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## Interhelp Newsletter, Spring 2011

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Dear Interhelpers and Friends,

Below you will find a preview of this year's Gathering; remembrance of Don Booth, a long-time Interhelper; news of past and upcoming events; and a link to a provocative new interview with Joanna Macy. Submissions to this newsletter are welcome; the next edition will come out in September.

Email addresses in this newsletter are "disguised" in order to elude those pesky spammers.

I wish for each of you joy, courage, and community, all in good measure.

Paula Hendrick  
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### **Holding On, Letting Go Living Our Intentions in an Age of Loss**

Come explore this theme at our **2011 Annual Gathering**. We'll meet at Woolman Hill in Deerfield, MA, October 28 - 30. Last year's topic Living with Uncertainty inspired a deep collective journey, and we expect this year's theme to do the same. Many 2010 newcomers appreciated the openhearted welcoming spirit of Gathering. If you haven't come to a Gathering before, perhaps this is your year!

Please go to [www.interhelpnetwork.org](http://www.interhelpnetwork.org) for all the details.

Karen Zeiders will once again offer a **children's program**, but she'll need to hear from you early if you think you may be interested. Please contact her soon at (karenzeiders AT gmail.com).

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**It Looks Bleak. Big Deal, It Looks Bleak.** This is the title of a new interview with Joanna Macy in Ecological Buddhism: A Buddhist Response to Global Warming. See this and much more at <http://www.ecobuddhism.org/wisdom/interviews/jmacy/>

Also recommended: [www.beyondnuclear.org](http://www.beyondnuclear.org).

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We welcome new Interhelp Council member Abigail Tischler, and bid a regretful but appreciative farewell to Judy Waldman, who is stepping down.

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Upcoming Workshops include Connecting Hearts and Minds in Uncertain Times on May 21 in Saugerties, NY with Joyce Reeves and Diane Reiner. Contact Joyce at 2rejoyce AT earthlink.net or at 845-679-5369 before 5/17.

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Joyce and Diane also led an all day workshop for 19 receptive and enthusiastic students in a Sustainability class at UMass, Amherst in March.

Reconnecting Day brought together 13 folks who had participated in a Gathering or workshop in the past. Hosted by Aravinda Ananda and Joseph Rotella in Watertown, MA, we journeyed the Spiral, with several participants helping facilitate. The response seemed unanimous that it felt very good to be together and to cocreate the day. Aravinda will keep this list posted about future get-togethers. Contact her at [aravinda.ananda AT gmail.com](mailto:aravinda.ananda@gmail.com)

Ongoing support group contacts include Nicholas (Sunny) Rehler in State College, PA ([livingpotentials AT hotmail.com](mailto:livingpotentials@hotmail.com)) and Shanti Gaia in western Mass ([shantiomgaia AT gmail.com](mailto:shantiomgaia@gmail.com))

Joanna Macy will once again be at the Rowe Camp and Conference Center in late September ([www.rowecenter.org/](http://www.rowecenter.org/))

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Don Booth, a loved and respected Interhelper, died several months ago. Michael Rice reports that his memorial in Concord, NH in February included a good mix of prepared recollections, song, and spontaneous recollections arising from Quaker silence. Following a buffet lunch, more than 50 people proceeded to the State Capitol where they stood with some of the many signs that Don had stood with (finally, sat in wheelchair with) during his daily noon vigils there, many of them solitary.

A treasured recollection of Don from an Interhelp Gathering: There were many talks and hugs, but the one that stands out is the time we were playing the game "Mrs. Mumbly." When it was Don's turn, he removed his dentures and did it, and it was truly hilarious! ... I will remember Don with great fondness, and appreciation for how he lived his life with integrity and commitment to the principles he embraced. What a dear man we have lost.

For more about Don's life, see <http://donbooth.wordpress.com/>

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