

**From:** Cape Mediation <info@capemediation.org>  
**Sent:** Tuesday, January 7, 2025 8:02 AM  
**To:** annetessier@capemediation.org  
**Subject:** JANUARY 2025 Mediator's Break



# Mediator's Break

*Monthly News & Updates*  
January 2025



*Best Wishes for a Happy and Healthy New Year*

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## Events and Happenings at Cape Mediation



### Thank You to Our Cape Mediation Supporters

Over the past year Cape Mediation has assisted nearly 200 residents from all 15 major towns on Cape Cod. We are so grateful to all of our supporters that make our work possible. We look forward to continuing this important work in our community by offering our services and programs as our world and community continue to change.



## Holiday Gathering

Thank you to the Board of Directors and everyone that joined us for Cape Mediation's Holiday Gathering in December! It was wonderful to get together with the staff, Board Members, and volunteers! We look forward to seeing everyone in the new year!

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## A Book Recommendation On Navigating Tumultuous Times

*by Margaret Harris*

As we approach the 2025 presidential inauguration amidst a deeply polarized political climate, *The Lucifer Principle* by Howard Bloom offers timely insights into the forces shaping human behavior and societal divisions. Written in 1995, Bloom's exploration of the darker sides of human nature remains strikingly relevant, particularly in light of ongoing political extremism, rising conspiracy theories, and fracturing of democratic norms.

Bloom argues that human behavior is not inherently altruistic but shaped by forces of group identity, competition, and destructive impulses. These forces, which he terms the "Lucifer Principle," can explain the rise of tribalism and authoritarian movements that fuel today's political battles. Understanding these dynamics is crucial for mediators, as we strive to counteract forces of division and foster constructive dialogue.

Bloom's analysis of "memes"—cultural ideas that spread and shape societal behavior—is a particularly compelling lens through which to view the viral narratives that dominate political discourse today. In the era of social media, this concept is potent in explaining how divisive ideas spread so rapidly, often at the expense of nuance and empathy.

For those seeking to deepen their understanding of the psychological forces at play in historical and modern political conflicts, *The Lucifer Principle* provides both a warning and a roadmap for navigating tumultuous times. Its lessons are crucial as we work to bridge divides and foster mutual understanding.

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## NEW SERIES

### Volunteer in the Spotlight

*We are excited to launch our new series for 2025 – Volunteer in the Spotlight! This series is our way of expressing gratitude to each of our volunteers for their dedication and hard work at Cape Mediation. Every month, we will feature a different volunteer, showcasing their contributions to Cape Mediation and giving you a chance to get to know the incredible individuals who make our work possible.*

## Jane is in the Spotlight This Month!

We're thrilled to shine a well-deserved spotlight on Jane, a dedicated volunteer who has been an integral part of Cape Mediation for over 10 years. Jane's journey with us began through the encouragement of a friend, and since then, she's made a lasting impact across many of our programs. Throughout her time with Cape Mediation, Jane has contributed to the Building Bridges Workshop, the Youth Program, as well as both in-person and private mediations. Her dedication to helping others through conflict resolution is inspiring. Jane believes the most rewarding part of her volunteer work is seeing firsthand how "the process works" and how it has taught her valuable life skills, particularly in handling conflict. One of the most important lessons Jane has learned is to approach conflict, rather than avoid it. This shift in mindset has allowed her to develop a sense of calm and an ability to assist others with their own challenges. Jane also emphasizes the importance of reflection in conflict resolution—a step many often overlook. Outside of her work with Cape Mediation, Jane is passionate about advocacy and community service. She enjoys her role as a Housing Advocate, participates in church committee work, and loves spending time walking, gardening, and connecting with nature. In her downtime, Jane is an avid reader.

Thank you, Jane, for your years of service, dedication, and commitment to making a positive difference in the lives of others!

If you'd like to be featured in the "spotlight," please contact Allyson Rogers at [allysonrogers@capemediation.org](mailto:allysonrogers@capemediation.org) for more details.

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### *Books & Beyond*

**The Lucifer Principle: A Scientific Expedition into the Forces of History**, by Howard Bloom, Atlantic Monthly Press (1995), Available on major platforms like Amazon, Barnes & Noble, and independent bookstores.

Do you have a reading, podcast, or other media that you want to share with the Cape Mediation community? If so, email us at [info@capemediation.org](mailto:info@capemediation.org)!



### *Happenings*

**Burnout - How it Happens and How it Can Be Addressed and Prevented.** Join the Community Dispute Settlement Center on Zoom, Thursday, January 16th from 12:00 - 1:00 to hear from Dr. Wendy Knight about burnout -- how it happens, and how it can be addressed and prevented. Dr. Knight, a professor of social work at Bridgewater State University, has gained extensive experience working with adolescents and families with complex psychosocial needs at various agencies in the Boston area. She trained numerous MSW students in the field during her time as the Director of Clinical and Support Services for the Boys & Girls Clubs of Boston and the Camp Harbor View Foundation. Her passion for training social work students led her to teach in higher education. [Register by email here](#)

## The Board's Corner

The Board members of Cape Mediation wish you a very happy, healthy and prosperous New Year! Thanks to your generosity, we have exceeded our goal for our Annual Appeal for the first time in several years. Your contributions will be put to good use, maintaining and expanding the programs, services and training that we do best. We'll be updating you on our activities in this Newsletter each month, and welcome your comments and contributions. Many, many thanks!



## January 2025

*Calendar Change: Our Discussion and Debrief sessions will now be held once each month on the First Thursday of the month.*

**Wednesday, January 1, 2025 - New Years Day.** The Cape Mediation office will be closed in observance of the Holiday.

**Thursday, January 2, 2025, 9:00 AM - Orleans District Court In-Court Mediation.** Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

**Thursday, January 2, 2025, 4:00 PM - Discussion and Debrief.** We invite all mediators and conciliators to join our discussion and debrief remotely on Zoom! Beginning this month will be meeting once a month on the First Thursday of every month.

**Thursday, January 9, 2025, 9:00 AM - Orleans District Court In-Court Mediation.** Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

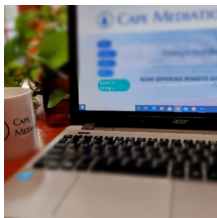
**Thursday, January 16, 2025, 9:00 AM - Orleans District Court In-Court Mediation.**  
Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

**Thursday, January 23, 2025, 9:00 AM - Orleans District Court In-Court Mediation.**  
Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

**Thursday, January 30, 2025, 9:00 AM - Orleans District Court In-Court Mediation.**  
Our volunteers are available to mediate every Thursday at the Orleans District Court for Small Claims and Summary Process matters.

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**[Visit CapeMediation.org](http://CapeMediation.org)**



### **Submit Your Request for Mediation and Conciliation Services Online!**

Submit your request to schedule a Mediation or Conciliation on our website at [CapeMediation.org](http://CapeMediation.org) and fill out a [Request for Services](#) form. After we receive your request, one of our experienced case coordinators will contact you to learn more. ***You may also reach us by phone at 508-240-1717 or by [email](mailto:info@capemediation.org) at [info@capemediation.org](mailto:info@capemediation.org).***



### **Advanced Dispute Resolution Skills Practice Training**

Cape Mediation's Advanced Dispute Resolution Practice Training Program is for newly trained neutrals and for neutrals that wish to gain additional advanced hands-on experience. This program provides an invaluable opportunity to practice mediation and conciliation skills, and is held remotely by Zoom. You will be paired with experienced neutrals under the supervision of our Volunteer Development Coordinator. It is an important next step for anyone involved in the field of Dispute Resolution. [READ MORE.](#)

*To Register visit us on the web at [CapeMediation.org](http://CapeMediation.org) or click [Register.](#)*

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## Cape Mediation's Youth Conflict Resolution Programs

Cape Mediation now offers programs in Youth Conflict Resolution training, Youth Peer Mediation, and Youth Conflict Management workshops. **To start a Youth Conflict Management Program or**

**host a workshop at your school or organization, please email us at, [info@capemediation.org](mailto:info@capemediation.org).**



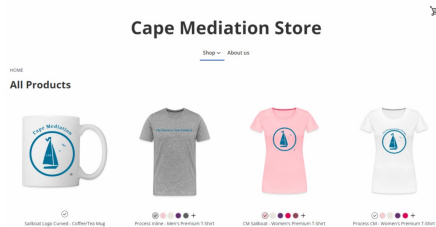
## Mediator's Break is Online

Want to reference an old newsletter but your inbox is, well, a little overwhelming and you'd rather not scroll back to find the needle in the haystack? Don't fret -- now you can access our Newsletter from our website, [www.CapeMediation.org](http://www.CapeMediation.org), along with archives. [Click Here to View Current and Past Newsletters.](#)



## Stay Up-to-Date on Cape Mediation News and Events

Stay up to date with news and information, articles and our calendar of events at Cape Mediation and in our community. [Click Here to View News and Events.](#)



## VISIT THE CAPE MEDIATION STORE! Show your passion for The Process!

Wondering where to get a Cape Mediation t-shirt, mug or more? Visit the Cape Mediation store for all things Cape Mediation. Proceeds support Cape Mediation services in our community.

[Visit the Cape Mediation Store](#)

**For Cape Mediation Staff and Volunteers**



## Keep Us Updated!

Don't miss out! Do you have a new email address, phone number or mailing address? Would you like to mediate in person? Are you interested in getting more involved with Cape Mediation or have an idea for a workshop? We want to know! Click the link below to share your updated information with us.

[Click Here For The Survey!](#)



## Cape Mediation Website Members-Only Page

The Members Only page on the Cape Mediation website is open to all Cape mediation active volunteers and staff. Find: Events Calendar, Open job positions, Debrief Highlights, and more! This page is open to Cape Mediation staff and volunteers.

### Volunteer Sign-Up!

Volunteers can now sign-up to volunteer to mediate and conciliate through the link on our Members-Only Page.

### Volunteer Calendar

See important dates and happenings listed on the Volunteer Calendar located on the Members-Only Page.

*To request access to this page, please email Peter at:*  
[peterkelsey@capemediation.org](mailto:peterkelsey@capemediation.org)



## Interested in Becoming More Involved?

If you are interested in becoming more involved in any of our programs, please **reach out!** Additionally, if you are interested in volunteering in our Remote Dispute Resolution programs, but are unsure about the process or technology, we want to help! We will schedule you for to observe or pair you with someone with experience in telephone and videoconferencing to help. [Contact us.](#)

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## Cape Mediation's Google Groups Discussion Board

We invite all Cape Mediation volunteers to join our virtual Dispute Resolution email discussion group where we share information about job opportunities, news and articles about the world of Dispute Resolution. This **group is open to Cape Mediation staff and volunteers**. If you have not already joined, please [contact us to join](#).

### Discussion & Debrief

Whether you are an active remote mediator or conciliator, want to keep your skills sharp, or want to learn more about our remote process, please join us as we debrief our sessions. During the debrief we talk about which skills worked best and what other skills might have been used, focusing on challenges and skills. **Debriefs are open to Cape Mediation staff and volunteers.**

### VOLUNTEER AVAILABILITY FOR DECEMBER 2024

If you have not already signed-up, please send us your available volunteer dates by clicking the button below. We offer mediations and conciliations remotely weekdays, both in the morning and afternoon. We also are excited to be back in-person offering mediations at the Orleans District Court House on Thursdays.

**If you have not mediated or conciliated remotely, consider giving it a try. We will pair you with an experienced remote volunteer and we are sure once you try it, you'll like it!**

### MY JANUARY AVAILABILITY

#### **Our Coordinators are There!**

Our coordinators are always there to help and to answer any questions that may come up when you volunteer.

#### **We Will Take Care of the Tech!**

Don't know how to run breakout rooms?  
Never hosted a Zoom meeting? No problem! A tech person is available for **ALL** programs to take care of the tech so you don't have to!

*Support Cape Mediation*





## Support Cape Mediation

Your donations help us continue to provide high quality services to our community. For a small organization like Cape Mediation, the cliché "every dollar counts" holds true.



## Donate with Amazon Smile

We're on Amazon Smile if you'd like to make donations at no cost to you - just follow **this link** and for every purchase you make on Amazon, Amazon will donate 0.5% of the price to Cape Mediation. It may not seem like much, but it all adds up!

## Show your passion for The Process!

Visit the Cape Mediation store for all things Cape Mediation. Proceeds support Cape Mediation services in our community. [Visit the Cape Mediation Store](#)

**Donate Today**

**Follow us on Social Media**  
Follow Us on Social Media

**Want to stay in touch on a platform that isn't email? Follow us on Instagram or Facebook where you'll find up-to-date information, workshop and training announcements, and more!**



## More Information

### **About Us**

Visit: [CapeMediation.org/About/](http://CapeMediation.org/About/)

### **National Association for Community Mediation**

Visit: [NAFCM.org](http://NAFCM.org)

### **Resolution Massachusetts**

Visit: [ResolutionMA.org](http://ResolutionMA.org)

### **Mass Law Libraries**

Visit: <https://www.mass.gov/orgs/trial-court-law-libraries>

# THANK YOU TO OUR SUPPORTERS

## President's Circle

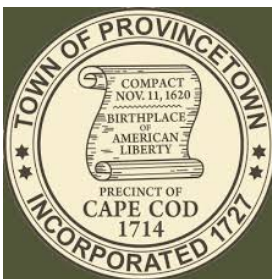
Lois Andre  
Jim & Michelle Duane  
Deborah Felix  
Kathleen Heffernan  
Ellen Kapinos  
Jane Lea  
John W. Lea  
Sydney Lea

Michael & Rob Normandy  
John O'Toole  
Scott Parr  
Taylor, Allan E and Plazak, Kathryn F  
John and Karen Townsend  
David Veach & Naomi Turner  
Karen Wallace  
Martin Webb

## Foundations and Businesses



NATIONAL ASSOCIATION FOR COMMUNITY MEDIATION



# CAPE 5 COD 5

Foundation



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