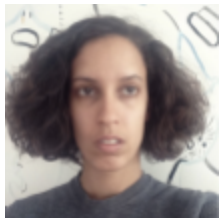


# ART FOR OURSELVES GATHERINGS

## Changing Seasons/Changing Climate



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Make a plan to gather outdoors. If you can, bring some fresh foods to share. The days are getting shorter and in the north, the leaves are beginning to change. Fires rage in the Western U.S. and never before seen storms surround the Caribbean Sea, floods swell in Bangladesh and Sierra Leone, and the Earthquakes in Mexico. Our climate is changing, this threatens us all. Amidst this devastation hate and power fuel further tumult. In the wake of climate chaos the suffering continues and intensifies, with poor black, brown, and indigenous communities bearing the greatest burden. Gather outdoors and step away, for this time, from the 24 hour news cycle. Be together with each other and with the plants and other life we share space with. Whether it is near a forest, a stream, a city park, or a stoop with a potted plant, take this time to ground.

### Opening

- Self introduction
- What brought you to today's gathering?
- What are you hoping will come of today's gathering?

## **Artifact 1**

- Take a walk or a look around. Choose something you see and describe it in drawing, words, dance, music, with no worry of accuracy.

## **Discussion**

- Look at the sky together. Is it clear? Cloudy? Too bright to look? Covered by trees/buildings?
- Take deep breaths. (If someone in your group knows of a breathing practice ask them to share)
- Share memories of nature and (if you can) share food.
- Allow the discussion to meander and change. Enjoy yourself and each other.

## **Reflection**

- How can we collectively cultivate a continued reverence for our surroundings?
- Create a solid memory of how space looks and feels today, reflect on this when the world looks different.

## **Closing / Artifact 2**

- Create a self portrait/emotional landscape.
- Give some love.