

LIMITED TIME - New Merch!!



Want to represent Progress, show your Pride, and send a couple bucks to a great local cause? Do all at once by ordering one of these awesome shirts that our neighbors at Mojo on Broadway (MoB Apparel) are making!

These can be ordered in regular scoop neck or v-neck and come in grey or blue.

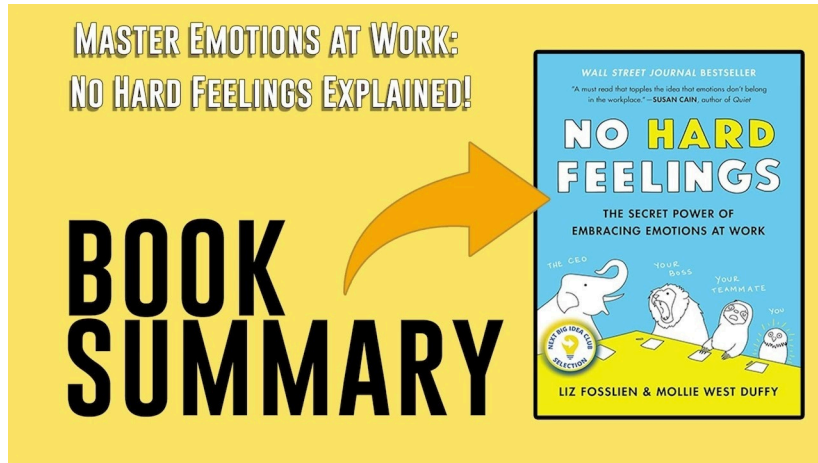
The link to order these will ONLY be available until end of day on Monday, June 9th, so get your orders in quickly!

<https://progressgrovecity25.itemorder.com/shop/category/601654/>

Visit Our Website

Become a Member

Donate to the Cause



No Hard Feelings: The Secret Power of Embracing Emotions at Work
By: Liz Fosslien and Mollie West Duffy

In a time when political discourse often feels like a battlefield, *No Hard Feelings* offers a refreshing and deeply relevant message: emotions aren't a weakness; they're a strength. While the book is framed around workplace dynamics, its lessons are profoundly applicable to the political sphere, especially for those of us navigating conversations with low information or far right-leaning individuals.

The authors argue that emotional suppression leads to burnout, miscommunication, and disconnection. They advocate for emotional awareness, boundary-setting, and empathy as tools for more effective collaboration and leadership. For progressives, this is more than a workplace strategy, it's a political one.

Engaging with those who hold differing views can be exhausting, even infuriating. But *No Hard Feelings* reminds us that we don't have to sacrifice our emotional wellbeing or values to stay in the conversation. We can acknowledge our frustration, set limits, and still approach others with curiosity and compassion—not to excuse harmful beliefs, but to understand the emotional undercurrents that drive them.

This approach doesn't mean tolerating bigotry or misinformation. It means recognizing that change often begins not with facts, but with feelings. As the authors note, "You can't logic someone out of a belief they didn't logic themselves into." But you can build trust, model empathy, and create the emotional conditions for transformation.

In today's divided America, *No Hard Feelings* is more than a workplace guide—it's a roadmap for building the kind of emotionally intelligent, inclusive society we're all striving for.

Thank you to Toni Weber for the submission!

Community Spotlight - SWCSD



Whether you are a parent or not, what happens in our school district affects us all. Please take a moment to read a powerful statement by one of our City Council members, Anthony Wilson:

The Southwestern City School Board's decision to join the National School Boards Leadership Council (NSBLC) is troubling—not because professional development is a bad thing, but because this particular group brings divisiveness into a space that should be unified around student success. I have lived in the school district for 31 years.

The NSBLC is a politically motivated organization that often promotes ideological agendas over collaboration and community values. By aligning with such a group, the school board risks:

Polarizing the community: Instead of fostering unity around our shared goal—educating and supporting every student—this move divides parents, educators, and community members along partisan lines.

Distracting from core priorities: Time and energy that should go toward improving academics, addressing mental health, and preparing students for real-world success is now at risk of being consumed by culture wars and political posturing.

Undermining trust: When a school board chooses affiliation with a national group known for controversial stances, it can erode trust with families who want neutrality and fairness—not politics—in their schools.

Our students deserve better than being caught in the middle of adult agendas. Leadership should reflect the values of our entire community, not just the loudest ideological voices. This decision sets a tone that prioritizes division over inclusion—and our kids pay the price.

To read more on these current issues, here are some recent articles, including one which quoted from the above statement, and make sure to be following GROW and staying informed.


[NBC 4](#)

[The Dispatch](#)

[ABC6](#)

Five Minute Activism

Grove City's Pride group will be hosting another fantastic Pridefest, make sure to stop by and support the community and the vendors and organizations that support it! It is sure to be a day of fun and meeting new friends. We hope to see you all there!





Next Up...



Register [here](#) for the location, stay tuned for more information, and as always, bring a friend!

Join Our Partners In Action



If you're eager to make a significant impact in your community, consider taking action now. It's time to address the issues that matter to you and express your concerns about leadership. Our friends with Indivisible Central Ohio are planning in person visit's to Senator Moreno's office. Please consider joining them to share your thoughts and help drive meaningful change! You can find the sign up sheet at [this link](#).

Thanks everyone!!

Monthly Meeting Recap - May

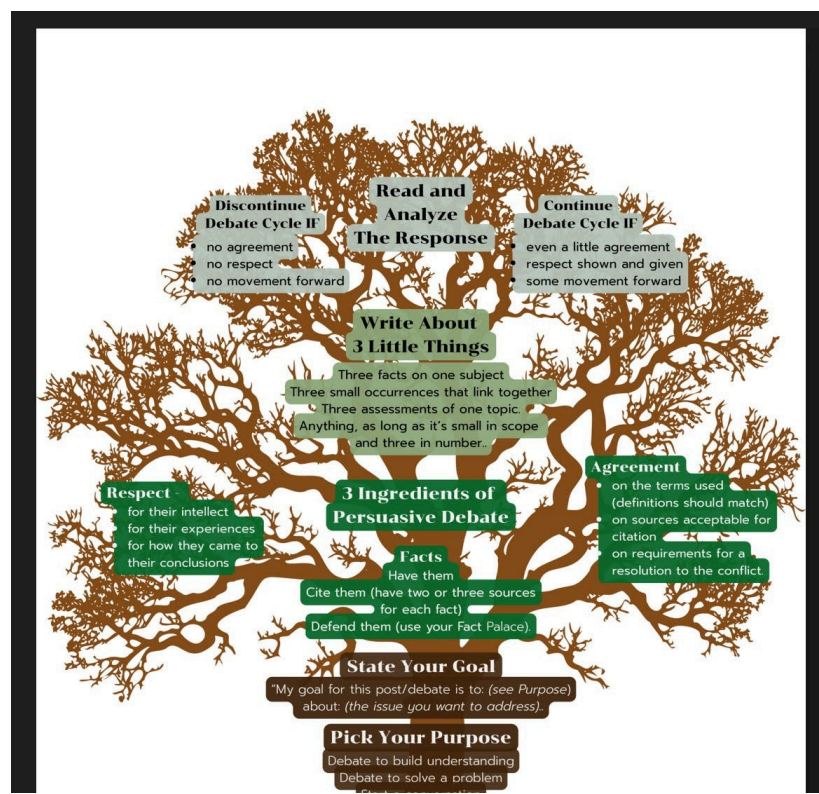
At our recent monthly meetup, we came together to learn about how to effectively engage with others that may not share our views on important topics. Katie O'Keefe put together an outstanding presentation for us and generously summarized it for us here:

The Persuasive Debate for Everyone (PDE) workshop is designed to equip attendees to identify their purpose and goal in engaging in debate. By knowing how to engage your audience one-on-one or in a large group, and to analyze responses for focus and tone, PDE sets the stage for more productive debate. PDE uses facilitated examples and one-on-one role-play that builds on the bedrock of Respect, Facts, and Agreement. It readies attendees for in-person and online debates that can make people stop and think. And maybe even change their mind.

Starting at the base of the tree, we work our way up to the crown and small steps that take audience and topic into consideration. The biggest piece of the system is Agreement. Philosopher Alasdair MacIntyre held that the reason that our political debate is so fractured is that we don't agree on ultimate goals. Other philosophers, such as Umberto Eco and Albert Camus held that our language is similarly fractured. So to have a productive conversation, there must be agreement on the definitions of terms, sources, and goals for the argument in order to successfully engage.

Upon reaching the top of the tree, we have a decision to re-engage or to disengage depending on how much progress we've made. This is a failsafe that allows us to take stock of how we're doing emotionally and to step back if we need to. Nothing is a failure here: we're just planting seeds.

View the tree and steps [here](#).





ProgressGroveCity.com



If you would like to unsubscribe, please [click here](#).

