



HI!

A LETTER FROM THE DIRECTOR

Season 12 brought unexpected twists for our Fellows, Javier and Grace. Javier was set to take the mic in March 2020, and Grace was meant to start her Fellows program April 2020. They had to wait over three years for their Campfire moment. However, the delayed experience, however, added depth and meaning to their stories, and the impact extended to Campfire as a whole.

In this waiting period, stories evolved - as did Javier, Grace, Campfire, and all of you in our audience. Your responses to the Season 12 question, "How do you change?," holds extra significance.

This zine is a collection of the wisdom you shared. Reading your beautiful, blunt, and surprising answers from the back of your nametags has been a joy. I hope you enjoy it too.

Thank you,

Steven Harowitz

Steven Harowitz (he/him)
Executive Director
steven@cmpfr.com





ABOUT CAMPFIRES

Campfire is a place for reflection and stories on life and how we live it. We teach an interactive and conversational speaking style to storytellers who share their personal narrative from the stage. And when the Campfire is over, there's warmth and wisdom you can bring back to the world. Gather around.

In addition to being the name of our organization, Campfire is the name for our signature live storytelling events. We call our storytelling event "Campfire" because for nearly 2 million years, campfires brought humans together—providing protection from danger, nourishing our most fundamental needs, and creating a space where bonds are built with nothing more than the warmth of the fire and the stories we share.

We hope to re-create this sort of space with our Campfires: a space where wisdom is lifted up and shared, where we discover meaning in the experiences of others, cultivate empathy that previously didn't exist, find security we didn't know we had, and feel real, human connection.

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“ What people are saying ”



THE BEST PART OF THIS
EXPERIENCE WAS THE SUPPORT AND
ENCOURAGEMENT. IT WAS SO POSITIVE!

- *storytelling* student







SEASON FELLOWS

The Campfire Fellows Program is a free community program that develops people so they can explore and share stories about life and how we live it. Through this program, we bring people together to foster deeper trust, understanding, and love for the people living around us. Our Fellows are guided on a journey of self-discovery and self-authorship, learning to hold space and serve others through storytelling. Learn more at cmpfr.com/fellows.

WHAT DOES A CAMPFIRE FELLOW DO?

Fellows are guided on a journey of self-discovery and self-authorship, learning to hold space and serve others through storytelling. Fellows have the opportunity to be trained in storytelling, group facilitation, and public speaking, to host their own Campfire, and to join a team of Fellows.

WHY BECOME A FELLOW?

Become a Fellow because, based on what past Fellows have told us, it's an experience unlike any other. You will learn important skills and have the opportunity to contribute something good and personal back into the world.

meet Javier Trejo



Javier hates being put in a box. He's not a box person! But he's originally from the city of Chicago and now calls St. Louis home. And as far back as he can remember, he always wanted to make a difference.

Javier started his storytelling journey at 19 while studying abroad at Casa de la Solidaridad in El Salvador. A major element of that program was sharing your life story. This was the first time he was challenged to be deeply vulnerable with new people. Javier continued his development as a storyteller while participating in The Men's Story Project, which gave him the confidence to become a better storyteller. Currently, Javier is kicking ass and taking names – in the most loving and nonviolent way – while teaching 8th Grade Science. Outside of teaching, he enjoys riding his bike. Javier believes stories can help you access parts of yourself that are usually out of reach and is ready to share the power of story with others.

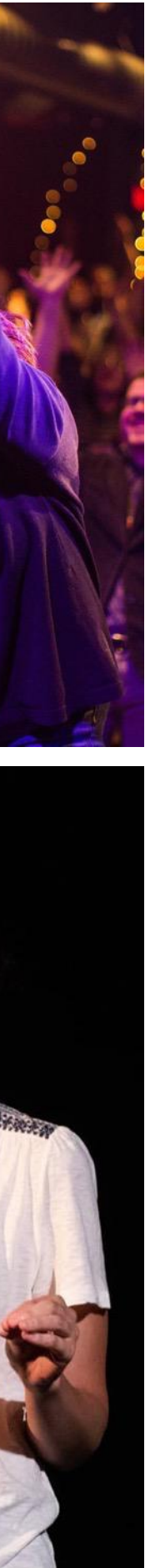
meet Grace Luttrell Pettit-Eberle



Grace Luttrell Pettit-Eberle grew up in St. Louis. After living for a time in New Orleans, she chose to move back home and nurture her roots in family, community, and self. Armed with a fine art and marketing degree, Grace found success and financial security in the corporate world. Over time, Grace questioned her path and its numbing effect on her spirit and creativity. At Steven's invitation, Grace decided to take the storytelling class which coincided with her quest to be authentic, true, and honest in the world.

Now, after a decade in corporate, Grace has left to answer her life's calling as a practicing trauma-informed embodied movement and mindfulness educator for kids and community mental-health entrepreneur. When not in the studio, you can find Grace out in the woods hiking with her life partner and soon-to-be two year old exploring and embracing the mystery and trusting her path as it unfolds into her future.





SEASON QUESTION

Campfire Fellows create three potential questions for the community to vote on. The top question becomes what we call our “Season Question,” which becomes the focus of that Season’s stories and guides the storytelling work. Season Questions help Fellows open up to the process of self-discovery and let go of the notion that they have to share specific, predetermined stories from their lives. Instead, they are able to uncover wisdom they want to share and bring it to life through captivating stories.

A LIST OF PAST SEASON QUESTIONS:

How can we unlearn the false narratives we're taught?

When do we call it quits?

How do we move beyond the labels people give us?

Do we choose responsibility?

What happens when you let go of the plan?

How do you find your place in the world?

What do you do when your strength betrays you?

What happens when art and life meet?

What does it take to be seen?

Where can a first step take us?

When do you know your life is enough?

Where do you go to heal?

What does it take to create a legacy?

What does it mean to be an adult?

SEASON 12 QUESTION





HOW
DO YOU
change?





ATTENDING CAMPFIRES

Campfires are free one-hour events where audiences are guided through narratives and reflections by a [Fellow](#) who seeks to share their wisdom through story. See what a Campfire looks like [here](#).

STORIES THAT SPEAK TO SOMETHING BIGGER

At Campfire, we teach people how to tell their stories and understand how much they matter. Storytellers combine elements of storytelling, public speaking, and facilitation to confidently share and openly engage in meaningful conversation. This combination of strategies helps each story create connections across the breadth of human experience.

A WARMTH WE CAN BRING BACK TO THE WORLD

Campfires are a warm and inviting place where all are welcome, the exact kind of place where great stories are told. Spaces like this are critical, but today, they're regrettably rare. So when the Campfire is over, we hope there's a warm and unique feeling that outlasts the experience — a warmth audience members will bring back to the world.

THE ILLUMINATION OF OUR WISDOM

At our Campfires storytellers and attendees take the time to reflect on the moments that have shaped us, distilling the wisdom, lessons, and insights we've learned from each. This fosters mutual self-discovery, by creating space for people to learn from their own stories and the stories of others.





Javier Trejo's *campfire*

It must have been fate that you voted on “How do we change?” as our Season Question. Living through the pandemic taught me a lot about myself and my limits. We have all experienced change or desired change. How exactly do we change? What is it we want to change? The story I will be telling is one of reaching a breaking point, learning how to change, asking for help, and finally doing something about it. Javier reminds us of resiliency. He exemplified this in his story by enlightening us on how to emotionally heal, the importance of friendship, and the role of differences and key people in our lives in shaping our life path.



Grace Luttrell Pettit-Eberle's *campfire*

Since change for me feels constant, like waves or ripples in the water, the first questions I had was when did I become aware of change in my life? What was the first big feeling of change? How did I know the difference between change... and no change? These questions were the gate to my proverbial dam, and since diving in there have been times where I've been swept away in my own story - my own change. Through Grace, we understand that change can be intimidating and challenging though it doesn't have to be a burden. Instead, we can reshape our perspective and change can be a chance for opportunity and hope.







AUDIENCE ANSWERS

At the end of each Campfire, audience members are given pen and paper to document their own answer to the Season Question. We're excited to share a recap of some of the valuable lessons from Season 12's Question "How Do You Change?", through a sample of audience quotes, sorted by key themes from their responses. We hope you discover echoes of your own wisdom and reflection in them!



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AUDIENCE ANSWERS



You change by being present and allowing others in. Give yourself permission to explore, to fail, to experiment, and to learn. And practice kindness!

Change happens when you ask for help from someone who understands and cares about you.

Continue to challenge yourself and those around you. We change by striving to do better.

Don't shut difference down. Seeking perspective from others is the backbone of change.

*Hopefully, I'LL CHANGE
GRACEFULLY, HONESTLY,
AND SURROUNDED BY
LOVING PEOPLE WHO
WALK WITH ME.*

**BE OPEN TO OTHERS IN LIFE,
AND BE CURIOUS ABOUT NEXT
CHAPTERS. ask yourself, "WHAT
CAN THIS MOMENT TEACH ME?"**

Trying to embrace that there are many things I can not control helps me change. Learning to accept change happens with peace, grace, and inspiration.

Change comes when you realize what you need, make an effort, and stick with it. It helps to share and invite others alongside you for encouragement.

Never forget to believe in yourself and let others in. Change can feel scary and avoidable, but it isn't cause you got this.

Real change takes time and is not linear. I think you need to seek support, accept setbacks, and keep your end goal in mind.

The goal is to change with grace and dignity, but more likely, it'll be by force of circumstance. Change is better with the help of guidance from others in your community and a trusted circle of loved ones.



AUDIENCE ANSWERS



*SOMETIMES YOU CHANGE BY CHOICE
AND SOMETIMES YOU DON'T. WHEN
IT'S HARD TO ACCEPT WHAT'S
HAPPENING, **trusting yourself**
AND EMBRACING DIFFERENCE
CAN HELP YOU LEARN AND GROW.*

You change by creating the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks.

Change is hard. Be ready to feel!
Open your heart and mind, trust
yourself the best you can,
and jump in!

I change by not letting fear rule
my heart and mind. Giving my-
self grace during change goes
a long way!

*CHANGE WILL SLOWLY BUILD SELF
CONFIDENCE WHEN YOU ARE LEAST
EXPECTING IT. one small action
AT A TIME. ONE MINUTE. ONE HOUR.
ONE DAY. YOU CAN'T DO IT ALL AT
ONCE, BUT YOU CAN START NOW.*

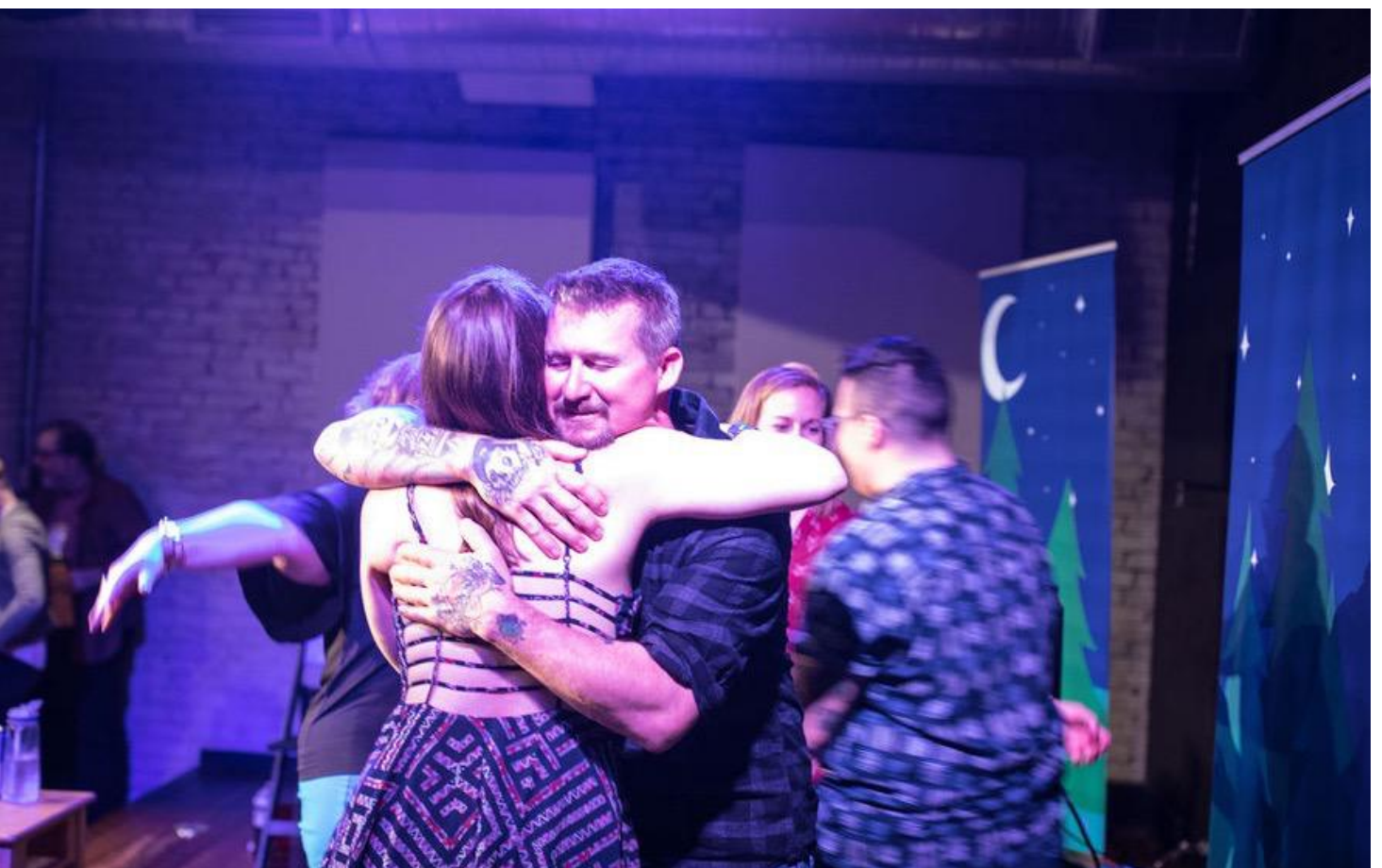
Constantly work towards your goals and don't give up on yourself. Embracing change helps you learn how to trust.

Recognize that walls prevent change. Trust yourself, keep going, and those walls will slowly crumble. You just need to try!

Trust yourself. Take care of your mind and body. Set a goal - and remind yourself that when you work towards it, you're better than you were yesterday.

You change through slow steps that build grace and trust. Like experimentation, journaling, conversation, hope, help, and self forgiveness.

TRUSTING YOURSELF



AUDIENCE ANSWERS



*CHANGE HAPPENS. SOMETIMES FITFULLY.
SOMETIMES FORCIBLY. SOMETIMES WITH
AMBITION. SOMETIMES WITH GRIEF.
SOMETIMES OUT OF FEAR. BUT ALWAYS
WITH GRACE, CARE, AND love for myself.*

Change however you need to. Change with love and with as much fucking support as you can take. You've got this!

Try to change by noticing, holding, being with, sharing, and moving with love for your- self. I am worthy of change.

Change happens slowly, in spirals, unlearning and remembering, and in a supportive community where I know I am loved.

SEEK NEW SITUATIONS. PUSH YOURSELF TO
BE HONEST, *intentional*, and open TO NEW
EXPERIENCES WHERE YOU CAN FIND THE THINGS
THAT YOU TRULY LOVE ABOUT YOURSELF.



Change happens by listening to your loved ones, accepting that we aren't perfect and we are flawed. Don't get hung up on the way things were.

Change is hard.
Remember that you are loved no matter what.

Take time to feel, notice and know it is possible.
Change is part of life.
Learn to love yourself and others along the way!

Have the courage to say yes to what is in your heart.
Change will feel hard, and listening to your heart will guide the way.



change happens WHEN WE SURVIVE AND EXIST THROUGH DIFFERENT TYPES OF SITUATIONS.

Slowly, painstakingly, jarringly,
surprisingly, crucially, strangely,
terribly, remarkably, awfully,
curiously, but always eventually.

I get scared for a bit - but then
I think of all the good that
could happen in the unknown
when you change, you know?





*CHANGE IS CHALLENGING. IT HAPPENS
IN CYCLES AND PERIODS OF SELF
DISCOVERY, THEN LIVING. TEST IT
OUT, TRY IT ON, AND **be yourself.***

I change when I have no other choice and wish I didn't have to, but going through it teaches me so much about myself and life.

Begrudgingly, fearfully, hopelessly, passionately - change challenges me often, and it's never easy when it happens!



ENDURING CHALLENGE



Tears, accountability, call outs, help, and reassurance that change is good. Then more tears, friends, ice cream, and deep breaths.

Give yourself the grace and strength to fail and keep going. Change is full of challenges and triumphs.





- Dream
- Breathe
- Vulnerability
- Honesty
- Let go
- Therapy
- Acceptance
- Grief

- By being
- By feeling
- By loving
- By accepting
- By moving
- By innovating
- By listening
- By speaking

- Have compassion
- Prioritize yourself
- Set boundaries
- Trust yourself
- Be open-minded

- **BE PATIENT WITH YOURSELF**
- **ALLOW YOURSELF GRACE TO FAIL**
- **LOVE YOURSELF THROUGH THE CHALLENGE, NO MATTER WHAT**
- **CREATE BOUNDARIES**
- *value yourself*

Change is the only constant.

I change one cell at a time.

I change by vision boarding
with my lovely wife

Replace fear with excitement;
replace risk with opportunity

*I CHANGE BY LOOKING
BACK AND reflecting.*

Dive in, look inward, then grow.

Choose courage over comfort.

Change happens in the instance
you are becoming different.

We change through letting
in both pain and joy.

It only happens when you step
into and go with it.

Sometimes full of love and
sometimes full of fear.

LITTLE REMINDERS





EXPLORING STORIES, ∴
illuminating wisdom.
∴ CONNECTING people.

Thank you so much for being interested in our work. We sincerely hope that you stay connected to Campfire.



ATTEND OUR CAMPFIRES

We'd love for you to attend an upcoming Campfire in person. Stay connected to us through [joining our email list](#), [following us on Instagram](#), or [finding us on Facebook](#).



TAKE A CLASS

Our facilitators can support you in discovering the power of storytelling to communicate with authenticity, confidence, and connection in any setting. Visit cmpfr.com/classes/ for more information.



SERVICES FOR ORGANIZATIONS

Know an organization where storytelling could help? Want to build your company's capacity to leverage storytelling for good? We can lend a hand with trainings, workshops, and custom programs. Email us at hello@cmpfr.com or visit cmpfr.com/services for more info.

“ What people are *saying* ”

*YOU HAVE CREATED SUCH A UNIQUELY
SACRED PLATFORM FOR ORDINARY
BUT OH SO IMPORTANT STORIES TO
BE TOLD AND COMMUNITY TO GATHER.*

- *campfire* event attendee

