

How to Host a Local Colorado ManREACH Potluck

Enjoy the benefits of a heart-centered community throughout the year!

WHY host a local Colorado ManREACH potluck?

ManREACH's large, multi-day gatherings are great, but take place only a few times each summer. Local potlucks keep ManREACH's heart-centered connections alive and growing where you live all year long.

WHO can host a local Colorado ManREACH potluck?

If you've attended a ManREACH gathering and experienced a Heart Circle, you can host and help organize a local, no-cost/low-cost potluck for LGBTQ men in your area. This guide tells you all you need to know!

WHAT happens at a local Colorado ManREACH potluck?

There are two types of potlucks you can host, and Colorado ManREACH can help! Choose the one that works best for you:

- **Potluck** - Participants gather at a private location provided by the host, bring food to share and enjoy a Heart Circle with others. Approximate time: 3-4 hours.
- **Potluck Plus** - Participants gather at a private location provided by the host, enjoy a Heart Circle, a potluck and participate in an additional activity, such as a walk or hike, an arts and crafts project, going to a museum or movie, playing games or having a group discussion, etc. Approximate time: 6-8 hours.

GENERAL GUIDELINES:

- Open to LGBTQ men
- Free admission
- Recreational drug and alcohol-free
- Inclusive, accepting and supportive with an emphasis on building heart-centered community

PROMOTING YOUR POTLUCK: Colorado ManREACH will help you by:

- Creating and sending promotional emails to the men on its email list
- Posting information on its website and Facebook page
- Assisting with planning and ideas for activities

HOW do I plan my potluck?

You just need to work out a few basic things:

- **Location** - Where will it be held?
- **Capacity** - What is the maximum number of people your location can accommodate?
- **Date/Time** - When do you plan to have it?
- **Type of Potluck** - Potluck or Potluck Plus (see above)?
- **Schedule** - What will happen at your potluck and when?
- **What Everyone Should Bring** - Food for potluck? Money for a movie? Supplies for an activity?
- **RSVPs** - As the host, you will be responsible for coordinating RSVPs.

To make sure Colorado ManREACH has the information it needs to help with your local potluck, please complete the survey [here](#). For more information, [contact us](#)!



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