

Interhelp Newsletter, Spring 2013

Dear Interhelpers and Friends,

JUICE FOR THE JOURNEY - that's the theme for **INTERHELP GATHERING 2013**. Please join us on November 8-10, 2013 at Woolman Hill in Deerfield, MA. We gather for supper on Friday, and finish up with Sunday lunch; find the flyer and registration form at www.interhelpnetwork.org (feel free to share widely).

At Gathering we'll support each other in exploring the spectrum of our energies, from fears that hold us back, to passions that propel us forward. In sharing our struggles and triumphs, we will create a web among ourselves that strengthens our grounding in living systems and our participation in the Great Turning.

I hope to see you there.

Paula Hendrick
[interhelpeditor\[at\]gmail.com](mailto:interhelpeditor[at]gmail.com)

EVENTS, NEWS and LINKS

Coming right up on Saturday, June 1 is **SPEAKING THE TRUTH IN CHALLENGING TIMES**, with Louise Dunlap, author of *Undoing the Silence: Six Tools for Social Change Writing*, and Joseph Rotella and Aravinda Ananda.

“We will link The Work That Reconnects with Louise Dunlap's tools for Undoing the Silence (www.undoingsilence.org). We will share the profound ritual space of the Truth Mandala and then work with practical strategies for public writing—so that our truths and our passion can have an impact outside our circle.”

In Watertown, MA; by donation; contact [aravinda.ananda\[at\]gmail.com](mailto:aravinda.ananda[at]gmail.com). If you can't participate, do look at Louise's website: great stuff!

This description by **Jim Tull and Karina Lutz** of their upcoming **WORK THAT RECONNECTS** workshop caught my eye. What an apt summary of the times we live in:

“Our world is in the midst of a monumental cultural shift that is as deeply profound as any humanity has ever experienced. It means for us all the death of one way of living and the birth of another. Cultural forces and the action of systems are driving the implosion and also the transition. This workshop will help us orient to and skillfully respond to those forces.”

Sunday, July 14 is the date, and **Exeter, Rhode Island** is the place. For more go to yogaforpeace.massageplanet.com, click on "schedule."

GREAT TURNING GATHERING, July 26-28 at Starseed Healing Sanctuary in **Savoy, MA:**

“Join us for a summertime Great Turning Gathering - an opportunity for all of us engaged in the work of the Great Turning to come together and share stories about and music for the Great Turning. We will spend time on the beautiful Starseed land, enjoy each other's company and share a few practices in the Work That Reconnects. Plenty of space is available for tenting and there are a few beds available in the retreat house.”
aravinda.ananda[at]gmail.com

Many of you know **JUDITH WALDMAN** from Gatherings over the years. **Stand, Flow, Shine: Caring for the Woman Within** is a new book by [Judith](#) and [Marilyn F. Clark](#). I love the simple instructional movement videos on their website <http://www.standflowshine.com> and I encourage you to check out their good work.

It always helps to hear Shambala Warrior stories. **THE PROPHETS OF OAK RIDGE**, exceptionally well told and illustrated, is about the three activists arrested for trespassing at the Oak Ridge plutonium facility:

<http://www.washingtonpost.com/sf/style/2013/04/29/the-prophets-of-oak-ridge/>

OR

<https://ssl.washingtonpost.com/actmgmt/help/washington-post-e-books>

At Gathering 2012, a meal table topic was **DOING THE WORK THAT RECONNECTS WITH YOUNGER PEOPLE**. Here are a few of the notes taken by John MacDougall:

“An observation was made that many young people who grew up in recent decades and know about the women's movement and similar movements, are comfortable with sharing feelings as we do in The Work That Reconnects.....Diversity clubs in high schools are one place where young people speak out with honesty about feelings....Pachamama Alliance, in addition to the Awakening the Dreamer symposia, has a program for young people called Generation Waking Up.....Earth Charter Youth Network is global in scope and may be a good resource.....some internships can be used for introducing WTR....”

Contact John for more information: [John_Macdougall AT uml.edu](mailto:John_Macdougall_AT_uml.edu)