Peace and Saving the Planet are Connected to What and Who you Eat

Topic led by Lisa Robertson

Who Came? Lisa Robertson, Pat Cross and Gayl Hann

Notes: Don’t tell me what to eat. Why not? Why does some cultural behavior allow animal cruelty? For example, halal. Animals have rights. Let’s consider it. Is it offensive to a culture to protect animals? If so, so be it. Cultural traditions and thinking can be used for good and bad. For bad, it can exploit those who are weak.

It’s all connected – exploitation, power and domination. Those who are strong want to stay in power. This applies to business as well. The dairy industry is concerned with products that use the word “milk” since it may be a threat to their market power. The meat industry markets to emphasize that protein is a large source of your diet, when, in fact, we only need 50 grams of protein a day. The user of language is very interesting.

Social media is very helpful to connect those who are interested with the information needed to learn more about this. It helps the average person to be less reliant on the powerful.

Word Cloud: Animal Rights, Compassion

How do we welcome people we don’t want to welcome?

Topic led by Janice Springer


Notes: How do we diminish other people?

- Not acknowledging them
- Judging
- Body language
- Avoiding
- Seeing them as one dimensional

“Diminishing you is rendering you completely irrelevant to my life.”

Language is key to responding in nonviolence.

How do we cherish other people’s opinions?
Definition of cherish: to protect someone’s right to have their own story.

We need to approach conversations without a goal.

“Until a person is heard, they are not ready to hear you.”

- Women’s opinions need to be valued
- See conflict as an opportunity to grow and progress
- Understand that we all have common goals

Action Steps:

- Refuse to diminish
- Think about why and how you diminish yourself and why
- Cherish other’s right to their story
- Think outside the binary of winner and loser
- Set aside the need for an outcome

Key ideas

Do the groups you belong to give you permission to diminish some other group(s)?

It is difficult for people who are directly impacted to be the policy/idea to be having these conversations

Realize that the political parties have similar goals, but different strategies.

Word Cloud: Cherish and Don’t Diminish

Cultural Sensitivity

Led by Udo Fluck


Notes: Being more open doesn’t mean giving up, it means adding to you.

We lack forums where people can interact and talk

Political correctness/cultural sensitivity isn’t static. Is there over sensitivity? Fear of hurting someone else or embarrassing self by saying someone insensitive

Some cultures are tired of having to make us white people feel about how we can help/understand

Asking questions makes for more open conversations as well as nonverbal communication

Young generation has more opportunities to travel and interact with people from different places – hard to talk with older generations without conflict/understanding

Trauma is passed through generations – if we won’t connect with our own it is hard to see others hardships and generations trauma
We need to start with understanding our own culture
How do we elevate a conversation around diversity?
How should I be? Not wanting to step on others toes.
Co-sensing; finding space to converse with empathy, equal space, etc

**Action Steps/Resources:**
- Cultural Sensitivity Training - Udo Fluck
- Cultural Self Awareness workshop
- Intergenerational Trauma Workshop
- Humphrey Fellows Dialogues

**Word Cloud:** Openness and Cultural Self-Awareness

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**Compassionate Children**

Led by Jane McAllister (retired teacher)

**Who came?** Jane McAllister, Jenny Zaso, Kim Maynard, James Knepper, Carel Schneider, Lynn Redding, Haley Eakin, Pat Cross, Brianna Canning, Bob, Gina, Anne Garretson (retired teacher)

**Notes:** Before you speak: Consider being truthful, helpful, inspiring, necessary and kind.

- Book Group – mother/daughter or youth
- Youth Peace programming @ Peace Center

How High School student can teach youth peace. Influence on youth in family from a difference.

Resource: Steven Universe (cartoon) – great resource for kids and identity, honesty and compassion. Music is good also.

Open mindedness seems to be a key attribute. Jane is open to helping peace center with youth programming. A possible model is a Peace Choir at Lewis & Clark (they need accompanist). Kids all were ones who won service awards, etc. Regarding Lewis & Clark, set up through Family Resource Center (PTA funded).

**Word Cloud:** Youth Pioneering Compassion, Engaged, Ageless

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**Racism**

Led by A. J. Johnson

**Who came?** Sue Andersen, Reba & Dean Beery, Linda Lee, Ellen Yashimuro, Susie Clarian, Kim Maynard, Regina Souza, Ethel MacDonald, Betsy Mulligan-Dague, Lisa Robertson, Helen Root, Steve McArthur, Bob Allgier, “a person”
Notes: What are we teaching in schools? What is the true meaning of race? Human constructed way to separate peoples.

Reflect in meditation. What is your memory of race? What is the first time you were aware of a racist comment? When you spoke up? When you didn’t? When you felt uncomfortable?

Experience of being in the minority. Things we experienced that we didn’t even know was racism. Sometimes we blame the victim.

Recognizing systemic obstacles.

Much more scientific difference within the “white” race rather than between white and other. Why do we even say race?

In order to belong, there has to be those who don’t belong. Scapegoating and calling attention somehow makes us more comfortable.

Word Cloud: Separation, Power, Culture, Oneness

Immigration / Refugee Children

Led by Linda Lee


Notes: What would it look like if, in 10 years, people from the US are forced to flee South into Mexico because Russia had succeeded in taking over the US? What if our children are taken from us when we cross the border?

In Nogales, Arizona, there’s a group “Caja”?, that tries to help border crossers.

Prevention through deterrence; Jason de Leon wrote Land of Open Graves.

What’s the plan down the road for all of the unaccompanied minors they are putting into facilities?

Could we form a group to make sure the kids are “alright” and cared for in the years ahead. Existing groups include Green Valley UCC Group and Amnesty International.

Need to learn to be comfortable with discomfort.

Recognize and remember/own our history – letting go of American exceptionalism. History is deep-rooted. Explore your own family’s background, too. There wasn’t even a border at one point.

Distinction between immigrant and refugee.

Huntington Huddle in Indiana “hear our voices.” Find all of these across US and network. Create an “Underground Railroad” story.

Economic opportunity – there are waves of immigration, like cherries in Flathead, where immigrants do the jobs others wouldn’t do.
Social security, health care is starting to get even more unaffordable, birth rate is declining.
Climate change is a root cause.
Immigration is a global problem and can be called “the HumanFlow Movie.”
Looking to military bases/prisons as “refugee camps.”
Citizenship is a sense of belonging.

ACLU

How do you avoid being cynical?

**Actions (for now):**

Find out what ICE is doing.
Contact HEPAC: Scott Nicholson's place in Nogales.
Networking within our community & on boarder & other side of border.
Rural employment opportunity.
Letter to the editor to keep ideas fresh. Cherry season is such a good time to keep in mind.
Educate yourself by reading.
Ask legislature to take action.
Vote.
Find hope and spark for yourself.

**Word Cloud:** Humanity, fear

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**Peace Has No Party**

Led by Haley Eakin

**Who came?** Haley Eakin, Jenny Zaso, Dean Beery, Sue Anderson, Pat Cross, Janice Springer, Nora Drew

Notes:

Peace has no party – the term can be divisive. Rather, think of an ROTC chaplain. Consider empathy and justice.
Patriotism comes up as an opposite word. “Peace is patriotic” Pride and power protect.
The words “peace” and “justice: have different meanings to different people.
Peach Church; PTSD we need to consider positive values for veterans.
Veterans for Peace, as part of the conversation. How do we get diverse perspectives to talk? There’s a lot of “we’re right and you’re not.” We need neutral ground, not hot button words.

The current Scout Pledge – we need to add to it.

Identify community leaders to connect with first. For example, Dan Gallagher.

Comfortable with difference of opinion versus conflict. It might be less divisive.

We need youth pledge signing.

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**It’s About Space**

Led by Kim Maynard

**Notes:**

The spaces we inhabit are in almost every being in our lives. We tend to talk about our own spaces but there are so many other spaces out there.

Here’s the exercise everyone did:

1. Go ahead, and sit in our own space. How is it to be “me” – say your own name.
2. Now pair up. Introduce yourself and stay in your “me” space. View your partner’s “you space.” Feel what it’s like in between you.
3. Consider it’s neither one of you. Look at the “we space.” What’s bigger than both of you (two partners). Like a Buddhist loving/kindness practice and a collective of the universe.

Attendees then described our experience with the “me” space and the “we” space.

Comments: How big is the universe? Threshold space. Where light meets dark. Right place at the right time. Thinking globally and started to move to negativity. Who is responsible for the “we” space?

Based on Charles Eisenstein and Patricia Albear, who are two authors who inspired this topic. We are so individual and do not think of the “we.”

The magic of the collective space whether experienced by dancing or in music or experienced by musicians or in a conversation. The “we” space has a magic to it. Move from “me” to “we” in this world.

What does it take for us to get into collectively participating, where collective is more important than the individual? How do we solve problems from the “we” space? An example is Maslow’s Hierarchy.
Self-actualization is at the top. However, Maslow added one last level just before he died – transcendence. Connecting to something greater than ourselves. Beyond the physical realm. Transcendence is bigger than power. The self is forgotten. Very much away from “me” space which can lead to change thinking. Individuals need to be vulnerable and came from the heart. Space to move people together.

How do you elevate a conversation to a “we” space? Instead of talking about my world only (our own world only). Upon meeting, “what is in your heart today?” How to move conversation to something larger than us? Make someone’s day. What have you noticed today? Can respond with nothing but a cliché answer like the weather or more profound answer. The natural world/planet/shared space needs to be taken care of. Consider global warming.

Commonality is, in the end, that we fear that we won’t flourish. Survival is a commonality. What wants to emerge? How can I bring love to the conversation rather than fear?

**Word Cloud:** Communality, heart

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**Privilege**

Led by Sue Anderson


**Notes:** How do other people feel about privilege?  
Possibly you can’t see privilege?  
Possibly you can’t see privilege (or culture) because you have to step out of it first. Empathy is essential. Some people feel guilt for having privilege. But guilt cannot help. Instead, your privilege can be used to help others. Have gratitude for what you have. Have humility – Consider what you earned versus what came from privilege? Education may be one of the biggest privileges. Maybe, systemically, educational access is most important. We are so privileged to live in Missoula, MT and to be in this room! If you want to make change, get involved in politics, etc.
Deep Listening and Loving Speech

Led by Bob

Notes: Media shows angry behavior and not listening that seems to ripple throughout society. Speaking over each other instead of being a witness to our emotions. Are we reacting? Are we speaking in attacking manner or being defensive and trying to get the upper hand.

All this seems to be common nowadays. Are we teaching our children that the loudest and angriest wins? How do we not participate or be provoked? How to politely tell people? How do we de-escalate?

Sometimes it’s overwhelming. Harder when person does not hold the same time and moral values. It’s easy to just leave. Scarcity is a problem. We operate on that.

What to do when someone is not speaking the truth? How do we challenge people’s behavior or beliefs without diminishing them?

Question: Do I want to take the energy or time?

Go beyond the opinion to see what feeling or need is beyond it. Thoughts and opinions elicit conflict, emotions and experience. Don’t go in the direction of fueling an argument.

Being hungry and tired also makes it difficult.

You can be right or you can be married.

Ask the question of the other person: “What brought you to this place?”

Is there an internal question you can ask yourself about the other person?

Find something in common. Drill down to “framed values” and unpack them to how did they get there.

Some “values” are difficult to talk about. They are too deep. Have similar values, such as happiness and recognize that. “What is it like to be you?

Word Cloud: Love, listening.

Fear

Led by Ethel MacDonald

Who Came? Ethel MacDonald, Sue Anderson, Jennifer Zaso, Evy, Bob, Haley Eakin, Betsy Mulligan-Dague, Dean Beery, Regina, Linda, Carel Schneider, Deba Beery, Kim Maynard, Anne

Notes:

Fears from the group:
• Anger – increasing level in our county
• Hatred & fear
• War, mass shootings
• Earth imploding – the path we are on
• Everything out of control – but what do I do here in my own community
• How can Missoula be a role model?
• Being a parent makes you fear more things
• Fear of violence against them
• Pulled into despair
• Divisiveness by labeling people into boxes and therefore not being able to work together on big issues
• The unknown – how can you embrace it
• Spiritual leaders holding – won’t wake up & change
• Hope comes from people who stand up in spite of reg (sanctuary cities, etc)
• Poor People’s Campaign
• Fear of corporate power
• Fear liberates creativity
• Others fear – “losing their finances, houses, etc” and losing possessions; scarcity
• Video Pope Francis
• Chaos
• Loss of white power and fear of others
• Fear of terrorism
• Fear of inability to defend oneself

What to do about it?
• Possibility management
• Gracious space management
• The Public House
• Common ground – fears, scarcity and safety
• Bringing conservatives and liberals together in small group
• Bear is a good equalizer
• Rotary