

## Jan 27 Kits Town Hall Support Group Second Meeting Agenda

### Opening:

at 7, Tom spontaneously sings “small group of people” and is joined in turn by others until everyone in the room is singing. The group sings together 5 to 10 times

### Tom:

- a) Welcome to the second meeting.
- b) Land Acknowledgment
- c) Remembering
- d) Refreshments
- e) Review Agenda
- f) 5 part model: Introduction and announcements; Topic focus; Circles; group meditation/activity; and closing (Courage song). Tonight topic Courage and Bravery the antidote to anxiety and depression
- g) Consent, paperwork
- h) Session five and next steps: Starberry network growth. maybe enough interest to assist others to establish special groups Seniors, Xr regenerative etc. This group could be entry point for more specialized support. A sampler.
  
- i) Review existence of “learnings” of last session
- j) Regenerative Culture Workbook: <https://ausrebellion.earth/docs/Regen101.pdf> Personal learning, XR Workbook, eco-anxiety, eco-grief, global dread, terrafurie and a touch of solastalgia.
- k) Materials on web <https://www.gteccanada.ca/>
- l) SPEC Elders announcement
- m) Group action? Pressure on local MP for a “What is the plan” Town Hall.

### Content

Topic 1. (7:10 to 7:35) Courage and Bravery: the antidote to anxiety and depression.

Topic 2. (8:05 to 8:35) Honoring Pain

Goal: to inspire personal empowerment and the courage to act.

### A story for Izzy

Izzy is a 13 year old girl who lives in Australia. In late December 2019, she was a participant in a peaceful “camp out” in a cul de sac in front of the Prime Minister’s house. The PM is on vacation in Hawaii and Australia is on fire. The police have been called in to start clearing the site and start arresting people. Before arrest the police are obligated to read a statement to each arrestee and then to ask them to either leave or be arrested. The first clip is Izzy being asked what she will do. The second one is her subsequent feelings about the event.

Izzy police statement: <https://www.facebook.com/xrsydney/videos/1426423247519937/>

Izzy Feelings: <https://www.facebook.com/xrsydney/videos/604290590138436/>

Heroes: a fairy tale for all ages is a story about courage, bravery and heroism.

**2. Circles** (7:35 to 8:05)

**3. Mindfulness exercise** (Taylor – 8:05 to 8:35): Honoring pain (Macy)

“Breathing through” (a guided meditation led by Maggie)

“I don’t care” (a group exercise introduced by Taylor)

A speech from Chief Seattle (read by Taylor, time permitting)

**4. Closing circle** (Tom – 8:35 to 8:50) Courage Chant and one word feeling summary

**5. Chairs and clean-up**

**Quote from the Literature on being vulnerable.**

Professor Spicer: as quoted in

“This message of vulnerability has some important strengths: It triggers loss-aversion, a strong cognitive bias which tends to drive people to engage in more risky behaviour. It makes an abstract issue into a real issue through fore-fronting everyday issues like feeding a family. It brings the threats posed by climate change into the immediate time frame (5 to 10 years) which means they cannot be easily discounted away by people.”

also raises some caveats to the above:

“When people are made to feel vulnerable it can connect with powerful emotions associated with other times in their life they have felt vulnerable (such as childhood or traumatic situations). Although this can stir up strong emotions which prompt action, it can easily back-fire through prompt denial, reject or even anger. Experiences of vulnerability are used as a first step to get people to accept a new group or set of values.”

Here you can download the Story and Vision for Extinction Rebellion for 2020 -

[https://drive.google.com/file/d/1J7\\_AxGx-me1VKiu63Y61ouLziHclDyOh/view?fbclid=IwAR3CsLyallS3VXLkDw21SQO39mO1bw9APVkh3uYBZecyYRPUhOZI0iX-vK4](https://drive.google.com/file/d/1J7_AxGx-me1VKiu63Y61ouLziHclDyOh/view?fbclid=IwAR3CsLyallS3VXLkDw21SQO39mO1bw9APVkh3uYBZecyYRPUhOZI0iX-vK4)