

*John Seed and Transition Parramatta present*  
**Climate Change Despair and Empowerment workshop**

**Saturday the 4<sup>th</sup> of August**

**@ Lake Parramatta**

In the face of the challenges of the climate situation, The Climate Change, Despair and Empowerment workshop series aims to support climate concerned people to increase personal empowerment, climate action sustainability and Climate Action Groups effectiveness.

The workshop features the Joanna Macy-inspired despair and empowerment process to unlock our creativity, empowerment and well-being.

WHEN: 4<sup>th</sup> August. Saturday 8:30am – 5pm

WHERE: Lake Parramatta 28 Bourke St, North Parramatta

COST: Suggested donation \$100 (or whatever you can afford)

All proceeds to Beyond Zero Emissions, Australian Youth Climate Coalition, T P and 100% Renewables Campaign.

BOOKINGS: **Ling Halbert 0410 688 499**, [ling300ppm@gmail.com](mailto:ling300ppm@gmail.com)

Please bring a cushion to sit on and low footprint vegetarian food to share for lunch. Tea and coffee provided.

WORKSHOP FACILITATOR

John Seed OAM is an environmental activist who has worked with Joanna Macy since 1986 and co-authored with her the book “Thinking Like a Mountain – Towards a Council of All Beings”. He has been facilitating Despair and Empowerment for 25 years and in 2006 helped in the formation of numerous Climate Action Groups in the US, Canada and Australia with a series of Climate Change, Despair and Empowerment workshops.

ABOUT THE WORKSHOP: DESPAIR AND EMPOWERMENT see [www.rainforestinfo.org.au/climate/ccdeSA.pdf](http://www.rainforestinfo.org.au/climate/ccdeSA.pdf)

We in the climate movement know better than anyone the horror of what climate change will mean for humanity. Yet we live in a culture where there is a profound denial of feeling – and this affects our energy and effectiveness to make change happen.

We are conditioned to repress feelings of grief, fear and anger and avoid their expression. We also learn to deaden ourselves and try to avoid feeling

them at all. This repression takes a heavy toll and causes us to burn out, shut down, become shrill and ineffectual or burdened by quiet despair. To sustain our own work and reach out to other people in the community, we need to draw on our feelings for energy, not fight them. In her books “Despair and Personal Power in the Nuclear Age” (1983) and “Coming Back to Life” (1998) Joanna Macy teaches us how to create a safe container of fellowship to invite these banished feelings back into our lives and explore the wisdom, energy and empowerment that this inevitably brings.

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