

ACTIVE HOPE

AN INTRODUCTION TO THE WORK THAT RECONNECTS

We live in an extraordinary moment on Earth. As we witness unprecedented destruction of ecological, biological, and social systems, we can feel overwhelmed by anger, fear and other difficult emotions. How can we remain resilient, creative, and empowered to act for the healing of our irreplaceable world?

The *Work That Reconnects*, developed by teacher/activist Joanna Macy and others, draws on deep ecology, systems theory, and engaged Buddhism. Practices include group meditations, ritual, conversation in pairs, dance, and song. We will explore spiritual, emotional and intellectual aspects of envisioning and creating a life-sustaining society.



This workshop is facilitated by members of the Boston-area Community of Practice.

WHAT to expect from the workshop?

- practices in love and gratitude
- acknowledgement of our pain for the world
- sources of hope and insight
- commitment to change, healing and action
- tools to take into your life

WHEN: Saturday March 23, 2019; 10:00 a.m.-4:30 p.m.—doors open at 9:30

WHERE: First Unitarian Universalist Society, 25 S. Main St., Middleboro MA

SUGGESTED DONATION: \$5-\$20. Please bring your own lunch

TO REGISTER AND FOR WORKSHOP INFORMATION: e-mail hecatehealingarts@comcast.net Register early—space is limited.

FOR MORE INFORMATION ON WORK THAT RECONNECTS:

- www.workthatreconnects.org
- www.interhelpnetwork.org