Café Time Schedule (1 hour and 30 minutes)

<u>Groups of 2-8:</u>	
00:00 – 00:05	Get Settled/Get Beverage or Snack
00:05 – 00:10	Welcome and Introductions
00:10 – 00:15	Opening Reflection
00:15 – 00:30	Ice Breaker/Activity
00:30 – 00:50	One-to-One Conversation
00:50 – 00:75	Larger Group Conversation
00:75 – 00:85	Next Steps
00:85 – 00:90	Closing Reflection

<u>Groups of 9+</u>	
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00:05 – 00:10	Welcome and Introductions
00:10 – 00:15	Opening Reflection
00:15 – 00:30	Ice Breaker/Activity
00:30 – 00:50	Small Group Conversations
00:50 – 00:75	Larger Group Conversation
00:75 – 00:85	Next Steps
00:85 – 00:90	Closing Reflection

Adjust as necessary for your community. You can also use this as a guide as you become more comfortable with the format: note that the timing is also included in the host script. For example you may wish to extend the time schedule to include a longer prayer experience or social gathering as part of your Justice Café.

IPJC Justice Café Host Script



Indicates specific role for Host

Getting Settled (5 minutes) Participants arrive at Justice Café location



If Café is held at a coffee shop, ask each participant to **purchase a beverage or snack** to support this local business.



Pass around **sign in sheet** and ask participants to add their contact information. This will make people eligible for the prizes and certificates. You can also use this information to invite/remind participants of future justice cafés.

Welcome & Introductions (5 minutes)



Thank participants for coming. Invite each person to **introduce themselves**. For example, you might ask each person to share their name and one reason they decided to come to tonight's café.



Explain that IPJC Justice Cafés are a program of the **Intercommunity Peace & Justice Center**. Justice Cafés are intended to provide spaces for young adults to gather to **build community, deepen spirituality, and act together for justice**. This week, young adults are gathering in other cities around the country and world in settings just like this. Our hope is that the conversation will not end here. At the end of our gathering, I will share opportunities for continuing the conversation online and acting together for justice. These cafés happen monthly from September to March. **This year, there will be two “seasons” of Justice Cafés in which the topics will have a common theme.** The first season (September-November) will be focused on health and the second season (January-March) will focus on our call to community participation. In April there will be a culminating event where all the cafés around the world will join efforts in their particular location to create systemic change.



Share that Justice Cafés are a place to gather to share, learn and grow, and it is important that we listen to other points of view and engage in **non-judgmental conversation**.



Each Café session is coordinated by a host (yourself). The host's role is to help introduce the topic and frame our time together. I will also be participating in our conversation. Our topic this evening is **Addiction**. Let's begin with a brief opening reflection.

Opening Reflection (5 minutes)

One of the key elements of Justice Cafés is spirituality. For this reason, each Café session will open with a short reflection that grounds the issue of global concern in a spiritual perspective. While IPJC is rooted in a Catholic Christian perspective, people of all faiths and spiritual backgrounds are invited and encouraged to join in the conversation.



Ask one or more of the participants to lead the group in the **Opening Reflection** provided in the monthly “Host Kit.”

Ice Breaker Activity (15 minutes)

The topics addressed by Justice Cafés are often complex, controversial and wide reaching. Before digging into the topic in depth, it is helpful for the group to engage in a brief ice breaker activity related to the topic. The back of that sheet is often just extra information to help participants have a more equal base of knowledge when entering into this next conversation piece.



Invite the group to engage in the **ice breaker activity** included in the monthly “Host Kit.”

1. Participants will personally reflect on the ice breaker
2. They will then pair up with one other person for a brief conversation

One-to-One/Small Group Conversations (20 minutes)

Now that the topic has been introduced and broken open, the group will have twenty minutes for more in depth conversation to explore the topic.



Invite participants to break into **conversation groups**:

1. If 2 - 8 are gathered, ask them to turn to one other person for one-to-one conversations. This may be the same person they shared with in the ice breaker or a different person. If 9 or more are gathered, ask them to divide into small groups of 3 - 5. **If a smaller group shows up**, feel free to have the conversation as just one group, then flow smoothly into the next section, still altogether.
2. Pass out the **“Conversation Starter” cards** from the monthly host kit. Remind the participants of the Café Guidelines/Etiquette included on the back of the cards.
3. Ask them to keep an eye out for critical issues and/or possible avenues for engagement. Tell them that we will have time to discuss the issue further in the larger group.

Large Group Conversation (25 minutes)

The large group conversation is an opportunity to share any insights into the topic from the one-to-one/small group conversations. It is also time to begin to broaden the conversation and explore ways to act for justice – both as individuals and as a group.



Invite participants to share **one brief insight** from their one-to-one/small group conversations.



Take a few minutes for each person to say what **gifts she or he brings** particularly for addressing and taking action on this issue of justice.



Share the **“Ideas for Action” cards** from the monthly host kit. Ask the participants to review the ideas based on their conversations and the ice breaker exercise. What ways might you challenge racism – both individually and as a group? Do you want to plan an action to take either individually or as a group?

Next Steps (10 minutes)

Each Justice Café conversation is grounded in the context of a particular city/local community. It is also connected to conversations taking place in other Justice Cafés nationally and internationally. Café participants are invited to continue the conversation via the Justice Café Facebook page and at the next Justice Café, and interactions can win your café prizes!



Thank participants for engaging so fully in tonight's Justice Café process. Use the next ten minutes to explain **how to continue the conversation and win prizes** on the Justice Café Facebook Page and promote the next Justice Café before you end with the Closing Reflection.

Continuing the Conversation – Justice Café Facebook



Remind the group that one of the goals of Justice Cafés is to build community—both in local groups and between Justice Café groups across the country and internationally.

1. Give everyone the sheet with instructions on interacting with the Facebook page. Tell them the details of our **Interaction Rewards** program. The group with **the highest percentage of people posting** to the Facebook page will receive a prize for each member. Rally your participants to really engage with this. It is a great opportunity to interact with other participants from around the world. Posts could include: highlights, questions, insights, action ideas. Ask them to post the update within 48 hours.
2. **Take a picture of your Justice Café** and post it to the Facebook Page. Each member of the group with the **most creative picture** (appropriate of course), as judged by a group of IPJC staff, will receive a prize.
3. Let them know that the page also includes **video clips, action ideas and resources**.



Remind participants that Justice Cafés are ongoing opportunities to build community, deepen spirituality and act for justice with other young adults.

1. **Our next Justice Café** will take place the 3rd week of **November**. Our conversation topic will be **Mental Health**. Share information about your plans for the gathering— Location, Date, time, etc. If you attend all the cafés, you will receive a certificate of participation from the Intercommunity Peace and Justice Center in April.
2. Ask them to **bring a friend and/or invite friends** to join the online conversation.
3. Encourage them to **visit the Justice Café Facebook** before the next gathering for an introduction to the next topic: reflection questions, video clips, and resources.



Closing Reflection (5 minutes)

Lead the group in the **brief closing reflection** included in the “host kit.”

Justice Café Host Feedback Form

Thank you for hosting an IPJC Justice Café in your community! Your feedback and suggestions will help us to continue to fine tune the Justice Café process and build a national movement of young adults committed to justice. Please email this information and the sign-in sheet to ipjc@ipjc.org or mail the forms to IPJC, 1216 NE 65th Street, Seattle, WA 98115. Thank you!

Host Name::

Date:

Email:

Phone:

Justice Café Location:

**Number of
Participants:**

Please attach sign in sheet

How was your Justice Café conversation this month?

Would you suggest any changes to the process or materials?

Is there anything else you would like to share with us?



ADDICTION

Opening Reflection

LEADER: For the next three Justice Cafés, we will be exploring issues of mental and physical health. Today, we explore the first topic in this Justice Café season, addiction.

Many of us have come across stories about addiction and its effects on a person, their loved ones and community. With all of the issues and statistics circulating today, addiction comes with many pre-conceived stereotypes and adverse reactions. However, as people of faith, we are called to treat every person with dignity and respect. Let's listen to some of the stories of people who have struggled with an addiction.

Reader 1: "When I got out of jail, I decided I'd control my drug use better, and stay out of trouble. But there's no such thing as 'control' when it comes to addiction. You just want more and more, and will do all kinds of crazy things to get high again."

—*"Deon," recovering from heroin addiction in the U.S.*

Reader 2: "Gambling is like any other addiction which is afflicted with all the d's — death of a loved one, debt and divorce. In the acute addictive phase, it is manifested through events like losing a job, having a run-in with crime, theft, extortion and even suicide."

—*Dr. Ashwini Kumar, director of a rehab center in Delhi, India.*



Reader 3: "I had never thought that my best friend could involve me in such a dangerous habit. I regret having joined them. Drug users need to be supported instead of being ostracized."

—*Adidja Akimana, a 20 year old drug user from Burundi, Africa*

Reader 4: "With a behavioral addiction, like the internet addiction and food addiction, you have to engage in those behaviors in some way, shape, or form. For me, I'm currently working through a program where they help, walk over, and guide you to you reconnect into society with those technology aspects."

—*Ryan, a 19 year old recovering from internet addiction in the U.S.*

LEADER: As we reflect on the wisdom of these individuals, let us remember that behind addiction are real, human stories.

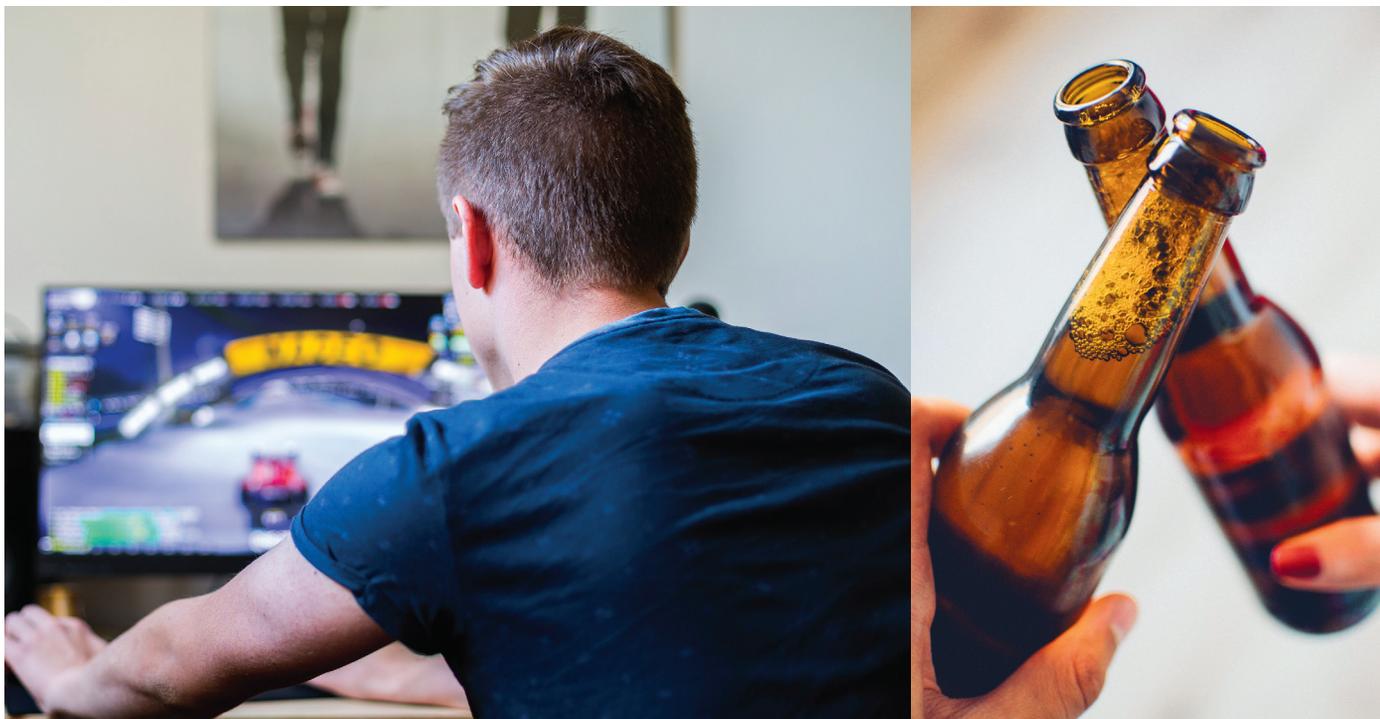
Sources: National Institute on Drug Abuse, AddictionResource, Distraction Podcast, All Africa





ADDICTION

Ice Breaker Activity: Habit vs. Addiction



LEADER: When does a behavior or activity become an addiction? Even practices that are legal and seen as “normal” can become addictive behaviors. Addictions do not only include physical things we consume, but may be virtually anything, even seemingly harmless products or activities.

Addiction — there is a psychological/physical component; the person is unable to control the aspects of the addiction without help because of the mental or physical conditions involved.

Habit — it is done by choice. The person with the habit can choose to stop, and will subsequently stop successfully if they want to. The psychological/physical component is not an issue as it is with an addiction

Together with a partner, read through the following scenarios. Briefly discuss in what case the action could be considered an addiction versus a regular habit. We will then come together as a whole group (or in small groups if we have a lot of people) to discuss the follow-up questions.

1. Ending each day with an alcoholic drink.
2. Checking your Facebook page as soon as you wake up in the morning and frequently throughout the day.
3. Smoking a cigarette when feeling stressed.
4. Exercising every day in the morning and the evening.

Reflection Questions:

What are some other habits that could become addictive?

Name 1-2 reasons why a habit might become an addiction.

Source: Medical News Today

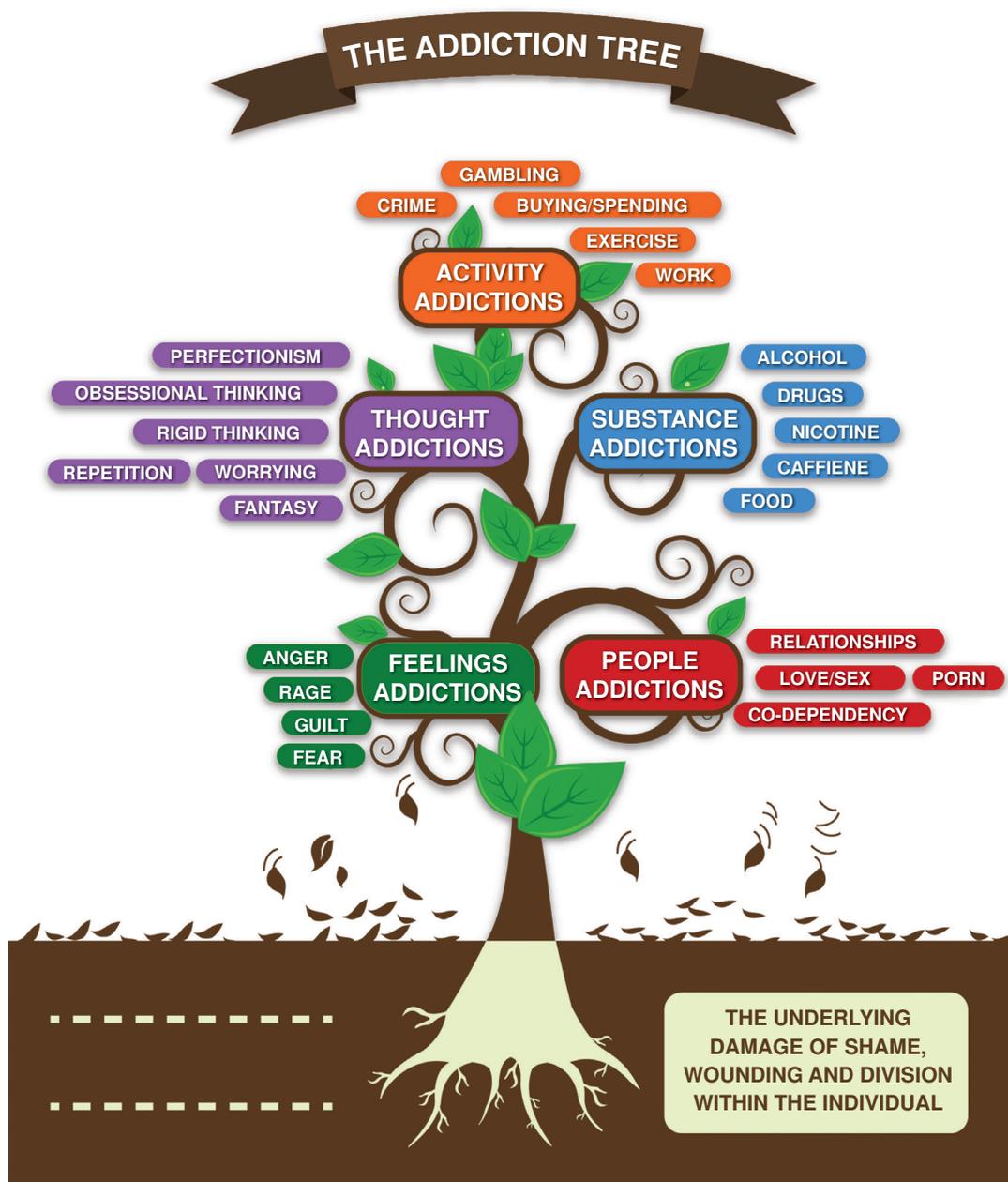




ADDICTION

A Closer Look at Addiction

LEADER: We know that addiction impacts people on a personal level, but how does addiction impact our society? Take a moment to look at the “Addiction Tree” image below and consider some reasons why someone might develop an addiction to these activities and substances.



Reflection Questions:

Were there any addictions listed on the addiction tree that surprised you?

Pick one or two of the addictions listed on the tree. How do these addictions impact the greater community?





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- Respect** each person's unique perspective
- Share** your own experience and truth
- Support** the café—buy a drink or snack
- Take action** for justice individually and collectively

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Conversation Starter Questions

1. How does addiction impact your community? What are one or two addictions that you think are most prevalent?
2. There is often shame, guilt, hurt and many other feelings associated with addiction. What are some potential root causes of addiction, and how can your community work to support those who are struggling?
3. What are some of the stereotypes facing people with addiction? How can we challenge the narrative that people with addictions are "bad"?
4. What are some of the resources available in your area for people with addictions? Are they readily accessible to all regardless of socioeconomic status or physical location?

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General Ideas for Action

Publicity—letter to the editor, leaflets or flyers, email, public service announcement, websites

Witness—hold a prayer vigil, testify at a public hearing, write up first person stories for press, politicians, public

Inform & Advocate—lobby legislators, organize a forum, advocate for community resources

Symbolism & Drama—marches, vigils, songs, murals, street theater, skits, religious services

Public Assemblies—support, teach-in, public meetings

Voting—register and educate voters

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Action Ideas: Addiction

1. Visit addictionresource.com to learn more about addiction, what resources are available and read stories about people who have faced addiction.
2. Compile a list of what resources for people with addiction are provided in your area, and have your place of worship, work or community center post it in a visible place.
3. Advocate for policies in your local or national government that support rather than demonize people facing addiction.
4. If someone you know is struggling with an addiction, offer support, but don't try to solve the problem alone. Seek out resources in your local area.



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ADDICTION

Closing Reflection



LEADER: In our discussion today, we've explored why and how a seemingly infrequent activity can evolve into an addiction. We've also shared some of the stereotypes that people with addictions often face. However, we know that we are called to see each person as a child of God with inherent worth. Take a moment to consider how you might challenge the stereotypes of addiction.

[Pause for quiet reflection]

I invite you to share one way you will commit to challenging addiction stereotypes.

[Pause for sharing]

To close, let us pray for those struggling with addiction.

God of mercy, give your strength to those bound by addiction.

Look with compassion on all those who have lost their health and have broken relationships because of their attachment to the object of their addiction.

May our community seek to support those struggling with addiction. We pray for our world leaders and ourselves so that we might view those with addiction as your children, people with inherent value and worth.

To those who care for them, grant patient understanding and a love that perseveres.

Amen





ADDICTION

Catholic Social Teaching

“No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it.”

—1 Corinthians 10:13

“Not only that, but we even boast of our afflictions, knowing that affliction produces endurance, and endurance, proven character, and proven character, hope, and hope does not disappoint, because the love of God has been poured out into our hearts through the holy Spirit that has been given to us.”

—Romans 5: 3-5

“The Church is called to serve, to reach out, to help rebuild lives, and to support individuals, families, and communities in the fight against the slavery of drug and alcohol abuse. This is a noble calling worthy of our most generous and dynamic response.”

—*New Slavery, New Freedom, A Pastoral Message on Substance Abuse, United States Conference of Catholic Bishops, 1990*

“Life and physical health are precious gifts entrusted to us by God. We must take reasonable care of them, taking into account the needs of others and the common good.”

—*Catechism of the Catholic Church, 2288*

“The Church teaches that education should be of the whole person, and should be an education that proclaims the Gospel of grace as a gift of full life. There are numerous suggestions made by the church for how such an education should unfold and they include teaching young people that drugs seriously interfere with the fundamental issues of life, to offer positive models of behavior, to develop the interior ability of young people so that they can cope with the stress of daily living, to support families in developing understanding and dialogue with their children, and to develop the intelligence of students so that they may better be able to discern critically through popular fleeting opinions and lifestyle choices.”

—*Drug Education Policy and Guidelines, Catholic Education Office Diocese of Wollongong, New South Wales, 2003*





UPDATE ON JUSTICE CAFÉ FACEBOOK

Your Facebook update will help to build virtual community with Justice Cafés nationally and internationally. Please post a general update on your Justice Café. You may also want to post a photograph of your gathering.

Access the blog at www.facebook.com/IPJCJusticeCafe then connect to the group.

Things to include in your update:

1. Highlights of your conversation
2. Questions or insights of members
3. Ideas or commitments for justice actions

Please post your update on the Justice Café Group within 48 hours of your Justice Café.

If it is your first time to the group, send in a request and the staff at IPJC will approve you (see separate website instruction sheet). If you have any technical problems or questions, call or email IPJC staff at 206-223-1138 or ipjc@ipjc.org.

To create a Justice Café app on your iPhone:

1. Open your browser (Firefox, Safari, etc) on your smart phone or tablet
2. Log into your Facebook account from your browser and open the Justice Café group page
3. Click the share button on the bottom center of your screen
4. Choose: "Add to Home Screen"
5. Your own Justice Café icon will now be on your smart phone! You can update and post whenever you want—on your way home from your café, on the bus, whenever!

To Create a Justice Café app on your Android:

1. Open your browser (Firefox, Safari, etc) on your Android or tablet
2. Log into your Facebook account from your browser and open the Justice Café group page
3. Open Settings (three dots in upper right corner) and press the Star Symbol
4. Rename to Justice Café
5. Return to Settings and open Bookmarks
6. Press and hold Justice Café. It will give you the option to add to Home Screen.
7. Your own Justice Café icon will now be on your smart phone! You can update and post whenever you want—on your way home from your café, on the bus, whenever!



www.facebook.com/IPJCJusticeCafe

Pull up a chair and join us.

*A Justice Café
is gathering here!*



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