

# Community Alliance Meeting

## Climate Change (part 1): Touching Our Grief Together

### May 27th 2019, Lions Hall 7pm

*The Community Alliance is honoured to invite you to connect with others around the shared experience of living here. We aim to hold space to hear each other's values, where they meld, and to share and listen to our best ideas to support our community as it grows and transitions.*

Many of us have realized that the amount, scope, and intensity of the media around **Climate Change** can easily drive us to states of anxiety, hopelessness, denial, and distraction. To truly meet the challenges facing us, we believe we must first come into awareness and acceptance of what and how we are feeling. By looking directly at our numbness, avoidance, grief and overwhelm, we hope to help ourselves and others break free of our paralysis and move towards collective action. We are purposefully allowing this meeting to focus on our emotional experiences without having to rush to fix it.

We invite you to explore some of the links below in preparation for the May 27<sup>th</sup> gathering, to connect with others about this weighty topic in a way that supports grieving, healing, and feeling connected and empowered for action together.

**Our Climate Change (part 2) meeting on June 24th** will focus on what positive **Climate Change Actions** are already happening on SSI and how we can work together to be even more effective.

#### **Questions to ponder that we may directly or indirectly address at the meeting:**

- How are you feeling? Grief, fear, anger, powerless, numb, confused, ...
- What do you notice about your responses regarding the climate emergency and how is it impacting you?
- What do you most treasure in the world that inspires you to take action?
- How do you see the current world situation?
- What does that mean for your life and the lives of those you care about?
- What role do you want to play?
- How can you build the support you think you need?
- How bold and courageous can you imagine being?

#### **\*\* Preparation Resources – Please review advance of the meeting:**

- 1. Why we all need to stop worrying about climate change (and what to do instead) - by Max St. John**

<http://bit.ly/2LrKeyS>

*St. John says - "Conscious consumerism" and 'green new deals' will never offer the solutions we need if they are built on the fundamental idea of citizen as consumer, working to earn, earning to spend, spending to consume, etc. I think the fundamental answer lies instead in rebuilding our lives around connection. And this has to start with coming down from our persistent, stressed state. If we are facing complex, systemic challenges we need to be able to bring our full capacity and creativity. We need to be able to see and hold*

multiple perspectives, cross divides and have healthy conflict. None of this is possible if we continue to stoke the fires of stress and anxiety in ourselves and each other. My invitation is to recognize that any time you're looking for quick solutions, or people to blame, that you've lost your way. To see that looking after your mental health, staying calm, being open-hearted is the most subversive act of our time."

## 2. Charles Eisenstein: Video Message to Greta Thunberg

<http://bit.ly/2Yd5udl>

*Eisenstein says – "Trust in serving life' is what we need on a mass level. Caution against being diverted by powerful forces to dilute the message and reduce the impact of the necessary shift. Rebellion is bigger than switching fuel sources. Where is the addiction to fossil fuels coming from? What is the source, what is the crisis underneath? Hold the impulse to serve life amongst all the bribes and distractions."*

## 3. Rob Hopkins on Climate Hope: Podcast episode

<http://bit.ly/2Hcbhcf>

*"If you have read the climate science and are not a pessimist then you haven't read it properly, if you've spent any time among the people in all the movements around the world who are trying to do something about it and you are not an optimist then you don't have a heart."* (Paul Hawkins). **Covered in this podcast are:** Climate change, Totnes Transition Town, Shopping for food locally, Environmental optimism, Smart phone addiction, Positives from flying less, Damages from climate increasing by 1°C.

## 4. Good Grief Network 10-Step Program

<https://www.goodgriefgroup.org/good-grief-network-10-step-program/>

1. Accept the problem and it's severity
2. Acknowledge that you are part of the problem and part of the solution
3. Practice sitting with uncertainty
4. Confront your own mortality and the mortality of all
5. Do inner work
6. Develop awareness of brain patterns and perception
7. Practice gratitude, seek beauty and create connections
8. Take breaks and rest as needed
9. Show up
10. Reinvest yourself into meaningful efforts

5. **Extinction Rebellion (XR)** is a socio-political movement which uses nonviolent resistance to protest against climate breakdown, biodiversity loss, and the risk of human extinction and ecological collapse. XR starts from the reality that we facing an unprecedented global emergency, the planet is in crisis and we are in the midst of a mass extinction bigger and faster than the one that killed the dinosaurs. This demands us all to show up and act in new ways.

<https://rebellion.earth/the-truth/the-emergency/>