

Hello Mindful Editors,

In March of 2023, I started hosting a monthly Supper Club. Having lived in Atlanta for 2 years, feeling the isolation of newness to an area and age (in my 50's, connection remained as complicated as it always is), I reached out to our friends, who reached out to their friends. A group of around 10 gathered that first evening. Since that night, once a month for the last two years we have gathered at different restaurants across the city. This article will explore the experience of hosting Supper Club. It will review the literature focused on the value of connection. It will draw upon case studies of connection to illuminate what we gain when we connect. It will distill the lessons I have learned hosting this monthly gathering.

This article fits *Mindful* because it will provide — 1. insight into how to live a mindful and connected life, 2. information about specific benefits of connection in our lives and communities, and 3. inspiration to reach out and connect with others.

I am a writer, researcher, and storyteller. I have been published in the *Washingtonian*, *City Lifestyle*, *Grateful Living*, *Teaching Exceptional Children*, and *Elephant Journal*. I have written about the arts and sciences for leading organizations such as the John F. Kennedy Center for the Performing Arts, the United States Department of Education, the University of Cincinnati, Ohio University, several state Departments of Education, NASA, and Blue Man Group. I received my Ph.D. from the University of Texas at Austin. Read more about my work in The Wide-Awakeness Project — <https://katiesteadlycurling.substack.com> and via the Selected Publications link on my website — <https://www.katiesteadly.com/writing/>.

Sincerely,  
Katie Steedly Curling