



AUGUST 2018

# Here's What's Brewing

## An Open Letter From Our Executive Director...

Earlier this summer, I had the opportunity to celebrate with new friends in a neighboring community during the soft launch of their coffeeshop. As we chatted, I learned just how many of the smaller towns all throughout north central Ohio are following suit... seeing the need for and benefits of an inviting, available gathering space. And there are a great many things that have contributed to this need. Ben Adler (of Capital Public Radio) put it this way: "Americans have increasingly become alienated by the social isolation of suburban, car-dependent life." Add to that the false sense of connection that technology and social media allow us to feel, and it's not hard to understand why people are looking for ways and reasons to share space and time like never before.

In her article "The Power of Community", health and wellness expert Jen Waak walks us through "six powerful reasons not to go it alone..."

1. Collective Wisdom: No single one of us ever has all the answers.
2. Pushing Our Limits: Surrounding ourselves with others who share a common goal provides motivation, support and friendly competition.
3. Support & Belief: Our community often believe in us more than we believe in ourselves.
4. New Ideas: Our divergent world views and life experiences mean we each approach the same problem differently.
5. Borrowed Motivation: That belief and support of our community becomes especially important when our own energy is waning.
6. Accountability: It's harder to throw in the towel when people we care about are counting on us and cheering us on.

We are excited for the day that MUGS is able to offer its life-giving space for people to connect and enjoy all the benefits that come from doing life together!

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