

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

### WHAT to expect from the workshop?

- practices in love and gratitude
- acknowledging and honoring our pain for the world
- sources of hope and insight
- tools for resilience and action to take into your life

**WHEN:** Saturday September 28, 2019; 9:00 a.m.-4:00 p.m.

**FOOD:** Please bring your own lunch. Snacks and beverages provided.

**WHERE:** First Parish Unitarian Universalist, 3 Church St., Cambridge (Harvard Sq.)

**WORKSHOP FEE AND REGISTRATION:** \$20/\$10 student/low-income. Please register by September 21 through Brown Paper Tickets

<https://www.brownpapertickets.com/event/4291165> Please contact Rosalie Anders (contact information below) for instructions if you would prefer to send a check. Some walk-in spaces may be available: contact Rosalie if you did not pre-register by the deadline.

**FOR MORE INFORMATION ON THE WORKSHOP:** contact [Rosalie.h.anders@gmail.com](mailto:Rosalie.h.anders@gmail.com)  
617-868-6058

### FOR MORE INFORMATION ON WORK THAT RECONNECTS:

- [www.workthatreconnects.org](http://www.workthatreconnects.org)
- [www.interhelpnetwork.org](http://www.interhelpnetwork.org)



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