

Icebreaker as we are arriving:

Name and where are you joining us from?

- If you're new to 350 Wisconsin, let us know, and how did you hear about us?
- If you've been coming a while, what teams or activities are you involved with?

Use "Chat" if on zoom

Just chat with neighbor if in person

If you find this slide hard to read, you might want to sit closer to the screen



Welcome to our
monthly meeting!





Let's take a moment to take 2 deep breaths together and reflect on our ties to this land we live on.

Incoming cranes at Nine Springs (Dane County), 3/2/23
Photo by Barbara Wertheim Houlihan

Agenda for our Monthly Meeting

- 7:00 Opening chat, land acknowledgement and welcome
- 7:10 **Ecoanxiety, Grief and Solastalgia**
 Dekila Chungyalpa
 Founder and Director,
 Loka Initiative, Center for Healthy Mind,
 University of Wisconsin-Madison
- 7:45 Teams' Action Updates
- 8:00 Optional time for further discussion

Loka लोकः

UNIVERSITY OF WISCONSIN-MADISON

**Cultivating Inner Resilience as
Environmental Action**

Dekila Chungyalpa





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BREPOK WILDERNESS
AREA PROJECT

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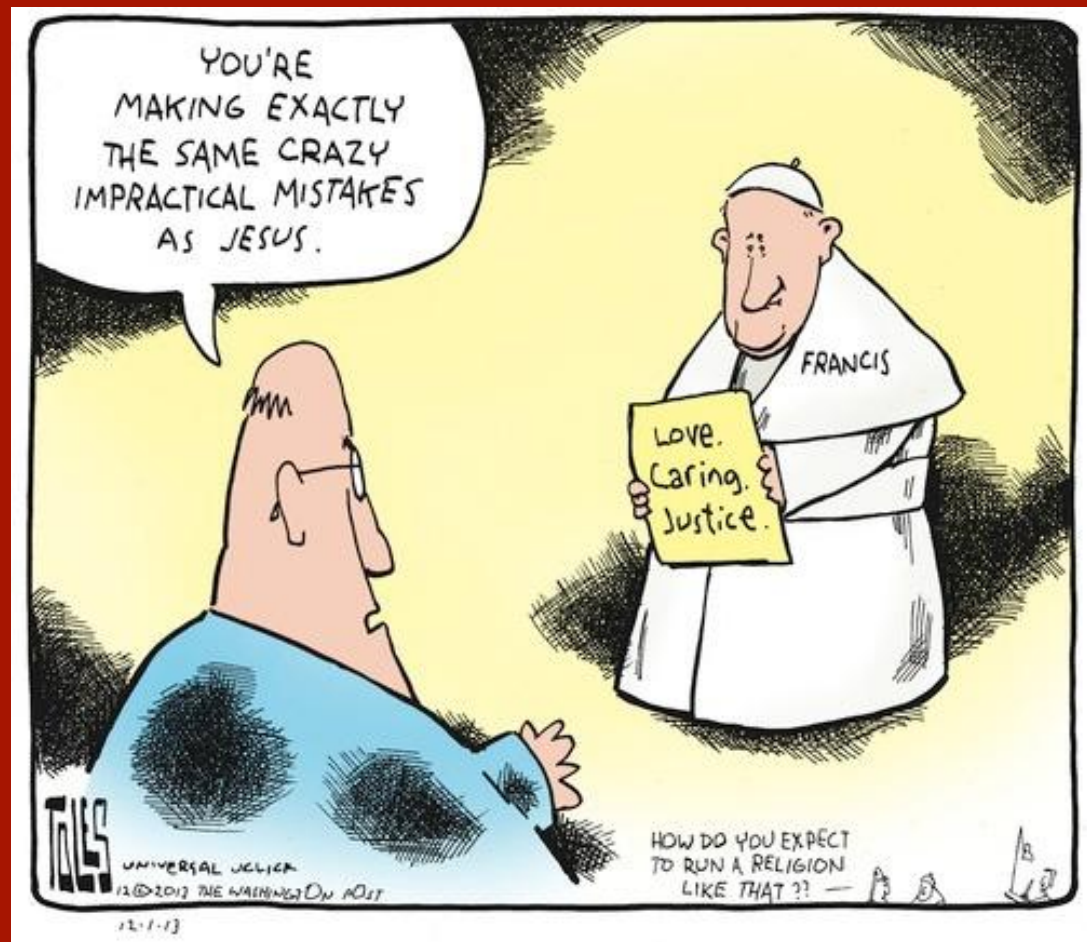


World Belief Systems

- 85% people in the world follow a spiritual faith
- 80% of biodiversity is in Indigenous managed lands today
- Faiths collectively own almost 8% of total habitable land surface
- Faiths set up, run or are otherwise involved in 50% of all schools worldwide
- They constitute the world's 3rd largest category of financial investors
- The Catholic Church is the 3rd wealthiest property owner in the world. It owns over 27,000 institutions in the US alone

“Among the institutions of our society, only the communities of faith can still posit some reason for human existence other than the constant accumulation of stuff.”

~ Bill McKibben



“But can they really walk the walk?”

Since 2012, the fossil fuel divestment movement has mobilized more than \$14 trillion in commitments from nearly 1200 organizations, governments, businesses, colleges and nonprofits.

Faith communities, at over 30%, make up the largest share of divestment pledges to date.



Our Vision: Inner, Community, and Planetary Resilience are Interdependent. We cannot achieve any one of these without working on the other two.

Loka's Activity Streams



CAPACITY BUILDING:

Convene, organize, and build networks that help communities of faith to design and build their own environmental and climate efforts

PUBLIC ENGAGEMENT & OUTREACH:

Engage, inspire, involve the public by bringing the forces of religion and science together on environmental and climate solutions

RESEARCH & RESOURCE DEVELOPMENT:

Lead interdisciplinary research and develop resources to build inner, community, and planetary resilience



CREATION AT THE CROSSROADS



“We need people to recognize that Evangelicals are not a monolith. Millions of us get the threat that climate change poses to us and are doing everything we know how to address it.”

Rev. Kyle Meyaard-Schaap

Recording...

Genesis 1: 28
 God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”

Isaiah 11:6-9
⁶The wolf shall live with the lamb, the leopard shall lie down with the kid, the calf and the lion and the fatling together, and a little child shall lead them. ⁷The cow and the bear shall graze, their young shall lie down together; and the lion shall eat straw like the ox.

⁸The nursing child shall play over the hole of the asp, and the weaned child shall put its hand on the adder’s den. ⁹They will not hurt or destroy on all my holy mountain; for the earth will be full of the knowledge of the LORD as the waters cover the sea.

Revelation 21:5
 The one who sat on the throne said, “Look, I am **making all things new.**”

Deepta Senapathi

Unmute Stop Video Security Participants Chat Share Screen Pause/Stop Recording Reactions Leave



SACRED WISDOM, SACRED EARTH

CENTERING INDIGENOUS KNOWLEDGE FOR FUTURE
GENERATIONS



AUGUST 8 -10, 2023
**RESILIENCE IN THE
ANTHROPOCENE**
ONLINE SUMMIT



3 DAYS | 3 KEYNOTES | 9 PANELS | 3 CONTEMPLATIVE PRACTICES

REGISTER AT: [RITASUMMIT.ORG](https://ritasummit.org)



RESILIENCE

- PSYCHOLOGY:** The process of adapting well in the face of trauma, tragedy, threats or significant sources of stress. Our ability to bounce back from adversity - it does not imply that we will be as we were.
- SOCIOLOGY:** Human society's ability to adapt to changing circumstances so that we can survive with our most valued collective norms, behavior and knowledge systems intact.
- ECOLOGY:** The capacity of an ecosystem to respond to a disturbance by being able to resist maximum damage and recover quickly.



"When I was 11 I became ill. I fell into depression. I stopped talking and I stopped eating. In two months, I lost about 10 kilos of weight."

Eco-Anxiety, Climate Distress, Solastalgia, and more

Ecoanxiety = “the chronic fear of environmental cataclysm that comes from observing the seemingly irrevocable impact of climate change and the associated concern for one's future and that of next generations” (APA)

Climate Distress = “Pain for the world” (Joanna Macy), “ecological grief” (Ashlee Cunsulo), “existential distress” (psychosocial and palliative care)

Solastalgia = “the distress sometimes described as a home-sickness that people experience due to changes in the landscapes people call home Glenn Albrecht)

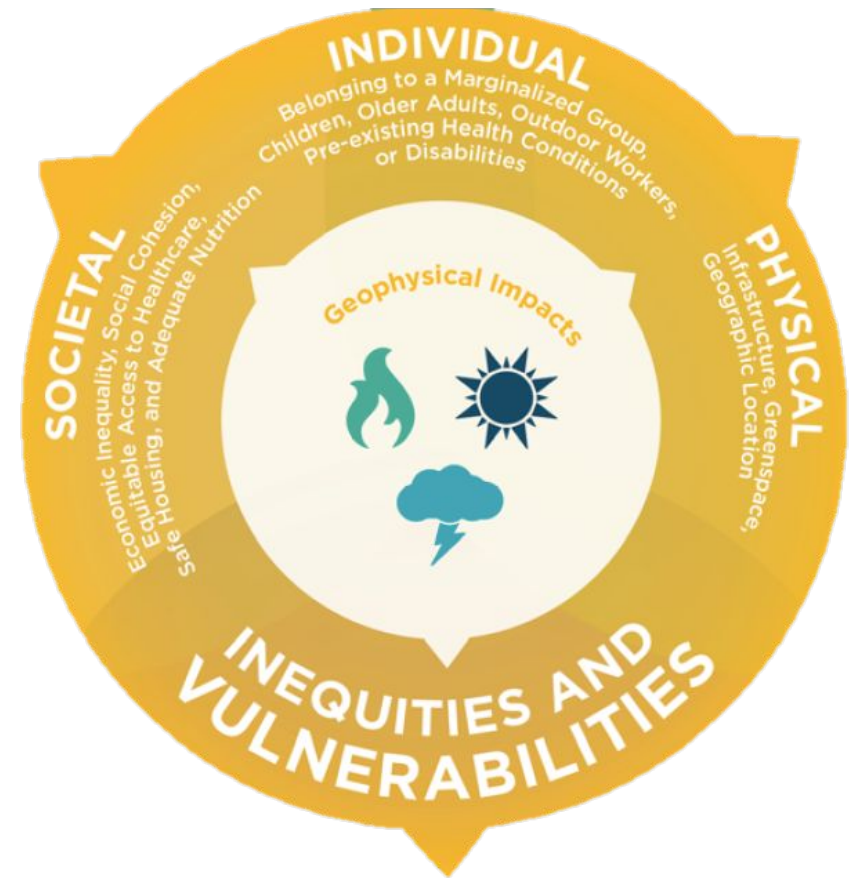
What about other emotions?

Threats to Mental Health and Wellbeing

- In America, 55% of Americans find climate change to be a significant source of stress (American Psychological Association, 2020)
- Worldwide, 84% of children and young adults ages 16-25 at least moderately worried about climate change (Hickman et al., 2021)
 - *59% very or extremely worried*
 - *45% report impact on daily functioning*

Populations disproportionately impacted by climate change:

- Black, Indigenous and other People of Color in the US
- The economically disadvantaged
- Youth
- Older adults
- Women and children
- People with disabilities
- Individuals with pre-existing mental health diagnoses
- Outdoor workers
- Environmentalists
- Indigenous peoples
- Global South communities



Which emotions rise to the top when you think about the ecological and/ or climate crisis?



Research Priorities: Nurturing emotional resilience amongst those most impacted and burdened by the environmental and climate crises

1. Understand how emotional journeys—distress and resilience— vary for people based on their identity and their experiences
2. Develop assessments that capture diversity in emotional journeys
3. Investigate a variety of contemplative practices to understand what works for whom





WisconsinX:

The Psychology of Resilience; Addressing Ecoanxiety and Climate Distress for Individual, Social and Ecological Wellbeing

A 4-Course Certificate Program:

1. Resilience in the Anthropocene
2. Earth Principles: the Web of Life
3. Emotional Resilience and the Ecological Self
4. Cultivating Connection and Community

What to expect in each course?



4 weeks

2-4 hours per week



Self-paced

Progress at your own speed



Free

Optional upgrade available

Some Contemplative Practices that Can Help

- Forest Bathing
- Land based Healing
- Somatics
- Mindfulness
- Tonglen Meditation
- Writing or Reciting A Prayer
- Contemplative Prayer
- Committing to Individual Behavior Change
- Committing to community-based action



1. The Earth is a Closed System

2. Within Earth, all systems are open systems





3. Everything rests on something else

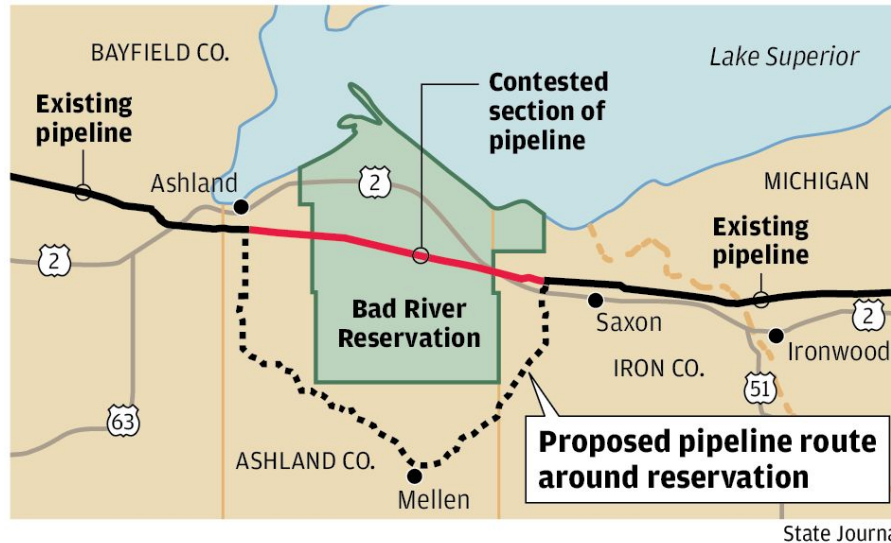


Action Updates

Tell the Army Corps: Don't take any shortcuts on the proposed Line 5 pipeline reroute in Wisconsin!

Sign the petition telling the Army Corps of Engineers to conduct a FULL EIS on the Line 5 reroute!

signatures will be delivered in person on 3/13 to the USACE office in DC

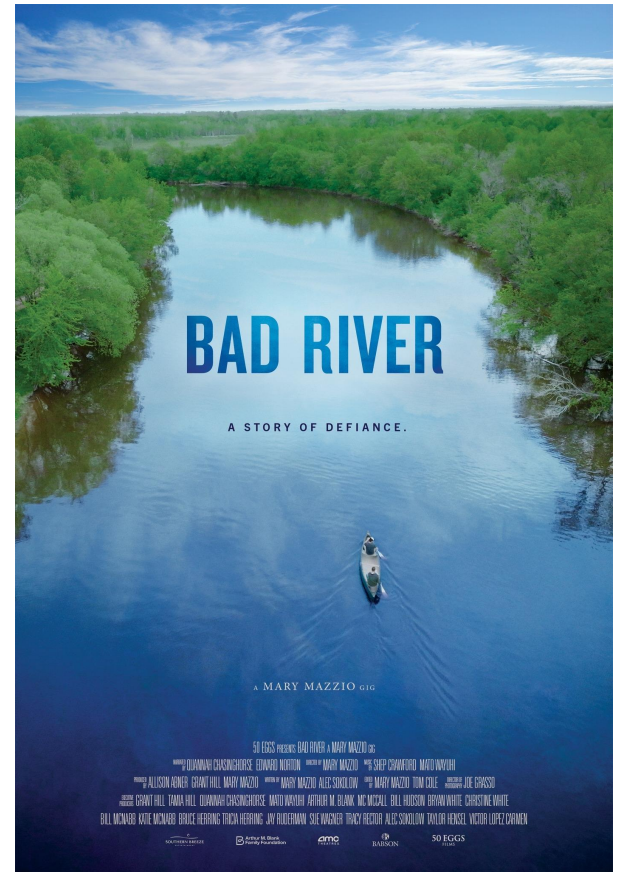


Bad River Film

The documentary chronicles the Wisconsin-based Bad River Band and its ongoing fight for sovereignty, a story which unfolds in a groundbreaking way through a series of shocking revelations, devastating losses, and a powerful legacy of defiance and resilience. This inspiring project brings us through an epic sweep of history into the present, with a *David vs. Goliath* battle to save Lake Superior, the largest freshwater resource in America. As Eldred Corbine, a Bad River Tribal Elder declares: “We gotta protect it... die for it, if we have to.”

Showing in select theaters on March 15th around the country including in Wisconsin:

Ashland Bay City Cinema
AMC Fitchburg
Park Theatre - Park Falls (just added!)
AMC Mayfair Mall - Milwaukee (just added!)



Art Collective

- Our annual Earth Day appearance (April 20th) at Dane County Farmers Market
- What kinds of costumes and dances will we do this year????



Help us plan for 2024-2025!

350 Wisconsin volunteer leadership and staff are about to start our Strategic Planning for 2024-2025, where we'll be identifying our key goals for the next few years... and we need to hear from YOU!

We want to hear what you think we're doing well, what we could improve, and how you think we should focus our attention and resources... this survey will take you less than 10 minutes.

Give us your feedback at
<https://tinyurl.com/350WI-2024Survey>



New Natural Gas Plants in Wisconsin

- WEC Energy Group (parent company of We Energies) is planning to build new natural gas power plants, including 1300 megawatts of new power plants and converting 2000 megawatts of coal plants to natural gas.
- No matter how the fossil fuel companies and the utilities want to spin it... natural gas is NOT a solution to the climate crisis!!!
- There will be numerous opportunities for you to take action on this critical issue in the coming weeks and months... we'll be carefully tracking the progress of these proposals with the Public Service Commission and will be alerting you about easy and accessible ways to take action and make an impact!

New Political Organizer - Jessa Michie

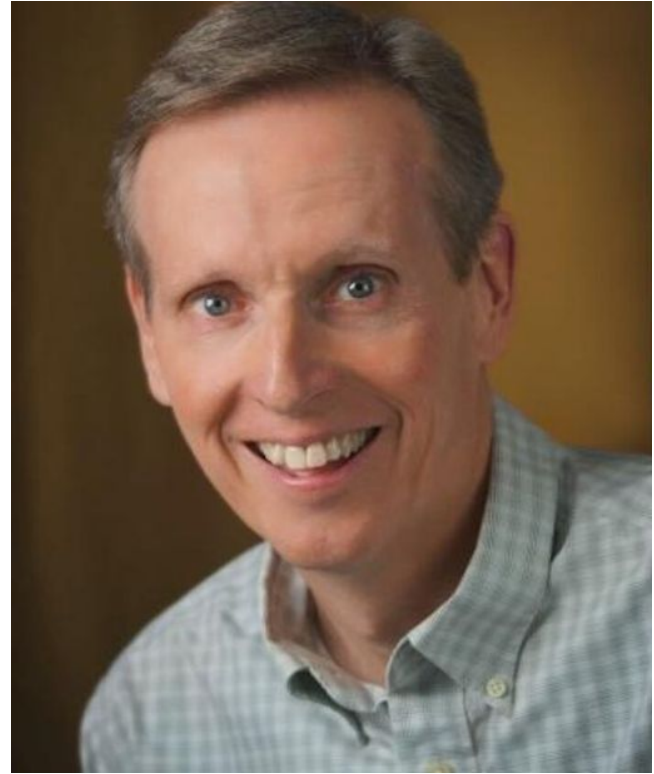
Jessa comes to 350 Wisconsin from a background in health equity and reproductive justice. With a passion for bridging the gaps between people, resources, information, opportunities, and more, she brings over a decade of experience in building durable partnerships, communities, and networks.

She acquired her bachelor's degrees in Sociology and Business Management from the University of Findlay and an M.Ed. in Human Sexuality from Widener University before relocating to Central Wisconsin. Outside of work, Jessa loves to read, knit, hike, kayak, play tabletop games, and dabble in sports and showing with her dogs.



Volunteer of the Month

Mike McCabe!



Next monthly meeting on April 1

- Inflation Reduction Act
 - Kathy Kuntz
 - Director, Dane County Office of Energy and climate Change

- On Zoom!

Upcoming team meetings

Tar Sands: 1st Mondays 5:30–6:30 pm
Contact: britnie.remer@350wisconsin.org

Climate Justice: 2nd Mondays 7:00–8:30 pm
Contact: Marian.Fredal@350madison.org

Communication Action (CAT): 3rd Mondays 7:00-8:30 pm
Contact Emily.Park@350wisconsin.org

Divest & Defund in hibernation until June
Contact divest.defund@350wisconsin.org

Upcoming team meetings

Community Climate Solutions: 3rd Thursdays 5-6 pm

Contact: Susan.Millar@350wisconsin.org

Art Collective:

Contact: Russ Bennett bennett.russ@gmail.com

Dianne Brakarsh movingfromwithin@gmail.com

State Policy: Contact Janet Niewold janet.neiwold@gmail.com

Fundraising: 3rd Wednesdays 7-8pm

Contact kristen.clark@350wisconsin.org

Monthly Meeting: Friday March 15, 4 pm Contact: Julia.Isaacs@350wisconsin.org

Optional time for further discussion!

Newcomers go to Sun Room (in -person) or breakout room 1

If Dekila can stay, we'll have Q&A with speaker in main Zoom room/Meeting room

if not, both the main room and breakout room 2 are available for Zoom people to chat among themselves.

Others in person who want to talk with each other, stay in main room