

XR MILTON KEYNES - NEWSLETTER - SEPTEMBER 2023

Email:

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**extinction
rebellion**

Website:

rebellionmk.earth

END FOSSIL FUELS MARCH - SATURDAY SEPTEMBER 16TH IN LONDON

XR South East Meeting point to be confirmed.

This is a family friendly coalition of movements coming together to demand an end to all new oil and gas. Our XR South East region will be taking the Cut the Ties Campaign to the march and providing a creative action along the route. Want to get involved with some creative fun or banner holding? Do let us know.

INSPIRATIONAL PODCASTS BY MO GAWDAT

After a 30 year career in tech and serving as Chief Business Officer at Google [X], Google's 'moonshot factory' of innovation, Mo has made happiness his primary topic of research, diving deeply into literature and conversing on the topic with some of the wisest people in the world. In 2014, motivated by the tragic loss of his son, Ali, Mo began pouring his findings into his international bestselling book, *Solve for Happy: Engineer Your Path to Joy*. His mission to help one billion people become happier, #OneBillionHappy, is his moonshot attempt to honor Ali by spreading the message that happiness can be learned and shared to one billion people. In 2020, Mo launched his chart-topping podcast, *Slo Mo: A Podcast with Mo Gawdat*, a weekly series of extraordinary interviews that explores the profound questions and obstacles we all face in the pursuit of purpose and happiness in our lives.

Clover Hogan - How to Deal with Eco-Anxiety and Fight to Save Our Planet

<https://podcasts.apple.com/gb/podcast/slo-mo-a-podcast-with-mo-gawdat/id1508914142?i=1000585990873>

Stephen Jenkinson - How To Find Peace By Asking The Right Questions

<https://podcasts.apple.com/gb/podcast/slo-mo-a-podcast-with-mo-gawdat/id1508914142?i=1000617387482>

Deepak Chopra - How Self-Awareness Connects Humanity

<https://podcasts.apple.com/gb/podcast/slo-mo-a-podcast-with-mo-gawdat/id1508914142?i=1000616428882>

COMMUNITY ACTION MK - CLIMATE CHANGE INFO

For a whole host of local information and resources <https://communityactionmk.org/climate-change/>

CLIMATE CAFE - SATURDAY 25TH NOVEMBER - GREEN FAIR, NETWORKING AND SPEAKER

Dreamin' of a green Christmas? **Green Fair**

Saturday 25th Nov 2-4:30pm doors 1:45pm **FREE ENTRANCE**

The Old Bathhouse, 205 Stratford Rd, Wolverton MK12 5RL

Green stalls - eco friendly gifts for sale - networking and refreshment

Speaker: *Sandra Hayes (energy consultant)*



NEXT XRMK MONTHLY MEETING

Monday September 25th 7:30-8:30pm - please email us for details.

NEXT XR OUTREACH

Saturday September 23rd 10:30-12noon in Bletchley - please email for details and a lift if you need one.

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STRUGGLING WITH THE CLIMATE CRISIS? ACTIVE HOPE BOOK STUDY GROUP

Where: On Zoom

When: Alternate Tuesdays 7pm – 8.30pm UK time

Dates: 17th October, 31st October, 14th November, 28th November, 12th December, 9th January, 23rd January (7 sessions in total). Facilitated by Patricia Downing

(I have co-facilitated and participated in previous studies of this book, I am also a climate aware counsellor/psychotherapist and mindfulness practitioner).

This will be a discussion group based on the book by **Joanna Macy:**

"Active Hope: How to Face the Mess we're in with Unexpected Resilience and Power."

In this time of heightening awareness of the climate crisis we can feel hopeless, despairing, angry...amongst other emotions. This is a space to explore how to connect with hope, even in the current challenges.

In this book, Joanna gives us tools to cope with the interweaving crises we face: ecological, social, political.

Although there are some things we cannot change - we can change how we respond to things.

Although we may despair at times, despair need not cripple or paralyse us.

We can learn how to be more resilient.

We find in community the strength to acknowledge difficult future scenarios.

As Joanna says, "We may not know the future, but we do know we are alive now, so there is no excuse not to do everything we can to save the Earth."

The questions here are: How can we be more alive?

How can we serve ourselves, other people and Earth?

An opportunity to express our grief and our gratitude.

The book study group will be a shared space, where respect for each other and compassion for what arises will be core. Active listening is at the heart of it, and we will be using open ended questions, mirroring exercises, poems and visualisations. Depending on numbers, some practices will be undertaken in pairs or small groups. We will begin and end each meeting with a short grounding.

Each meeting will be between an hour and 1.5 hours long. Maximum group size of 15 people. It is recommended you have a copy of the Active Hope book, as it is the ground for the facilitation of these meetings.

If you wish to join this book study group, please email patricia@goleencottage.com. You will be sent a zoom link for the meeting before the first meeting on 17th October, but feel free to email any questions you may have about the book study group, not answered above. Warm wishes, Patricia