

Our Defining Moment:
A Pocket Guide to Creating the Future
We Truly Want

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A Note to Busy People

Please Take One Minute to Read This

Here's what I hope you'll get from this book.

1. This juncture of history presents an **extraordinary opportunity to create the future we want – a world that works for all**. This can happen if we decide that's what we want to create.
2. The **resources are out there to do so** – the money, know-how, and people power.
3. Each of us has **a part to play** that needs our particular talents and experience.
4. The next step: **say yes** and add to the good things that are happening.

Note: Treat this book as a pocket guide to a big city like New York. Skim through the whole thing. See what's there. Focus on the parts you particularly want to explore. Linger. Check the items that speak to you. They just might be seeds for the action that is yours to take.

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One

All of us driven by a simple belief that the world as it is just won't do have an obligation to fight for the world as it should be.

--Michelle Obama

An Extraordinary Opportunity

My morning paper shouts to me. Pirates! Melting glaciers! Bank collapse! Is the world going to hell in a hand basket? Sometimes it seems so.

But take another look.

Jenny Niles runs a charter school that successfully prepares all its students – inner city kids whose potential others might wonder about – for college.

Formerly homeless folks clean up their credit, get jobs, and ready themselves for home ownership.

People collect trash along our local stream.

Things like this give me hope.

You have your own catalogue of hopeful actions you notice every day--an imaginative teacher inspires your child; folks at work start a charity

The more you look, the more you see. Entrepreneur Paul Hawken surveyed the world and discovered thousands upon thousands of people doing useful work such as solving conflict peaceably, growing organic food, building waste-free businesses, and promoting just trade. Indeed, there is a world movement “that is determined to heal the wounds of the earth with the force of passion, dedication and collective intelligence and wisdom,” he writes in his book *Blessed Unrest*. More than 10 million nonprofits in over 200 countries are preserving the environment, bringing peace to violent areas, and promoting economic justice. This movement, incredible as it is, has no name. But it is thriving.

At a workshop, a friend introduced herself this way:

The world is either heading for a renaissance or a disaster.
I want to put my life behind the renaissance.

Wow! I thought. Me too. But what does that mean?

Renaissance means re-birth. After the Dark Ages in Europe came the first Renaissance, a flowering of the arts, science, philosophy, and architecture to create one of the richest cultures in history--gorgeous cathedrals, magnificent paintings, new ways of seeing the world (we're not a pancake, but a ball revolving around the sun), and new ways of governance (out with serfs and in with the beginnings of democracy).

Perhaps "global renaissance" is an apt name for all the good that is happening in our world today. Nations are beginning to pull together to address pollution. In conflict-ridden lands, former enemies have set up dialogue sessions with folks on different sides. Local communities have organized barter systems among families who are cash strapped.

There are tough realities as well. Our economy is precarious. The gap between rich and poor is widening. The earth's health is failing. Current forms of governance seem all too often to be frantic band-aid efforts with little promise of solving real problems. We could be heading for global disaster, another Dark Age. A question to ponder:

**Are we headed for disaster
or is re-birth possible?**

Here's my view:

**Re-birth is possible
if we all decide that's what we want to create.**

Just a minute! Right about now I can see the skeptics rushing down the field toward me, ready for the tackle, shouting, "You're out of your mind! You're not realistic. Change of this magnitude can't happen. We're too stuck in our ways."

I want to say, "YES! I AM out of my mind. I'm in my imagination. And I'm fortified by Albert Einstein's words: 'Imagination is everything. It is the preview of life's coming attractions.' And no, I'm not focused only on what the current reality is now. I'm imagining how things could be different, even better, for us all."

Think of the American Revolution. It started with inklings which grew into grumbles and complaints. "It isn't right that we're under the thumb of our distant parent, England. We're grownups. We can make it on our own.' Wonderings and conversations followed. "What would that look like?' A farmer says, "I'm so fed up, I'm ready to take my pitchfork and poke those British soldiers who occupy our town.' A mother adds, "I couldn't do that and leave the kids, but I could make you some food packages to take along.' An old man continues, "I'm too old to fight and I don't know how to cook, but down at the pub over a pint, I could get my buddies talking about the rules we'd live by if we were free."

People in 13 disparate ragtag colonies began plotting and scheming. Four years later, they had formed themselves into one independent nation "with liberty and justice for all.' How improbable! Who would have thought? There was no "Revolution Handbook" to guide them,

overall constabulary to keep order, or charismatic leader to plot their course. They made it up as they went along and in time created the governmental structures, laws, flags, and philosophy that took them into the future.

Am I sure we could create a global renaissance? No. Is it possible to do so? Definitely yes! Does everyone have to be on board to do this? Not really. Like the Revolution, there will be those who think the present arrangement is the best we can do, no matter how ominous the signs. But for global renaissance to happen, we need to fan the sparks into a full-fledged fire that warms us all with its logic and effectiveness. Global renaissance believers need to put on evangelist hats, go to the highways and by-ways, and say, "It's possible. Jump on board. Contribute your piece." That's how a critical mass develops and creates the tipping point into the new reality.

This short book describes how that is already happening and could expand. See it as a pocket guide to the new territory of learning to live full lives while respecting earth's limits. It's meant to help you understand the big picture and see how you can join in to create something worth handing on to future generations. What's offered here is suggestive, not definitive. Add your ideas, questions, and answers to fill out the picture.

You may be wondering who is this person to offer such thoughts. For many years, I have been mentoring people and organizations to create the best future they can imagine for themselves. Now, at 75, in some societies, I would be considered an elder. In his book *From Age-ing to Sage-ing*, Rabbi Zalman Schlachter-Shalomi writes that one role for elders is "to mentor the world." That lit a fire in me. I began to ask: How could each of us, not just elders, mentor the world? As I tried to get my mind around this wonderful question, of course, doubts surfaced. There's so much I don't know or understand. What kept me grounded are the things I do know for sure. I know I want my grandchildren and all children to:

- Inherit a healthy planet
- Be able to drink pure water from streams
- Walk to school in safety
- Know they have something valuable to contribute to society

I know it's wrong that so many people on Earth do not have:

- Pure water
- Enough food
- Safe places to sleep at night
- Roofs over their heads
- Rewarding work

Faith has also kept me grounded, faith that the most eloquent visions for the world remind us of our capacity to help realize them. When the ancient prophet Isaiah talks about God creating "a new heaven and a new earth," he is calling us to join together with all forces for good to build that new heaven and earth. What grounds me is faith that no matter how dysfunctional and perverse we humans can be, we also are capable of rising to great heights when challenged. Inspired

people, no matter how ordinary, move us in positive directions. David Korten puts it well in his book, *Agenda for a New Economy*, “When the people lead, leaders will follow.’ Great social movements that achieved the abolition of slavery, civil rights, and women’s right to vote began with conversations among grassroots people who knew something was wrong, wanted to make it right, and finally did so.

I’m further grounded by an unseen force for good that comes forward when we seek it. Call that God, or the Higher Self, or the Buddha, it is the power that enables us to reach higher than we thought we could, brings us new energy when we’re ready to toss in the towel, and offers a quality of wisdom more powerful and useful than what we come up with on our own. There is an enormous store of collective wisdom and spiritual practice that can truly guide and illumine our way if we only open ourselves to it.

People have asked whom I hope to reach with this booklet. Let’s face it; an author wants to reach EVERYONE! If you are excited about the future of the planet, this essay will fuel your fire. If you’re discouraged, I hope you’ll go away encouraged. And if you’re a decision maker in high places, I hope you’ll see how desperately we need clear visions and workable strategies to move forward together.

In 1776, during a rough and confusing time when the world seemed to be falling apart, an unknown printer penned his thoughts. Calling to fellow citizens, he spoke his mind, spelling out actions he thought were needed. His name was Thomas Paine. The pamphlet, which caught on like wildfire, was called *Common Sense*. It sparked a revolution.

Each day on my way to high school in New Rochelle, New York, I passed by Tom Paine’s cottage on North Avenue. His modest home is now a tiny museum full of artifacts. The pen he used and the plow that churned his fields, however, are not the important things. What counted was that he committed his ideas to paper and mustered the courage to make them public. I like to think that Paine is cheering me on as I, an ordinary citizen, write what seems like common sense to me. Ever since learning about him, I’ve been convinced: One person can make a difference, and I want to try.

Like the Revolution, large-scale change comes from the bottom up – thousands upon thousands of people voting with their lives. Will we make it or not as a planetary culture depends on a thousand points of light – individuals and groups creating new forms of governance, sources of energy, livable cities. The doubter in each of us will say, “As an individual I don’t have the power to influence events.’ But the believer imagines the ripple effect that people like Tom Paine set in motion. Our doubts are based on reality – or part of reality. While acknowledging them, we need to let our believer self lead. It is as if there were a massive referendum asking, “Can we muster the willpower to turn Spaceship Earth in a new direction?’ We know that if enough people don’t vote, it won’t happen. But if you and I and our friends and co-workers and their friends do act, it just might. In order to turn the corner, we each need to participate. Each drop in the bucket could add up to an ocean. Astronaut Rusty Schweickart’s words call us to contribute our drop: “We aren’t passengers on spaceship Earth, we’re the crew. We aren’t residents on this planet, we’re citizens. The difference in both cases is responsibility.’

The picture of our beloved blue planet as seen by the astronauts reminds us of their main impression: There are no borders. We are an interconnected web of life. The story of Earth's creation reminds us of our common roots as one family. Science tells us that we all are descended from a single cell!

What if we pulled together as one family to create the kind of Earth home we all want?

A huge challenge!

Big challenges are easier to tackle when broken into pieces. Author Brian McLaren has identified four P's that are key to thinking about world change: **planet, poverty, peace, and purpose**. These four words help me focus.

When I want to get something done, I create a goal or a vision. Here are **my visions** for the four P's:

Planet: **Restore the Earth to full health.**

Poverty: **Insure nourishing food, education, and productive work for all.**

Peace: **Build a world where we all get along.**

Purpose: **Awaken to our noblest calling to care for one another and the planet.**

No priority is higher than the other. All are interconnected and must be pursued simultaneously. We are not starting from scratch. Rather, we stand on the shoulders of those who have contributed mightily to these visions.

If we continue their good work in a powerful way, we'll have a global renaissance -- a thriving world culture and healthy planet. It is an extraordinary opportunity to create the future we want.

It is our defining moment.

Two

I believe that a friend of mine had it right when he said that one of our principal jobs in life is to leave the campsite cleaner than we found it.

--Sam Daley-Harris, Founder, RESULTS

Visions and Strategies

When I have a picture in my head of something I want to get done, I try to figure out what steps will take me there. Reading report after dire report about the state of our environment, I became obsessed with a question, “But what really needs to be done about it?” If we are to pull together on this, don’t we need to be working off the same page? If we all have the same “to do” list, we could post it prominently like a grocery list on the fridge. In my mind’s eye I can see this list posted in African huts, French apartments, and Mexican taxi stations just like you see a picture of Nelson Mandela in every South African dwelling. We could use this “grocery list” as a compass to find our own personal direction, but also to evaluate the direction taken by leaders.

Who could create such a list? I thought the experts could. But when I suggested this to one or two, I was either referred to a lengthy tome or not responded to at all. Sharing my frustration with a friend, she replied, “You’re good at simplifying hard stuff. You do it.”

And so began a quest for the best solutions I could find. My criteria for including a solution were these: Is it understandable? Is it promising? Has it been tried successfully already? Does it make sense? Obviously, my selection is biased by who I am. The range of solutions I cited are certainly not agreed upon by all. Consider them illustrative rather than definitive. If they stimulate your own search for approaches you can support, they have done their job.

My first “grocery list” focused on the planet, what we need to do globally to restore the Earth. Then I compiled a companion list -- ideas for individual action that are doable, have impact, and produce growth in the doer. Many are drawn from my own experience. Then I created global and individual action lists for the other P’s. My goal is to generate more action. The blueprint for the actions that are right for you to take will be created by you.

You will find few descriptions of global problems in this work. This is why. We’re inundated with the problems. Maintaining too much focus on the problems can weigh us down and blunt our capacity to imagine alternatives. That said, every solution worth its salt must come from a clear-eyed vision of what’s possible taking into account the reality of what we now have (good and bad). We can’t close our eyes to unpleasant truths that may contradict our hopes. Simplistic naïve optimism won’t do. By the same token, it gets us nowhere to be so caught up in what’s not working that we don’t have the energy to expand really good developments. Let’s be thoughtful, realistic optimists!

I've called the individual action lists "starter kits." They are just that -- actions to get you going. But many of you have been active all your lives. These kits may give you new ideas for yourself or to pass on and may help you to see what you are already doing in a wider context.

So, are you ready? Hold on to your hats as we take a race through the best ideas I could find. For each P, you'll find the global list first followed by the boxed personal list, plus a couple of tales about folks who are making a difference. Tons of information have been squeezed into a tight space. Don't be put off by that. Be comforted that an awful lot of people are doing excellent things to bring about global renewal. Check those that resonate for you. They are the ones to learn more about and try.

Planet: Restore the Earth

Our planet is ailing. We need a comprehensive plan to restore it to full health. Lester Brown, one of the world's foremost authorities on the environment, lays out a road map in *Plan B 3.0: Mobilizing to Save Civilization*. The good news is that almost everything we need to do has already been done by one or more countries. Here is a summary of steps to take, according to Brown.

1. Stabilize the population. Reduce fertility to the replacement level or just below. Forty-three countries have done this with a combination of strategies including establishing health clinics, providing free family planning measures to all who seek them, raising female literacy through education, and using TV to disseminate information.

2. Build a global solar/wind/geo-mass/hydrogen energy economy. New Zealand, led by Helen Clark, aspires to be "carbon neutral." Its goal is to boost the renewable share of its electricity to 90 percent by 2025. North Dakota, Kansas, and Texas have enough harnessable wind energy to satisfy national electricity needs.

3. Redesign urban centers for people not cars. Integrate rail and bicycle, shift to cars powered by electricity or biofuels, electrify freight and passenger trains, promote walking and biking. The Netherlands' Bicycle Master Plan provides for the creation of bike lanes and trails in all its cities. Roughly 30 percent of urban trips now are on bicycle. When public transport is the centerpiece, augmented with walk and bikeways, exercise, clean air, and green space result.

4. Design fiscal and regulatory policy to establish environmentally constructive activity. Lower taxes on income and raise taxes on environmentally destructive activities such as carbon emissions. Base increased taxes on the true ecological cost of such activities. Subsidize not mining but recycling, not fossil fuels but climate-benign energy sources, not urban auto dependency but urban rail systems. While China continues to build coal plants, it is also shifting subsidies to wind.

5. Restore the Earth's natural systems. Institute global reforestation efforts to prevent flooding and soak up carbon. Control erosion through contour farming and strip cropping. Combat desertification through improved rangeland management and incentives to eliminate overstocking and revegetation. Regenerate fisheries through establishing marine parks where fishing is off limits, allowing fish to live longer, grow larger, and produce more offspring. Raise water productivity through converting to water-efficient irrigation practices as well as urban and industrial water recycling.

6. Design a New Materials Economy. This includes creating recyclable products, banning those that pollute, offering incentives for eco-friendly products, and clustering factories so that waste produced by one can be used as raw material by another. Ireland now charges 43 cents for each plastic bag used. Denmark has banned throwaway beverage containers.

Results We Can Expect: A thriving planet with enough clean water and food for all, clear air, beautiful countryside, and cities that combine culture and nature in life-giving ways.

A Starter Kit for Going Green

Questions:

*What **habits** can I change to help the Earth?*

*What **web sites** should I consult to keep me informed and alert to timely action?*

*What **purchases** can I make that will save energy?*

*What **hands-on actions** can I take to restore the Earth?*

Habits. If your family washes clothes in cold water, air dries them in summer, replaces incandescent bulbs with compact fluorescents (CFLs), and turns off the computer when not in use, you'll save 6,200 pounds of CO₂ going into the atmosphere per year. Choose local products to save on transportation costs. Stop junk mail. Recycle. Read "Beyond Lightbulbs: The Jones Household Goes Carbon Free in 10 Years" from the Spring 2008 climate solutions edition of *Yes! Magazine*. (www.yesmagazine.org; also available as a poster). Get a free energy audit from your power company and learn how to seal up your house. Refrain from using plastic bags or bottles. Make celebrations green by giving green gifts and by taking a carbon fast (cutting carbon emissions) during traditional fasts such as Lent and Ramadan (see www.tearfund.org). Eat locally grown food whenever possible. A friend came to our house laden with a huge package - 12 rolls of recycled toilet paper. That began our conversion!

Web sites. Al Gore, winner of the Nobel Peace Prize for his work on climate change, sponsors two websites. The goal of www.wecansolveit.org is to build a movement that creates the political will to solve the climate crisis. Action alerts let you know how to push on pressure points for important action. Repower America (www.repoweramerica.org) promotes a bold plan to repower America with 100 percent clean electricity within 10 years through investing in three core areas: efficiency, renewable generation, and a national unified smart grid to transmit clean energy to where it is needed. There are lots of ways to foster this campaign. Go to www.energystar.gov for great guidance on energy-efficient products and practices.

Purchases. Start with household cleaning products. Target and other stores offer Seventh Generation (www.seventhgeneration.org) products, which are good for the environment and don't involve animal testing. Improve your home: seal and insulate heat ducts, patch large air leaks, and add new attic and basement insulation. You'll save 7,100 pounds of CO₂ per year. Upgrade appliances: use a water-saving washing machine, shower heads, and toilet flushes. Switch to an energy-efficient car and try to use public transportation.

Hands-on actions. Pick up litter wherever you see it. Lead a ban on plastic bags or plastic beverage containers in your community. Join others in Earth-friendly projects like banding birds or restoring dunes. Restore the earth one nature spot at a time. Join your local Nature Conservancy or Audubon Society to engage with fellow activists in practical actions such as stream clean-up and energy efficiency.

A Guy on the Go for the Planet

Frogs, birds, bugs, and streams were the stuff of Ken Leinbach's childhood. Brought up in a family who ran outdoor adventures for kids, Leinbach became a high school science teacher. He noticed something striking: When he took the students outside and taught the same physics and biology material offered in the classroom, the students' grades went up and behavior improved.

What worried Leinbach, however, was that population growth and industrialization threatened the viability of the natural world he loved. A friend told him of kayaking in the Mississippi estuary, an ideal habitat for whale breeding, coming upon a huge grey whale mother and baby, and looking them in the eye. This awesome sight combined with a terrifying prospect: "What if this habitat were damaged and my kids could never see these beautiful creatures?" wondered Leinbach. "I have to do something. I'm a science teacher. How can I use that to make a difference for the planet? "

When his wife's career took the family to Milwaukee, Leinbach entered a distance learning master's program where he was introduced to some research which revealed that the best way to produce environmentally aware and active citizens is to ensure that children have consistent contact with nature and mentors to help them understand the natural world from an early age. As part of his graduate work, Leinbach interviewed environmental activists, including Dr. Else Anker who was then offering environmental education in a local city park. Upon her retirement, Leinbach was hired as the first full-time executive director of the Urban Ecology Center at Riverside Park.

His first move was to call a meeting of all the school principals within a mile of the Center. A dozen showed up to hear Leinbach's dream of a year-long outdoor classroom for their schools. "What are the barriers to realizing this dream?" he asked. The principals agreed to partner with Leinbach and his community group if they could overcome four primary roadblocks:

- 1) The program must fit the schools' grade-specific learning standards.
- 2) There had to be a way to transport students.
- 3) The structure had to be teacher-friendly.
- 4) The cost had to be reasonable.

"We took a huge gamble and promised that we'd have a credible curriculum, buses to transport kids, and the funds to create a state-of-the-art building with no energy bills to house all our programs. Then we went out and sold the vision to folks who could help it happen," Leinbach told a group recently in Baltimore.

Today, the Riverside Park Center offers schools a place where kids can fish, go canoeing, and study fish and habitat. The Milwaukee River, which yielded one fish at the Center's inception, is now home to thirty-six species of fish. You can find kids doing their homework at 7 p.m. in "the living room of the community," which is open 12 hours a day. Once twice the city rate, the crime rate in the park is now down to almost nothing.

“The ripple effect is astonishing,” notes Leinbach. Two other urban ecology centers have been established in other Milwaukee neighborhoods and are sprouting in Baltimore, Eugene, Columbus, San Antonio, and Syracuse.

Are kids who frequent the Center becoming environmental activists? It’s still too soon to track this, but one thing is certain. Through the High School Outdoor Leadership program, kids help out with community projects, feed the animals, work as receptionists, clean up the park, answer questions from visitors, and learn what stewardship of the land is all about. It’s a great start. And it’s spreading.

Here is Leinbach’s favorite quote from Michael Weilbacher, a Philadelphia environmental educator, who wrote, “Eight-year-olds should not be asked to become warriors or worriers. Children have much more important work to do: Watch ants. Grow flowers. Dance between the raindrops. This is sacred work, and childhood needs to be preserved just as much as rain forests and wetlands.’ This is what Leinbach and the Center are all about.

Greensburg Lives Up To Its Name

May 4, 2007. A twister demolished a 1.7-mile wide swath through the center of tiny Greensburg, Kansas. Residents dashed for cover. Emerging just minutes later, one resident said, “There was nothing but storm and sky above.’ The school, hospital, and 95 percent of the homes were obliterated. Of the 1,400 residents, 12 were dead.

The next night, meeting in the basement of the courthouse, the only structure that offered protection, residents talked with the mayor and city officials about survival, not a new subject. Before the tornado, families had been moving away, young people had not returned after college, and the school population dropped by half. “Why bother rebuilding?” was the obvious question. But then, according to school supervisor Darin Headrick, “we thought: What can we do that gives our community the best chance to survive in the long run? What would make people want to move to our community?”

The same light bulb went on in several peoples’ heads. Why not live up to the name of the town, Greensburg? “We could rebuild in a green energy-efficient manner that would leave a legacy for future generations.’ The idea quickly took hold. Hearing their intention, Governor Kathleen Sebelius said, “We have the opportunity of having the greenest town in rural America.’ Town leaders wanted more – to be the greenest town in America, rural or urban.

A relative newcomer Daniel Wallach got busy fleshing out ideas and in a week produced a concept paper. Out of that grew a full-fledged recovery plan. A Kansas City architecture and design firm showed town leaders how to rebuild according to the U. S. Green Building Council Leadership in Energy and Environmental Design (LEED) requirements. Wallach set up a nonprofit called Greensburg Greentown to attract outside companies to try out their most promising technologies in town.

Now, almost two years later, the town is sprouting again. Three-quarters of the residents have returned and are moving into their new LEED-certified homes and finding energy bills cut by about two-thirds. The new 5.4.7 Art Center (named for the date of the destruction) has earned LEED's highest Platinum award. Soon to follow will be the new city hall, hospital, and school, all designed to Platinum standards. A wind farm will occupy land on the south side of town. The Greensburg Greentown website crackles with new accomplishments, from the Resident Greenius Program, a skill bank where you can ask for help with green skills from listed "green geniuses," to a "paperless" city government, thanks to the gift of a paperless document storage system and scanner.

Is everyone happy? Certainly not, admits one resident. "Some folks are resistant to change. There's grumbling. That is to be expected.' Even with the grumbling, Greensburg is on a roll, with people envisioning their dreams for the city. "We want to be like a trade show for outside companies, where they can show off their innovations," says one resident, while another sees the town as a science museum where people come to see the latest and how it works.

Journalists have run articles; Discovery Channel has filmed a show; and President Obama showcased the town during his inauguration speech. Best of all, new families are moving in. Not bad for a town so wiped out by a tornado that it was in danger of disappearing off the map forever.

Poverty: Insure Food, Education, and Work for All

Almost half of the world - over three billion people - lives on less than \$2.50 a day. Feeding, sheltering, and finding adequate health care is next to impossible for folks in these circumstances. As Bono said of the fall 2008 economic bailout, "It's extraordinary to me that the United States can find \$700 billion to save Wall Street and the entire G8 can't find \$25 billion to save the 25,000 children who die every day from preventable disease.' When income disparity increases, social instability grows. Sooner or later those who live in abject poverty revolt or resign themselves to their fate. There is a moral and practical imperative to lift all to some threshold level of prosperity. These key moves can help:

1. **Stabilize population.** The earth has only so much carrying capacity. Too many people added at too fast a rate endanger all. The mix of strategies needed to stabilize population rates has already been tried successfully by a number of countries.

2. **Ensure universal education.** Nobel Prize-winning economist Amartya Sen says, "Illiteracy and innumeracy are a greater threat to humanity than terrorism.' There are now 72 million children not enrolled in school. They start off life with a handicap and almost are assured of remaining in abject poverty. A child can learn to farm if he can read directions on fertilizer bags or the printed materials distributed by agricultural extension services. She is protected against disease if she can learn the causes of disease in school. Lester Brown notes, "As female educational levels rise, fertility falls."

The World Bank offers an Education for All plan to help countries achieve universal education. If a country has a plan, commits its own resources, and has transparent financial procedures, it is eligible for Bank financial support.

3. **Focus on what works.** Much positive progress has come not from the top down but has bubbled up. Local people know what works. They can identify and replicate successes. Water scarcity is a major source of poverty in South Africa as well as other countries. Trevor Field invented the Play Pump, a water system run by kids playing on a merry-go-round that pumps clean water for a village. In fall 2008, a partnership between the U. S. Government and the Case Foundation was formed to install 4,000 water pumps in 10 African nations, bringing clean water to as many as 10 million people.

Field is a social entrepreneur, a person with a workable idea to address a major problem. William Drayton began the Ashoka Foundation to identify and fund such persons to scale up projects that have succeeded locally. Ashoka and other groups like it are forming networks of learning and funding for social entrepreneurs around the world working in many fields including education, agriculture, health, and youth work.

Pioneered by Muhammed Yunus, founder of the Grameen Bank in Bangladesh, microcredit (loans of small amounts of money to borrowers' clubs composed of individuals who aspire to start or grow small businesses) provided an economic start for 100 million people by the end of 2005. The new goal for 2015 is to reach 500 million people.

Economic clustering is an idea that has worked well in developed countries and is poised to take hold in poor African countries. Strong equity and lending institutions focus on geographic areas that have the talent to re-tool. For example, Nissan, Saturn, and Toyota formed a synergistic cluster in Tennessee. The focus in Seattle is aircraft manufacturing. Much production is now centered in Asia. Savvy African countries are preparing to provide the next manufacturing centers.

4. Build institutions to ensure a more just distribution of wealth. Much of what ails our current economic system, which is composed of two sectors -- public and private -- can be cured by adding a third sector, the "commons" sector, argues Peter Barnes in *Capitalism 3.0*. The "commons" refers to assets owned by all people in common, the air, water, nature's diversity. Barnes promotes setting up "commons authorities" to hold commons assets in trust, creating, for example, a sky trust or a water trust or a land trust. These trusts would sell permits to companies that, for example, pollute the atmosphere. Revenues collected from these fees would then be used both for developing renewable energy and also for dividends to citizens as is done by the Alaska Permanent Fund.

In addition to trusteeships for earth's commons, Quaker writers Peter Brown and Geoffrey Carver in *Right Relationship: Building a Whole Earth Economy* propose the need for three additional institutions that would create more effective governance to live justly and within limits. A global reserve would gather and analyze information on the ecological impact of the human economy. A global federation would have jurisdiction over the operation of a whole-earth economy with important decentralization features that maintain local control and innovation. It would design policies and rules to ensure a fair way to share access to life's basic necessities. A global court would resolve disputes arising out of operation of these institutions and hold them to their charters.

Thinkers such as Barnes, Brown, and Carver are part of a movement to forge a new economy altogether, sometimes called a moral economy or a solidarity economy. For them, the purpose of the economy is not to provide ever-increasing wealth and growth, but to maintain the integrity, resilience, and beauty of life's commonwealth, to support all of life. In front of most current economic thinking, they are forging the essentials of an economy that works for all and the earth. Their work is grounded in the limits of earth's carrying capacity plus a passion for a more equitable distribution of wealth. They redefine wealth itself to include what makes for true happiness: loving families and communities, rich culture, and worthwhile work. They support the development of local economies, firms that are owned by workers or communities, and corporations that are chartered only to serve the public interest.

Other institutions now in operation also help narrow the gap between rich and poor. The "new philanthropy," pioneered by Bill Clinton, Bill and Melinda Gates, and Rockefeller Philanthropy Advisers focuses on a world problem, creates a strategic plan to solve it, and

marshals market forces to leverage change. To ratchet down the cost of anti-viral AIDS drugs, the Clinton Foundation gained commitment from national governments to buy drugs in bulk, then negotiated the price of drugs down 50 percent. Manufacturers still made handsome profits while the numbers served skyrocketed.

Global goal-setting institutions are now in operation. To achieve the UN Millennial Goal of ending extreme poverty by 2015, a global compact has been created between rich and poor nations to raise the income of extremely poor people. This includes a multi-donor budget support policy that offers major financial support to any country that presents a poverty reduction strategy. Economist Jeffrey Sachs's Millennial Village Project showcases how a package of specific interventions can equip extremely poor people to start earning. Next step: all donor countries need to carry out promises already made.

5. Interconnect strongly. Rich trade relationships, when designed to benefit local people and the planet, bring peace, security, and prosperity. Work is going on to ensure that we all play by the same labor and environmental rules and to ensure the rights of local people to control production of their own food. Fair Trade ensures that local producers are paid fairly for their labor and goods marketed at prices that lift the poorest out of poverty. Grassroots networks link across national boundaries to promote solidarity among producers, work for just trade, and build regional financial and production systems.

Great progress is being made on funding wide Internet and cell phone access. This allows a Bangladeshi mother who wants to sew for a living to communicate her need for a sewing machine to a would-be donor in Saskatchewan. A Cameroonian taxi owner can call his American business mentor for advice.

People-to-people exchanges bring prosperity and should also be funded and encouraged. A former Peace Corps volunteer returned to his village in Kenya, saw its need for a school, and took this on as a family project. As we foster exchanges -- city-to-city, company-to-company, region-to-region - contact grows, and cooperative development projects blossom.

Results We Can Expect: These key steps to end extreme poverty equip people at the bottom to start earning and to have the satisfaction of seeing each family member healthy and prepared for a productive future. They provide not a handout but a hand up. It is possible to make poverty history.

A Starter Kit for Giving the Poor a Hand Up

Questions:

*How can I give of **myself** to help eliminate poverty?*

*Where can I invest my **money** most effectively to address poverty?*

*How can I lend **support** to alleviate poverty?*

Myself. Support a student. Nothing helps a person break the cycle of poverty more

effectively than a good education. There are students everywhere who need support. Invite one for a meal, host an exchange student, or mentor an inner-city student in need of extra adult caring. Such relationships can be life changing for both student and adult.

Use a hobby or talent to give a hand up. Jean Adams, a retired art teacher, leads art sessions for homeless men in Washington, DC. Cynthia Dahlin offers poetry-writing workshops for homeless women. Musicians teach inner-city kids how to play instruments at the Sitar Center in DC.

Partner at the grassroots. Organizations like Rotary and Habitat for Humanity and faith communities connect you with hands-on work opportunities in disadvantaged neighborhoods. Perhaps more important than the labor contributed is the hope generated when an “outside” person joins local efforts if only for a short time. Choose a neighborhood and join folks there to accomplish something they need.

Money. Raise and give funds to worthy individuals or projects. At www.globalgiving.com, you can find a list of projects, organized by geography or subject matter. Jeffrey Sachs offers opportunities to give to villages connected with the Millennium Goals through www.millenniumpromise.org.

You can be a microlender through www.kiva.org. Lend as little as \$25 to a local partner in a developing country, which then makes the loan to a known entrepreneur. During the period of the loan, the partner provides updates to the lender on the business’s progress. Elementary students in a Montessori school in Bozeman MT lend money through Kiva and learn about the culture and people of other countries.

Support. Large-scale economic development if it is diversity, local people and earth-friendly is an eradicator of poverty. This depends on the success of private-sector entrepreneurs, social entrepreneurs, and political reformers who increase trade, establish the rule of law, build infrastructure, create educational institutions, and insure property rights. China may end poverty in the twenty-first century. Millions of low-cost laborers plus modern technology, ample capital, and a sound business environment brought per capita income up from 7.5 percent of Western Europe’s to 20 percent by 2000. To aid this type of growth, we can support just trade regulations and practices that benefit the poor and the planet, social entrepreneurship, and training of economic and political leaders. A good place to start would be www.ashoka.org.

A Different Question Made All the Difference

A poor kid from Brooklyn, Geoffrey Canada got the chance of a lifetime when he was admitted to Bowdoin College. Upon graduation, he wanted to give back. A job as a social worker in Harlem’s Reedlan Center gave him his opportunity. He created a powerfully effective program for about 100 kids there. But questions were nagging: What about all the kids who were not in the program? How to reach them?

As he pondered, an epiphany occurred. Don’t ask, “What can we afford to do?” Ask “What outcome do we want to achieve?” Canada had an answer: Help poor children grow into fully

functioning participants in mainstream American middle-class life. To do that, they would have to graduate from college. Education was a key to escaping poverty. This understanding catapulted Canada into a quest to learn all he could about poor kids and education. One insight stayed with him: Parents of middle- and upper-class kids talk with their children 10 times as much as poor parents do. How to make up that difference? How to ensure that his Harlem children receive the same amount of language enrichment that more well-off kids are given?

The answer he discovered was to start at birth and keep up language enrichment right through high school. Canada created the Harlem Children's Zone, an interconnected set of educational opportunities all aimed at producing college-readiness levels of learning. Baby College teaches expectant parents how to talk with their babies from birth. The Three Year Journey works with parents and toddlers. During one activity, parent and child go to the grocery store, accompanied by a parent coach. Picking up two sizes of laundry detergents, the parent learns to teach his/her child the difference between "big" and "small;" bags of flour are used to demonstrate "heavy" and "light;" vegetables are used to teach colors.

Harlem Gems, a pre-school that offers beginning reading and math activities to students, is next on the Children Zone's educational "conveyor belt." By the time children enter Promise Academy (Canada's elementary and middle charter school), most students' achievement levels are on a par with those of their more affluent counterparts in other parts of the country.

Affluent children also have the advantage of weekend, evening, and summer trips to museums, reading with parents, and interesting vacations. Since many poor parents don't have the experience, time, or money to provide such enrichment, Canada has built these experiences into Academy programs. Canada's students attend for longer hours each day, have Saturday classes, and participate in Academy summer activities.

Canada's conveyor belt is working, so much so that President Barack Obama has said he would like to see the Harlem Children's Zone replicated in 20 cities during the first years of his new administration. Not bad for a poor kid from Brooklyn who asked some great questions.

The Power of a Pact

Their high school teacher gave them a choice: stay in class or hear a presentation in the library from a Seton Hall University recruiter. Sitting slumped in the back of the library, three guys from poor broken homes in rough Newark neighborhoods prepared to be bored. However, what the recruiter said got George Jenkins' attention: "There is a lack of minorities in the health professions. Seton Hall is dedicated to training more minority students to enter medicine as doctors through a program that provides free tutoring, counseling, and other support."

Jenkins perked up. Ever since elementary school when a dentist had answered all his questions, taught him about different kinds of teeth, and explained exactly what each instrument was for, Jenkins had the idea of becoming a dentist. Here was a chance. To his buddies, Sam Davis and Rameck Hunt, he said, "Man, I think I want to do this. Why don't we go ahead and do this together?" His buddies were not too enthusiastic. Jenkins persisted, "We could go to college for free. Let's do this." Finally, Hunt and Davis gave in. Jenkins recalls, "We would apply to Seton Hall,

go to college together, then go to medical school and stick with one another to the end. We didn't lock hands in some kind of empty, symbolic gesture, nor did we think much further ahead, like what would happen if one of us got accepted and the others didn't. We just took one another at his word and headed back to class, without even a hint of how much our lives were about to change."

All kinds of hoops had to be jumped through -- getting admitted to college and then med school; learning to study; finding ways to cope with family illness, lack of motivation, and addiction; and weathering separation when one of the three was not admitted to the med school the other two entered. Eight years later, in a joint graduation ceremony of the two medical schools they attended, Jenkins, Hunt, and Davis walked across the stage and became Dr. George Jenkins, Dr. Rameck Hunt, and Dr. Sampson Davis. When they received their diplomas, their families and favorite teachers and counselors exploded into roars.

One counselor, Dr. Valerie Noble, had notified a newspaper of the friends' success and the subsequent article ran under the headline, "Start of Something Big." Speaking engagements started rolling in. With fees earned from those engagements, Jenkins, Hunt, and Davis started The Three Doctors Foundation to expose inner-city children to professionals, colleges, and careers.

They then wrote a book called *The Pact: Three Young Men Make a Promise and Fulfill a Dream*. What comes through the book is how the extraordinary power of friendship enables ordinary people to beat the odds. Three guys who probably could not have made it through med school on their own, did so because they stuck together and supported each other every step of the way.

A recent *Washington Post* article reported on a group called Posse, which has been building on the same truth: one way inner-city young people can succeed in college is to attend as a group. Posse has identified 33 colleges willing to admit inner-city students tuition-free each year in groups of about a dozen. With all the research and money invested in helping disadvantaged children achieve college success, the three doctors may have stumbled on one thing that works and is cost free, the extraordinary power of friendship as a tool to break out of poverty.

Peace: Build a World Where We All Get Along

If we want peace in the world, each of us must take part in creating it. This means not only stopping war and engaging in non-violent behavior, but also building cultures of peace at every level: within ourselves, our families, neighborhoods, communities, nations, and the world. It also includes recognition that conflict is rooted in real issues, often justice issues. The goal to strive for is peace with justice. Here are key initiatives we in the United States along with other countries could undertake or reinforce to bring about more peace in the world.

1. Trumpet the vision that we aim to build cultures of peace at every level. Make this a central dimension of foreign policy. In 2001, the United Nations agreed to devote the next decade to building cultures of peace for our children. Detailed work has been done on how to go about this. Canada set up a national “culture of peace” program to promote peace throughout the country. The United States and other countries that have not done so could follow suit and re-affirm allegiance to this goal. Citizens need to see that national leaders follow through. Success stories show that building cultures of peace is powerful and doable.

After huge riots in South Africa, ordinary black and white citizens, sick of the killing, became more fully proactive for peace. In 1991, they drew a picture of what harmonious living would look like, called it the National Peace Accords, shopped it around the entire country for leaders and citizens to sign, trained 26,000 peace monitors to come between clashing peoples, and started running “culture of peace” vigils, demonstrations, and festivals. This had the effect of marginalizing those prone to violence and prepared the way for a peaceful transition to a black president, Nelson Mandela.

Europe, committed to preventing war again on its land, has created in our generation a new entity, the European Union. There is a new currency, new governing bodies, new “Europe parks,” and new Europe festivals. One highly successful mechanism has been “city twinning”: older member cities become partners with cities new to the Union. Much exchange is going on as people forge personal ties with others who once were of another tribe.

2. Make clear public statements, accompanied by dramatic acts, affirming the desire to be at peace with countries now seen as adversaries. Take the United States and Iran, for example. The U. S. Secretary of State could publicly name the ways Americans respect the Iranian people and lift up Iranian contributions to world culture. This could be accompanied by a gift to the Iranian people of a Persian work of art in U. S. possession and an invitation to strengthen people-to-people exchange. In *Stable Peace*, sociologist Kenneth Boulding says, “The only guarantees of peace are compatible self-images.’ Friendly, reassuring overtures foster the hope that it is possible to work together for the well-being of both countries.

3. Train people at all levels of society in peace-building skills. For the Poor People’s March on Washington in 1968, thousands of people took nonviolence training. You would see mothers reading everything Gandhi had written while minding their children playing in the sandbox. Mindfulness, the art of being present in the moment, breathing deeply, and observing thoughts

and feelings, is a key to inner peace. Folks in the Mindfulness in Education Network teach this skill to school kids.

“True enduring peace – between countries, within a country, within a community, within a family – requires real reconciliation between former enemies and even between loved ones who have struggled with one another,” writes Archbishop Desmond Tutu. True reconciliation includes admitting to wrong, being sorry for it, asking forgiveness, and addressing the root cause. These actions can be taught and processes can be put into place to support people as they take these steps. Then a new beginning is possible.

Learning how to stand up for oneself and negotiate is also needed. Peace training is happening in many places. It must be expanded. The Canadian dream is to have Peace Cafes or Community Centers for Teaching Peace in every major Canadian city. What if we encouraged the establishment of peace-teaching centers in the United States and around the world?

4. Build on common ground. Successful peace builders start by identifying common goals and concerns. Most nations are firm on wanting to alleviate poverty. This is a win for all. Negotiations between adversaries could begin with that common goal. Experience with an effective working partnership builds understanding to deal with more divisive issues.

5. Support and increase unarmed civilian peacekeepers. This was Gandhi’s strategy. He deployed his Army of Peace -- teams of trained civilians -- to trouble spots around India where they quelled riots and taught peace. Groups like the Nonviolent Peaceforce are now having success rescuing child soldiers, protecting human rights workers, and averting violence. Local peacekeepers are doing similar work and have the advantage of knowing the local situation first-hand.

6. Create a comprehensive strategy to strengthen weak states and prevent them from failing. Key components, as outlined by Susan Rice and Stewart Patrick from the Brookings Institution, are: poverty alleviation; democracy support; market access; peacekeeping and security reform; increased professional staff at the State Department and the U.S. Agency for International Development; and partnerships with allies, international institutions, and developing nations. Rice and Patrick also created a tool to assess 141 developing countries on their performance of four core functions of statehood: providing security, maintaining legitimate political institutions, fostering equitable economic growth, and meeting their people’s human needs.

7. Establish new international organizations to deal with particularly troublesome situations. This is already happening. International Rivers Network is a worldwide network of people working to protect rivers, defend the rights of communities that depend on them, and promote just and sustainable water and energy development. They have stopped destructive river projects from Brazil to Nepal; helped form the World Commission on Dams, whose recommendations form a gold standard for water and energy planning; and spearheaded local watershed regeneration efforts.

Common Frontiers is a cross-border working group composed of union members, social activists, and church people from Canada, the United States, and several Latin American countries. It

engages people in an ongoing collaborative process to build “A People’s Hemispheric Agreement,” an alternative vision to the Free Trade Area of the Americas (FTAA). The Agreement promotes just and sustainable development and includes participation by citizens.

Under the auspices of the United Nations, 168 nations have created the Law of the Seas treaty to regulate shipping and promote sustainable use of oceans and have created the International Maritime Organization in concert with local maritime organizations to enforce the regulations.

8. Take the lead in destroying all nuclear hardware and putting into place intrusive inspections. Abolishing all nuclear weapons must be on the table for discussion. Nuclear nonproliferation and multilateral disarmament make us all safer as a civilization.

Results We Can Expect: A stronger international commitment to make peace the norm rather than violence through using available tools to manage differences.

A Starter Kit for Peace Builders

Questions:

*How can I build a culture of peace **within myself**?*

*How can I foster peace **among family, friends, and community**?*

*How can I promote **international peace**?*

Within myself. This is the place to start. As we learn to calm the war within, we become sowers of peace in the world. Learn the art of mindfulness. Sit at the feet of one of today's great mindfulness teachers, the Vietnamese Buddhist monk Thich Nhat Hanh. His book *Peace Is Every Step: The Path of Mindfulness in Everyday Life* includes simple doable practices to cultivate inner peace.

Among others. Key tools for moving from breakdown caused by conflict to breakthrough -- a creative solution that benefits all parties -- include: conflict resolution, consensus, and restorative justice. Staff members in an organization were impossibly tangled in interpersonal quarrels. Using a simple one-page conflict resolution process in pairs, each person came to a new understanding and appreciation of the other. Folks in another organization tried to make decisions by voting. Too many went away angry and dissatisfied when they were the losers. They then learned a process for making decision by consensus. This completely transformed the group. Since that time, 25 years ago, they have made decisions with peace and understanding. Both the conflict resolution and consensus decision-making processes are available on www.theglobalrenaissance.org. The South Africa's Truth and Reconciliation Commission put restorative justice on the map by and it is spreading around the world. Marietta Jaeger describes it: "Real justice is not punishment, but restoration not necessarily to how things used to be, but to how they really should be." Archbishop Desmond Tutu's *No Future Without Forgiveness* shows how this transformed his nation.

Search the Internet to learn more about restorative justice processes, how they are being used and how you might use them in your community. At a very basic level, we can build peace by taking stands on bullying (talk to our kids), violence in the media (write to sponsors), and sending our kids to peace camps.

International peace. Hospitality, exchange, accompaniment, and interfaith projects are four tools that ordinary citizens can use to promote international peace. An international hospitality organization of hosts and travelers, Servas (www.servas.org) builds international friendship as a way of fostering peace. Exchanges also foster peace: Seeds of Peace, a camp for Israeli and Palestinian young people, enables participants who come as enemies to go away as friends. At www.sister-cities.org, you can find out how to set up a sister city arrangement. How exciting to think that cities in nations at odds might actually become "sisters"! Christian Peacemaker Teams (www.cpt.org) go into trouble spots and accompany local residents in voting and other tasks that may be risky because of violence. The presence of "outsiders" brings a sense of solidarity and a feeling that the world cares. Many other groups arrange peace visits. Those who

participate know it to be life changing. Interfaith projects foster relationships between people of different faiths and do much to break down walls of fear and ignorance. For example, if you wanted to foster positive relationships between Muslims and Christians in your community, you could set up an interfaith gathering with speakers as a first step, then set up dialogues between Muslim and Christian partners. From those seeds, healthy collaborations and joint ventures can grow.

A New Vision and a Fresh Wisdom

Northern Ireland. August 10, 1976. An unforgettable day for Mairead Corrigan. Three of her sister's children lay dead, struck by the careening car of an Irish Republican Army soldier shot by a British combatant. This freak accident symbolized the crazy violence that had gone on since 1963 between Catholics and Protestants.

"Enough!" said Corrigan. With two friends, this young working woman urged everyone to stand up with them and say "Enough." The next day 10,000 people flocked to downtown Belfast to demand peace. By the end of the month, their numbers had swollen to 35,000. Corrigan and her friends christened the budding movement The Peace People and drafted a declaration with simple statements all could understand:

We want to live and love and build a just and peace society.

We reject the use of the bomb and the bullet and all the techniques of violence.

Rallies were held every Saturday through December where people could say a public "no" to violence and "yes" to peace. Ordinary people realized there was something they could do to bring about peace -- take to the streets.

The world took notice. Corrigan and her friend, Betty Williams, were awarded the Nobel Peace Prize the year they first stood up and took action. True peace did not come quickly although during the time of the Saturday rallies, there was a 70 percent reduction in violence.

The dangerous demanding stance taken by the Peace People took its toll on members. Ruptures tore them apart. Recalling that moment later, Corrigan wrote,

Perhaps we were trying to do too much. Perhaps we put so much energy into our peace work that we lost sight of our relationships. Perhaps we also lost sight of the fact that people are more important than projects. Perhaps we were so busy trying to solve all the problems outside that we did not take enough time to meditate and pray for our own inner peace. For whatever reasons, by the winter of 1980, the Peace People movement had become 'unpeaceful,' and the trust which had made it possible to hold together so many people from so many different backgrounds and viewpoints had gone.

But Corrigan kept her witness clear and steady. Wanting to take back the streets, she and her comrades walked unarmed in the most violent "no go" areas, convincing people they could change things. In a heartfelt letter to the IRA written in 1997, she wrote, "It is time now for a new vision

and fresh wisdom.’ Refusing to get dragged down by the violence, this young woman, who left school at age 14 and then worked as a secretary, spelled out a different way to deal with conflict:

Violence does not solve problems. We must not demonize individual people but rather change ourselves and solve problems through sitting down together and negotiating. We must address the causes of violence. Injustice breeds violence and leads to the politics of despair, anger and frustration. Anger at injustice is normal. However, feeding the anger escalates violence. If we want peace, we must feed the seeds of peace and use peaceful means to bring it about.

It would not be until May 8, 2007, that all political groups in Northern Ireland agreed to share power and work together for the good of all. For 30 years, Corrigan continued her peace work in Northern Ireland, but encouraged by her Nobel recognition, also broadened her sights.

Writing to her son Luke, she said, “Remember, Luke, you have no country. The world is your country.’ This had become Corrigan’s experience as she traveled the world in support of peace. In 2006, Corrigan joined with her six living sister Nobel Peace Laureates to establish the Nobel Women’s Initiative. Their mission is to galvanize peace efforts in trouble spots such as Darfur, Burma, and the Middle East. United, they offer their extraordinary experiences for peace with justice and equality. Wherever possible, continually inspired by her heroes Martin Luther King, Jr., Gandhi, and fellow Laureate Aung San Suu Kyi (under house arrest in Burma, now Myanmar), Corrigan offers a vision of how people can live together in peace and steps to get there. To extremist youth and weary elders, she puts forward her simple wisdom: “Feed the seeds of peace.’

Peace Builder Extraordinaire

Peace begins in the silence of each person’s heart. A way to foster inward peace is through the simple but demanding practice of mindfulness. Simply put, mindfulness is the skill of paying attention to what is happening in the mind but not getting carried away by it. When a fellow teacher told Richard Brady about the tensions students and teachers were experiencing in the schools in her area, Brady replied, “Someone should teach them meditation.’ Then it dawned: he was that someone. Here’s how Brady teaches this.

Inviting students to quiet down and notice their breathing, he then suggests they think of their lives as a stage: “Look at all the characters on stage, see what they are doing. Look at your feelings – what are they, what bodily sensations are there, see your thoughts, notice your perceptions.’ Then there are a few minutes of silence. After that, Brady invites students to share reactions by a show of hands. Asking a few questions, he notices responses. One question: How many students noticed negative feelings? Lots of hands go up.

Brady points out that what our minds do in the particular five-minute meditation period is repeated about 70,000 times each year. “If we multiply the number of negative thoughts and feelings we observed by 70,000, we might understand why the mind plays such a significant role in creating stress.’ What to do with these negative thoughts? Brady used to suggest replacing them with positive thoughts. His own mindfulness practice has revealed a different path.

Reflecting recently on one of his first experiences of meditation, he writes, “My lower back seized up during meditation. I would have keeled over in pain, except nobody was moving a muscle. I sat there in extreme pain....Then, miraculously, the muscles in my back released.’ Later Brady realized this was the first experience in his life where “I simply stayed present to suffering, didn’t ignore it, didn’t try to fix it, didn’t run away from it.”

Now Brady explains to students that if they can watch their stage without engaging, they will have less need to “tune into a different show.’ They will not revert to automatic flight or fight responses. Students can simply be with whatever is on the stage understanding that thoughts, feelings, and perceptions come and go. “Their primary significance lies in what you make of them,” says Brady.

Brady first decided to explore the path of mindfulness after hearing Chris, a student, report on a senior project of learning meditation at the Zen Center in Washington, DC. When asked how his life was different because of this, Chris replied that there were many effects but “most are so subtle I can’t put them into words.’ Then he added, “I can tell you that I am less angry.’ That day Brady promised Chris and himself that he would try to meditate.

To learn how, Brady began reading Vietnamese Buddhist monk Thich Nhat Hanh’s *The Miracle of Mindfulness: A Manual on Meditation*. This was so compelling that he began sharing a short passage from the book with students at the beginning of each math class. Students appreciated these instructions for living more focused, peaceful lives. Eventually Brady started beginning each class with five minutes of mindfulness practice. Reflecting recently on the results, he observes, “In those classes, students spent 10 percent less time on math but learned just as much, did as well or better than previous students, and had a lot more fun. Why? Because they were more present and focused on their work.’ A student, full of anxiety one night, closed her eyes, focused on her breath, and found her feelings of stress dispelled. Reporting on this the next morning, she said, “The action is so little, but the reward is tremendous.’

The methods Brady uses to teach meditation and mindfulness are so simple and unassuming, yet so powerful. He is equipping students and educators with the much needed skill of bringing compassionate presence to stress and thereby cultivating peace from the inside out.

Purpose: To Care for One Another and the Earth

Lester Brown, one of the world's foremost authorities on the environment, says that saving civilization will take a massive mobilization at wartime speed. At 75, I remember the mobilization vividly. My generation is the last to have lived during World War II. Food was rationed, car travel for pleasure was banned, automobile companies were prohibited from making cars, producing tanks and trucks instead. The entire United States economy was turned around very quickly to produce the arms needed to defeat a brutal enemy. What will it take now to galvanize us into action?

1. An up-front and personal threat prompts response. J. W. Marriott has become a dedicated environmentalist because so many of his hotels are located on the shore. A rise in sea level could destroy them all. We act when we fear for the safety of something or someone we hold dear. My wakeup call occurred when a friend contracted skin cancer and felt she could no longer swim with me in the ocean. The ozone layer, with its gaping hole, must be returned to health. I wanted to find a way to help.

2. A powerful love and sense of justice triggers action. On a trip to South Africa, music/drama teacher Roy Barber traveled to Winterveldt, an impoverished former homeland near Pretoria, now called Tswane. There he visited the Bokamoso Youth Centre and got to know the remarkable leaders who help at-risk youth turn their lives around. Barber saw that those youth wanted so much more for their lives than seemed possible. Why not use his love for theatre arts to create musical dramas using the kids' lives as the raw material and the kids themselves as performers? Troupe performances would bring in money augmented by donations, enabling Bokamoso students to attend college and start their own businesses. As he turned his idea into reality, the Bokamoso Youth Troupe, and began listening to their stories and coaching their singing and acting, Barber fell in love with these students and their leaders. "They are like my second family," he says. Sharing his enjoyment of the kids and their culture, Barber has arranged exchange visits between his American students and the South African youth.

3. A compelling vision and doable actions motivate us to get involved. Dr. Martin Luther King Jr.'s dream that his four little children "will one day live in a nation where they will not be judged by the color of their skin but by the content of their character" plus the invitation to join him in Selma or the Poor People's Campaign in Washington, DC, got many of us on our feet. Al Gore's film *An Inconvenient Truth* flashed vivid footage of melting glaciers and devastated rain forests and sounded a call for action. But, as yet, there has been no picture of a flourishing planet and people vivid enough to capture all our imaginations. Take a minute to re-read the entire text of Dr. King's speech. That vision, crackling with brilliant cultural connections, is what is now needed for planet, poverty, peace and purpose. Absent an international leader of stature who can articulate this for the world, each of us can frame a vision of the future that is compelling to us and back that up with action.

4. Challenge gets us out of our seats. Have you seen the World War II poster of Uncle Sam pointing his finger straight to your heart? Eyes riveted, he says, "I want YOU!!" A challenge was

issued: Do your part for the war effort. I remember pulling my wagon around the neighborhood and collecting tin cans to be converted into bullets. At night Mom and Dad donned uniforms and went on the roof of Roosevelt School to spot enemy planes. Victory gardens were everywhere. There was exuberance in the air; we could pull together and win the war. John F. Kennedy's "Ask not what your country can do for you; ask what you can do for your country" ignited the imagination of thousands of young people who then flocked to Washington to work for the government or traveled overseas with the Peace Corps. Let's give each other big demanding challenges to do what it takes to save the planet.

5. Campaigns multiply impact. As a youngster, I had a Christmas wreath-making business. Posters everywhere encouraged us to "Buy Savings Bonds." For \$17.50, I could purchase a bond that was redeemable for \$25.00 after 10 years. The national War Savings Bond program inspired thousands to put up money for the war effort. All of us, young and old alike, were challenged to lend again and again for the duration of the war. What would it look like if every church, temple, mosque, family, and individual were mobilized to defeat the enemies of economic and environmental collapse? How can we be challenged to act together, to give out of our excess but also to sacrifice? What is the "big ask" we need to articulate to one another in this age?

6. Noble actions call forth the nobility in us. Why is it that the Sisters of Charity have astounding numbers of young women wanting to sign up when many other Catholic orders struggle to survive? The picture of Mother Teresa, a tiny Yugoslavian woman tending the dying poor in the streets of Calcutta (now Kolkata), conveys in living color what selfless compassion is all about. Pete Seeger built a sloop and held sailing singalong parties to inspire and fund the cleanup of the Hudson River. Thousands of others do their part, getting less attention but doing much good as they turn down the heat and wear woolies to keep warm, or look out for elderly neighbors, take in extra foster children, or do something else that makes lives better. These impressive actions inspire our call to care for one another and the planet.

7. Great leaders spark sacrificial action. Franklin Delano Roosevelt in his speeches and Fireside Chats gave direction and encouragement during World War II. Today's challenges require much more leadership than one person could give. Fortunately, our understanding of leadership is much richer than in the past. Sure there is the general astride a great white horse leading the troops into battle. But also there's Rosa Parks, a little old lady, refusing to sit at the back of the bus. All forms of leadership need to go into high gear: national leaders and grassroots activists, groups and individuals, youths and elders, you and me. Leadership comes from all directions: top down, bottom up, middle, and sideways from unexpected sources. We can't wait for top leaders to give direction. We need to make things happen ourselves and share widely what works.

8. A compelling story illuminates our path. In a talk given in December 2007, Bill Moyers called for a new American story: "It is that the promise of America leaves no one out." But more than an American story, we need a new global story to take us where we want to go. That story has to be about global renaissance by whatever name we choose to call the dream of thriving beings on a healthy planet. The story has to be that our generation saw and met the threat of planetary devastation and created an earth community of magnificently diverse cultures, peoples, and

natural creatures that found ways to thrive and enjoy one another as members of the same earth family.

Results We Can Expect: An awareness among people around the world that this is our finest hour, that we are fully committed and happy to be building a world that works for all.

A Starter Kit for Waking Up to Call

Question: *How can I wake up to my own call to care for others and the planet?*

1. **Ask the grandkid question.** What kind of world do I want my grandkids and all children to inherit? Pondering that is a wakeup call. Picture a world where children would flourish. Jot down some of its qualities and stick them on the fridge.
2. **Listen.** To hear a calling, we need to clear the decks and really listen. To what? To our own bodies and souls. What moves us, causes real pain, true joy? Listen to the circumstances of our time. What do they require?
3. **Pin down your passion.** As you scan the situation in the world or around you, what do you care most about? What lights a firecracker under your seat and gets you moving? Like Rebecca Hosking and the dead albatrosses (read her story on page 44), what riles you, gets you thinking there has to be a better way?
4. **Experiment.** Get your feet wet. This starts the juices running and is much more fun than armchair apathy. Step into the adventure of walking the talk.
5. **Commit.** After experimentation, choose a vision you truly care about. State your intention to carry out this vision. Write it down in the present tense as if it is already happening. Include the results you hope to see. Make these tangible so you'll recognize them when they occur. Take heart from these famous words of Goethe:

Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it.
6. **Step into your vision by taking one concrete action.** Notice what happens. If you like the results, take another step in the same direction. If you don't like the results, re-shape the vision, taking into account what happened, make a course correction, and try something else.
7. **Ask for help. Get feedback.** Don Weaver, a friend, took us out fishing on a Maine pond. He guided his small boat to a shady bank and said, "Cast here." We caught no fish. After five minutes, he moved the boat to the opposite shore and said, "Try here." Still no bites. Several more spots yielded no bites. Finally, we cast behind rocks in a distant cove. We caught lots of fish. Don explained. "Fish don't come to you. You have to hunt for them. Go where they are." Do you need information, expertise, another pair of hands, connections to make your project go? The help is out there. Don't give up after the first cast. Keep hunting for what you need until you find it.
8. **Join others who share your call, pool resources, work together.** These words from anthropologist Margaret Mead ring out an elemental truth:

Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only things that ever has.

9. **Tell stories.** Nothing feeds the soul like a good story. Collect and share stories about good things that are happening in the world and the inspired people who pull them off. Here's one I like telling. When violinist Olga Bloom was in her forties, she started dreaming of a way to make beautiful chamber music available to ordinary folks in New York City where she lived. She looked and looked for a suitable venue and found none. Then, in her sixties, her sister-in-law called to say she noticed that 10 barges were for sale opposite the Statue of Liberty. Dashing over, Bloom saw that a barge was perfect for what she had in mind. She bought it and, with the help of a student, converted it into a lovely small concert space. Friends were drafted to play trios and quartets. Soon, a full season of performances was in place. Now in its thirtieth year, BargeMusic still offers quality chamber music at reasonable prices from the water's edge with a view of lower Manhattan skyscrapers. Bloom, at 90, presides over most concerts spreading her unique blend of delight with and gratitude for her "baby." It boggles the mind to see that a single woman created such a lovely oasis of beauty and tranquility at the tip of Brooklyn by buying a barge. There is nothing like holding on to a dream and going for it.

10. **Celebrate success,** big and small. Share struggles. Sure, maybe things are a mess, but just talking about it with someone gets you a bit freer to see another perspective or way to go.

11. **Remember the counsel of great souls.** In what many think was the greatest speech of his life, Robert Kennedy, junior senator from New York, speaking in 1966 during the apartheid era at the University of Capetown in South Africa, spoke these words:

It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lots of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest walls of oppression and resistance.

Another short phrase attributed to Kennedy sends us off in the right spirit:

If not us, who? If not now, when?

Adventure Opens Up the World

“What will I do for spring break?” wondered 14-year-old Carmen Estrada. When her dad, Steve, said, “People are needed in New Orleans to help rebuild houses,” they both decided to go. Carmen didn’t know what to expect. “I had images of standing in muck and water. But it wasn’t like that at all. Most of the houses had been gutted. It was like a ghost town – houses standing there completely empty.’

Carmen and Steve traveled with a group from Washington, DC, to work with the St. Bernard Project, one of the most effective rebuilding organizations in the New Orleans area. “I had no skills,” said Carmen, “but learned so much – dry walling, stair building, painting. The more experienced people showed us what to do. Doing stuff I had never done before made me feel so proud.’ Carmen and her dad signed up to return the next two springs. “Each time I get to do more fun stuff – like sanding and working on the scaffolding.”

When Carmen learned that an organization called International Partners matches teams of teenagers with remote villages in El Salvador requesting help, she jumped at the chance to go during the summer. “I already had building skills and could use them in this new place.’ The adventure of living with a family, hearing their stories and enjoying their dance and music, was irresistible. To raise the money, Carmen wrote to everyone she knew, described the project, why she was invested in it, and how the money would be used. In a village built on an incredibly steep slope, she and her team joined with villagers to build a water pump. “We carried bricks uphill, shoveled sand, mixed and poured cement, added in rocks, and dug trenches to the houses down the mountain. This saved the women from having to go all the way down hill to the river for water. It was incredibly empowering to see what a huge difference our project made for the villagers and for me.”

Asked to elaborate, she replied, “The fact that our team came so far to live and work with them gave the villagers hope that the future could be better for their kids. Certainly the whole experience has influenced my next steps. The college question is hovering over my head. I know I want a strong foreign relations program. I want to continue service work in other countries, to be part of the rest of my life. I’m taking Spanish, I love the culture, the warmth I found all over. I’m thinking about a gap year in Guatemala and will have a chance to explore that when my family goes there this summer on a school-building project.”

A week’s commitment in New Orleans has blossomed into a deep sense of purpose and direction for her life’s work. Carmen wouldn’t trade these experiences for anything. They have been fun, challenging, and strengthening. What can beat that?

Many Good Things Wrapped in One Package

Why is it that Julia Albrecht, retired program analyst, now 77, has not burned out in the volunteer position she has held for nine years as a counselor/resume writer to help poor people find jobs in metro Washington, DC? It's because she is part of an organization that has developed a superb system for helping older folks find fresh purpose by working with organizations that directly assist the materially poor or that address structural issues related to poverty. The Ignatian Volunteer Corps (IVC) takes its name from Ignatius of Loyola, who 400 years ago devoted his life to the poor and to writings on faith development called *The Spiritual Exercises of Ignatius of Loyola*. Members of the Society of Jesus, or the Jesuits, follow in his footsteps.

"How excited I am about my son's joining the Jesuits," said the father of one young man being counseled by Jim Conroy, S. J. "I'd like to be involved in the same kind of dedicated service. Do you have anything for older folks like me?" Stimulated by this request, Father Conroy and Charlie Costello, S. J., solidified a shared vision: a program for retired women and men, age 50 and over, with two major components: work among the poor and reflection on that work.

Now into its fourteenth year, the IVC has 260 members in 15 cities. Retired scientists, accountants, builders, nurses, and social workers commit one year at a time to serve two days a week in a local organization for 10 months each year. The well-designed program keeps volunteers engaged by helping them grow in their understanding of their call and care for one another as they share their experiences. In other words, the IVC helps volunteers see and deepen the meaning of what they do. All volunteers study a book on Ignatian spirituality, theology, and justice. Groups of eight to 10 volunteers from the same city meet monthly to discuss readings and share from their work experiences. Annually, there are two overnight and one one-day retreats, which bring larger groups of volunteers together for sharing, reflection, meditation, and study. In addition, each volunteer is encouraged to keep a journal on his/her volunteer experiences and meet monthly with a reflector. Purpose is nurtured by several practices: living a life of gratitude and generosity; reflection combined with action, solidarity with those in need, partnership with others, availability for needs of others, and searching for new challenges for fuller service.

I have known several volunteers and reflectors for some time. What strikes me is how fulfilled and happy they are with what they do. The organizers of each regional corps interview prospective volunteers carefully, discover their gifts and interests, and offer three suitable matches for each one to consider. The volunteer then interviews at the organizations selected and makes a choice. Some choose to use the skills formerly used in work; others branch out into something new.

"I'm at my best on Mondays and Wednesdays writing resumes at the Pre-Release Center. I exercise gifts I never used in family and career," says Julia Albrecht. "I see the results of my work. It has the potential for transforming lives. Some of the men and women I see have had few 'real' jobs but invariably have ability and some skills developed by their life experience. When they see their resumes, some change before my eyes: one young man proudly shouted 'I'm a real person!' I couldn't be happier. Best of all, my husband, Tony, seeing how much this work has meant to me,

joined the Volunteers and teaches construction math to immigrants. Helping others gives us joy. Our faith has become deeper and stronger.”

As more and more volunteer efforts are being organized to work with all sorts of situations around the world, I keep thinking that the IVC might be a model to examine. I know so many people who volunteer their time but have no one to discuss their experiences with, are not nurtured by the insights of spiritual giants such as Gandhi or Martin Luther King, Jr., and who are not trained to see the good in each person. How wonderful it would be if all volunteer efforts could take a tip from IVC and include opportunities for learning and growth that would lead them to find what so many in IVC have discovered: their most important work began after retirement. This organization has learned how to mobilize older people to do excellent work over a long period of time and find great satisfaction in doing so.

Three

When I despair, I remember that all through history, the way of truth and love has always worked. There have been murderers and tyrants, and for a time, they seem invincible, but in the end, they always fail. Think of it! Always!

--Gandhi

Obstacles

The skeptics about to tackle me in the first chapter are now coming around again. “But there are real obstacles to the solutions you propose.” That is obviously true. Three are most prominent: Aren’t current problems too complex to solve? What about real evil that sabotages progress? In a tight economy, where will the money come from to create a global renaissance? Here are some thoughts about tackling these questions.

1. How can we deal with the complexity of world problems?

Most times, with persistence, complexity works itself out once the problem is engaged in an incremental way. Fighting smallpox was complex. Then we found we were able to deal with it. Building a plug-in car was complex. Now these vehicles are almost ready for production. Since when did complexity stop human creativity?

There will always be new problems, and some that resist solution or whose solution gives rise to unintended consequences. The issues are colossal. But you and I don’t have to do it all. As we each do what lights our fire, we can trust that we are single threads in a wider tapestry. Others do what ignites their passion. Together, we make the changes that matter. Theologian Howard Thurman’s wisdom guides us in how to engage: “Don’t ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive.”

2. How to address the very real evil that erupts around the world?

Yes, evil is there. This cannot be denied. The alternative? Address evil by growing good. In *The World is Flat*, Thomas Friedman observes that when young people have a context for defining their dreams and learning steps to realize them, they will be preoccupied with taking their next life step and not with blowing people up. Inspired by that, a small team of people in Washington, DC have been sponsoring “Dream and a Path” workshops for youth from South Africa. The hopelessness that led these young South Africans into petty crime is transformed into commitment to a promising future.

Negative behaviors thrive in a climate of indifference. It is when people care and back that up with action, that evil loses its power. In 1934, Pastor Andre Trocme came to the tiny village of Le Chambon in France. As part of his ministry, he set up a parish-supported school where the study of

nonviolence was taught. When France surrendered to Germany under Hitler, Pastor Trocme called upon his people to resist with “weapons of the spirit.” Having been trained in alternatives to violence, they were ready. Villagers put out word that all Jews were welcome and ended up hiding 5,000 Jewish refugees for the duration of the war.

Great humanitarian leaders have a moral compass that helps us “keep our eyes on the prize” of love and compassion even in the face of evil. Archbishop Desmond Tutu in the days of *apartheid* in South Africa used to remind P. W. Botha, the president of South Africa, that “we had already won, and I invited him and other white South Africans to join the winning side.” What held Archbishop Tutu steady was his belief:

This is a moral universe, which means that, despite all the evidence that seems to be contrary, there is no way that evil and injustice and oppression and lies can have the last word. God is a God who cares about right and wrong. God cares about justice and injustice. God is in charge. That is what upheld the morale of our people, to know that in the end good will prevail. It was these higher laws that convinced me that our peaceful struggle would topple the immoral laws of apartheid.

Yes, evil exists and must be confronted. When people do not allow it to dehumanize them but rather bring their humanity to it, good breaks through, perhaps not immediately but eventually. In the midst of Hitler’s evil hegemony, compassionate people rescued Jewish children who would then tell the story and help break the hold that evil had. Hardened criminals in prison learn to meditate. Acquiring the skill to refrain from acting on criminal impulses, they learn to hold them with compassion. I have friends who are part of an effort called Kairos that organizes groups of women on the “outside” to spend weekends with prisoners on the “inside” and share personal stories of transformation. Teammates give bags of delicious home-made cookies that have been prayed over by loving friends to the women participants. A highlight of the weekend occurs when prisoners give some of their cookies to someone who is hard to love or whom they need to forgive. Who would think that one way to dispel evil is to give the evildoers some savory chocolate chip cookies? But it works. Transformation occurs on these weekends for prisoners and visiting team members alike.

3. How can we, as a global community, generate the money to build a future that will sustain us all?

The big answer is to re-organize the global economy to do this. Biking through the Brittany section of France, my husband and I were entertained in Nantes by Jean-Philippe Rouques and his wife, Sophie Dominguez, both math teachers in the public schools. What fascinated us about Jean-Philippe and Sophie was their preoccupation with what they called “solidarity economics.” I had never heard the term and asked them to explain. “It is a way of organizing the economy so that it is in solidarity with the planet and all people. We have a friend who has a master’s degree in solidarity economics.” Coming home, I was surprised to learn that many are engaged in planning for and experimenting with solidarity economics here at home. Their focus is on changes to make during this century, not what is possible only during this year. Their work is briefly described in the poverty section (item # 4 on pages 17 and 18).

But there are also ways to generate funding for the needs we have now. One major way to do that is to withdraw money from efforts that are not life sustaining. Hmmm! That will send fur flying. But that is what needs to happen. A uniting vision serves as a framework for making choices. We say “yes” to actions that insure that children everywhere can grow in health and use their potential. Should we build that new weapons system or use that money to build schools in Somalia? Which choice will bring true security?

Further, money for needed initiatives is available through non-governmental channels. Faith communities of all varieties donate enormous sums to people and projects all over the world. Foundations and nonprofits, now with the use of technology, are making it easy for individuals to support good work.

Market leverage is another way to generate funds. Remember the example of Bill Clinton’s foundation growing the market and ratcheting down prices for drugs? The drug companies still made a profit. Clinton says, “We don’t want to ask anyone to lose money.”

Building community where we are is another way of generating resources for the needs we see. A friend in Greenfield, Massachusetts, tells of neighbors meeting monthly to get to know each other as well as share needs, resources, and skills. The active food coop makes it possible to have fresh food at lower cost. The Greening Greenfield group educates the community about a green economy. Ordinary people band together to help each other thrive.

Finding money to fund needed change is a false issue. Money is out there. It is where we direct it that counts. Any country that can pay a CEO \$50 million a year cannot say there is no money to preserve our planet and its people. We always manage to come up with money for things we think are important.

At first people believe that a strange thing can be done, then they begin to hope it can be done, then they see it can be done, then it is done and the world wonders why it was not done centuries ago.

--Frances Hodgson Burnett

What Gives Me Hope That We Can Pull This Off?

So many things seem to be in place to position us to make a huge jump into global sustainability. The more I looked, the more I discovered. Take any topic mentioned, do an Internet search, and you will discover a wealth of people, projects, and businesses that are making impressive progress in tackling world problems.

Sure, radical religious extremists foment violence, but they are no more than a tiny fraction of any religious persuasion. By far, the majority of religious people are moderate. The World Parliament of Religions, Pope Benedict XVI, the Dalai Lama, and other world religious figures preach justice and compassion for all and emphasize their common moral agenda. Muslims in the United States have launched a huge project called "Peace Dialogues" to reach out to non-Muslims and work together for peace.

Despite outbreaks of violence, the world overall is becoming more peaceful. In a speech given in 2006, Dr. Mary-Wynne Ashford, Canadian physician and author of *Enough Blood Shed: 101 Solutions to Violence, Terror and War*, pointed out that this is happening:

The Centre for Human Security at the University of British Columbia issued its report last year summarizing research (covering period from 1946-2003) that I found astounding, even though I have been working in this field for years. Since the end of the Cold War in 1992, the number of major wars and genocides in the world has decreased 80 percent, the number of smaller, internal wars has dropped by 40 percent and 100 wars have quietly ended. Sixty dictators have been toppled, all nonviolently except Romania. The Centre concluded that the world is becoming averse to war. They credit the United Nations, International Law and the increasing influence of civil society.

Healing skills of all sorts are much better understood and practiced than they used to be. Entrepreneur Paul Hawken says, "To salve the world's wounds demands a response from the heart. There is a world of hurt out there, and to heal the past requires apologies, reconciliation, reparations, and forgiveness. A viable future isn't possible until the past is faced objectively and communion is made with our errant history." We know how to do this. Twelve Step recovery programs heal individuals from alcohol, drugs, debt, neurosis, and food addictions. South Africa's

Truth and Reconciliation Commission showcased political healing. Twenty of these commissions are now operating in various parts of the world.

There is an explosion of citizen giving and service that Bill Clinton documents in his book, *Giving: How Each of Us Can Change the World*. Five trends contribute to this:

1. Growth of numbers of people living in free democracies
2. A vast pool of new wealth to give
3. The rising influence of small donors
4. Internet connectivity
5. Increase of NGO's who are extremely effective in using funds

When the tsunami hit Southeast Asia, more than a third of all American households gave an astonishing \$1 billion for relief.

College graduates are applying in record numbers to work in such organizations as Peace Corps, AmeriCorps, and Teach for America, which places recruits in inner city schools. Teach for America expects more than 50,000 applicants for its 5,000 teaching spots this year. A 2007 UCLA survey of college freshmen showed that 70 percent of students say it is "essential or very important" to help those in need.

Students in college are enthusiastically calling for and working for the change we need. We saw this in full force when PowerShift '09 brought 12,000 students to its historic national summit in Washington, DC. Speakers, panels, and workshops, such as "Gardening for Climate Justice," "Media Bootcamp," and "The Impossible Will Take a While" offered practical skills. Six Missouri State University students stayed at our house. All members of the campus group Students for a Sustainable Future, they are totally focused on educating the masses for sustainability, greening all the college campuses in the United States, and making their voices heard loudly and clearly on Capitol Hill. Their leader, Lindsay Berger, told me, "I can't stand the idea of future children coming to me and saying, 'You knew about this and didn't do anything about it.'"

Global problem solving is becoming a known art. In a recent *Time* magazine article, economist Jeffrey Sachs writes:

Here are four bold but achievable goals for the U. S. and the rest of the world:

- ***Sustainable systems of energy, land and resource use that avert the most dangerous trends of climate change, species extinction and destruction of ecosystems***
- ***Stabilization of the world population at 8 billion or below by 2050, through a voluntary reduction of fertility rates, rather than the current trajectory of more than 9 billion by mid-century***
- ***The end of extreme poverty by 2025, and improved economic security within the rich countries as well***

- ***A new approach to global problem-solving based on cooperation among nations and the dynamism and creativity of the nongovernmental sector***

What will it take to attain these goals? The greatest successes in global cooperation combine four elements: a clear objective, an effective technology, a clear implementation strategy and a source of financing.

We know how change occurs:

- A problem is identified by those who feel its ill effects most profoundly. They yell.
- Those out of the mainstream see it and agree but are marginalized by those in the mainstream.
- Cranky academics and journalists begin to describe and then promote the idea/problem – first by “studying it” or “reporting on the phenomenon,” but later by advocating it.
- A catastrophe heightens public awareness and outrage erupts when the powers that be “get it wrong.”
- Small out-of-the-mainstream projects emerge.
- They network and gain recruits.
- Mainstream journalists report on the “trend.”
- The politicians jump on board and lead us to the change.
- Global agenda and action take place.

Gandhi had it right when he said, “First they ignore you, then they laugh at you, then they fight you, then you win.”

Smallpox eradication, expansion of primary schooling and literacy around the world, and the systematic control of many killer diseases came about through cooperative global problem solving. Remarkable results have been achieved: measles deaths in Africa are down more than 90 percent in the past seven years; polio is nearly eradicated; and children are filling schools wherever school fees are dropped and meal programs are in place.

Top thinkers are pulling us in the direction we need to go. James Gustave Speth, co-founder of the Natural Resources Defense Council and a Yale University professor who has been called “the ultimate environmental insider” is one of many examples. In a recent article, “Global Warming and Modern Capitalism,” he confesses failure: “The environmental community has grown in strength and sophistication, but the environment has continued to deteriorate.” He continues: “Our best hope for change is a fusion of those concerned about environmental sustainability, social justice and political democracy into one progressive force... A sustained dialogue is urgently needed among the three communities to build a common agenda for action and a shared commitment to build a new social movement for change in America.” Some of the changes he advocates include:

- Change the nature of corporations so they become legally accountable to society at large and not just to themselves and shareholders.

- Challenge the assumption that American progress is only attainable through growth of the gross domestic product (GDP).
- Focus on growth in areas that enhance human well-being -- jobs, healthcare, education.
- Challenge materialism and consumerism as sources of happiness.
- Lift up true sources of happiness - quality of life, social solidarity, connectedness to nature.

Speth points out that there is support for forging a new direction. “The good news is that more and more people sense that there’s a great misdirection of life’s energy. In a survey, 83 percent of Americans say society is not focused on the right priorities.” That’s a powerful base to build on, he concludes.

Most promising are the many attempts to address system and structural issues that cause the symptoms or problems that gain attention. Finding pollution down stream, systemic thinkers identify and address upstream causes. Foremost among thinkers of this sort is David Korten, long-time overseas economic development professional, who was taught from graduate school on to “Look upstream to find the root cause. Find the systemic cause and fix the system so the problem will not recur.” Through the New Economy Working Group (www.new-economyworkinggroup.org), he and others are creating the design elements of an economy that benefits all. Their ideas make excellent sense especially at this time when our faith in the efficacy of our current economic system has waned. Korten and his colleagues are surely not the only ones working on “upstream” structural change. The justice, peace, and environment work done by faith communities also contributes powerfully to efforts toward sustainability.

These developments and many more give me enormous hope that we have what it takes to create a global renaissance. Whether we choose to do this depends not on money or expertise but rather on what is inside the minds and hearts of each one of us. There is a golden key that unlocks our vision and will: eight critical mind habits that you will recognize because I have been using them in what you have read so far. Let’s take a look at them in more detail.

I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear.

--Rosa Parks

The Golden Key: Eight Critical Mind Habits

Each of these mind habits are just that. They are habits, not merely attitudes, but ways of operating that become habitual with use. When you think of habits, perhaps you think first of bad habits like smoking or excessive drinking, which become addictive. It takes lots of hard work to become free of addictive bad habits. It also takes work to cultivate good habits, ways of being that produce the results you want to see in yourself and the world. But it is possible. And lots of people make it a way of life to practice positive habits, to get good at being compassionate, thoughtful, kind, and truly fair. Here are eight mental habits we as global renaissance people need to cultivate. The first four have common roots in vision and creativity, while the remaining four build on the first four.

1. Take a creative rather than a reactive stance toward life.

People who take a creative rather than a reactive stance imagine results they want to see and then work toward creating those results. It is not that they are divorced from reality. No, they take it into account. The reality of what is present usually conflicts with the positive results we envision. That conflict produces tension. This tension can move us forward or pull us down depending on what we do with it. The reality of countries that harbor terrorists is that they are dangerous, often remote and rugged, not easily accessible. But that did not stop a single mountain climber, Greg Mortenson, author of *Three Cups of Tea*, from offering to set up a school in a tiny Pakistani hamlet. Did he know what to do? No, but together with villagers, he figured it out.

2. Convert grief into vision.

In a column called "Innovators," the *Washington Post* featured BBC wildlife film producer Rebecca Hosking, who, on a sunny beach on Midway Atoll, was mortified at the sight of thousands of dead albatrosses rotting in the tropical sun. In their split-open bellies were the items that had killed them: plastic bags, cigarette lighters, pens, toys, pill bottles, knives and forks, golf balls, and toothbrushes. After filming the atrocious site, she returned home to her tiny village of Modbury, England, gathered 37 merchants at the local art gallery, showed her film, and then proposed action: Modbury should ban plastic bags.

Beforehand, she had asked the local butcher to test a newly ordered batch of BioBags, fully biodegradable (as plastic is not!) and made of cornstarch. At the meeting when it was time to vote, heads turned to the butcher who raised his hand. Everyone followed.

On May 1, 2007, Modbury became Europe's first plastic-bag-free town.

Developments in Modbury are chronicled on the town's website, www.plasticbagfree.com, which is maintained by Hosking. Check it out, but watch out, it just might get you all fired up to start a plastic bag-free campaign in your own town.

We all feel despair sometimes about where the world is going. Newspapers and television seem to specialize in communicating bad news. Examples: the worst economic crisis since the depression, the Congo in chaos, young people killed by gang violence. Despair means you care so much that you feel really sad. Certain happenings strike a deep emotional chord and you grieve. This is appropriate. But it's possible to get stuck there and feel powerless to do anything.

We have another choice. Turn grief and its cousins, complaint, apathy, and cynicism into dreams, ideas, action, and possibility. This is the grand tradition of "the prophetic imagination." In his book by that title, Walter Brueggeman defines the prophet as one who deeply ponders his or her grief, imagines an alternative vision -- how it could be better -- and then embodies that alternative in some tangible way. This is the way of Isaiah, Jesus, Gandhi, and Mandela. The world now needs us to make it our way.

**You don't have to be a visionary to imagine a vision.
Take what you don't like. Then imagine what you would prefer.**

This is the road Dr. Martin Luther King, Jr. took. Racial slurs slung at his children on the playground were emblematic of decades of racial oppression in this country. Staying there in grief would have reaped bitterness in King. Rather, he churned anguish into vision, which he expressed so eloquently in his "I have a dream" speech at the Lincoln Memorial in Washington, DC.

The woods, plants, trees, flowers, and sky were precious to my mother. Litter appalled her. In a fit of inspiration, she constructed a humorous sign complete with skull and crossbones and the words: "DON'T LITTER!!!" This rode beside her on the front seat of the car. Shocked when a driver ahead would toss something out the window, she would zoom by, beep, then hold up her sign and smile. She was a prophet!

3. Keep your vision enticing.

Athletes know the importance of this. Marilyn King, two-time Olympian in the grueling pentathlon, was incapacitated by an automobile accident while preparing for her third Olympic team. She writes, "Unable to train physically, I trained mentally, watching films of the world-record holders in all five of my events. I would then stand on the tracks for hours, envisioning each of my performances. Placing second at the 1980 Olympic trials using only mental training was a pivotal moment." Her discovery:

**When we are guided by a juicy vision that we passionately care about,
and back that up with action,
we are capable of extraordinary performance.**

Envisioning a passionately held goal gives us “access to a high level of energy and creativity” to bring it about.

4. Begin with the end in mind.

This memorable sentence from Stephen Covey's *The 7 Habits of Highly Effective People* alerts us to the first step in any effective action plan:

**Get a clear picture of where you want to go.
This helps differentiate the steps that will take you there from those that won't.**

Business consultant Marvin Weisbord sat through yet another boring strategic planning meeting. Folk got completely bogged down with the mound of problems in the way of their desired future. There's got to be another way of doing this, he thought. Then he advised something different:

- Focus on the preferred future first. Get into it.
- Use right and left sides of the brain to describe the vision as if it has already happened in, say, 2014, five years from now.
- Depict the vision in a fun way. Create a news release announcing its completion, or a song, or a television interview.

If this sounds corny, it was. But as people let their hair down and allowed their imaginations to go wild, their spirits rose, energy soared, ideas flew, people had a super time, and what seemed an impossible dream suddenly looked possible. Calling this technique FutureSearch, Weisbord now facilitates the process with town councils, college boards, government departments, and business staffs around the country and overseas. What if we ran a FutureSearch for the United States? What if we ran one for the world?

5. Plan backwards.

Weisbord's FutureSearch sessions don't end simply with exciting future dreams. The next step is backwards planning. Using a chart dividing the five-year action period into annual segments – 2014, 2013, 2012, 2010, 2009, Weisbord gets participants to answer this question first: In the year 2013, just before the vision was actually realized, what happened? In 2012, what happened to achieve the 2013 results? And so on back to the present. To join in this type of imaginative thinking, one of Weisbord's key strategies is to get everyone in the room -- the CEO, the janitor, a middle manager, a secretary, and outside stakeholders. Putting people together who normally don't interact energizes the groups. Backwards planning helps them take imaginative leaps into the future.

Picture a FutureSearch for the world attended by doers from the grassroots and the pinnacles of power. Rebecca Hosking and Greg Mortenson are seated beside the Dalai Lama. Helen Sirleaf Johnson chats at dinner with a Chinese student studying at Cambridge. What would such a group dream up? What would their backwards plan look like?

6. Turn obstacles into “How do we?” questions.

“If you don’t step on someone’s toes, chances are you aren’t moving,” our youth minister, Wally Gibbs, used to tell us. Any action bumps into hurdles along the way. The surest way to jump over an obstacle is do a mental flip. Turn a “I can’t do this” or “This won’t work” thought into a “How do I (or we)?” question. How do I find the money to go to college? How do we create a comprehensive energy policy? How do we build a culture of peace in a crime-ridden section of our city? Thomas Edison’s lab partners complained that they had tried a thousand ways to invent the light bulb and none had worked. Edison’s reply: “Good, now we know a thousand ways not to do it; let’s find a way to get this done.” This was his version of a “How do we?” question.

Not only do obstacles block progress, unwanted circumstances will occur when we take action. Creativity expert Robert Fritz’s response is to use unwanted circumstances to shape a new version of the vision that takes into account the cold hard facts of reality.

7. Find common ground and consensus underneath conflict.

Because we are all different, conflict will almost always be present when we move forward. Will it bog us down? Or will we listen to diverse opinion and patiently knit together a consensus way to go?

If I could mastermind one action to help us create the world we really want, I would mandate that the art of consensus building be taught in all schools around the world from kindergarten right on through college. Consensus means truly valuing the ideas and perspectives of people who differ from us and then figuring out a solution that springs from common values and meets everyone’s core needs. Like an art form, it needs to be learned and practiced. If we all took this on, it could transform the world. In school in my day, we learned Robert’s Rules of Order: how to offer a motion, take a vote, and the majority wins. That’s the democratic way. But today’s times call for a much different skill -- the ability to craft win/win solutions. That is consensus.

When the tension between Iran and the United States was at its highest, I asked a key South African anti-*apartheid* activist what he would do if he could run U. S. foreign policy. His response: “Offer first to talk with Iranians about common concerns. Work together with them on these. When success is achieved together, move to the more controversial issues that divide.” This seems like common sense to me. Such a policy assumes a reservoir of good will that can be strengthened through friendly conversations and is in marked contrast to our insistence that talks must focus first on Iran’s nuclear intentions.

8. Cultivate soul richness for the road ahead.

When our friend, Barry, sends an e-mail, he adds a quote underneath his name. Recently, it was the words of David Spangler:

To reject fear and to respond with inspiration, strength, hope, and imagination ... the work remains in essence what it has always been; to love, to connect, to serve, to care, and to stand for and create wholeness in every way we can.

To do that on a consistent basis requires strength of soul. How to build up that strength? How to feed our souls? Read the best books, learn about heroes who fire your imagination, share ideas that seem most promising. Great souls keep company with great souls. Hang out with the Dalai Lama, Pete Seeger, Dorothy Day.

Anyone working for change over the long haul runs the risk of burning out. This causes loss of heart and vision. The only preventive I know that really works is daily attention to nourishment of soul and also of mind and body. Each of us is an expert on what kind of nourishment our bodies, minds, and souls need at any given time. Ask yourself what would rejuvenate your spirit, strengthen your physical capacity, and enrich your mind and imagination. Then treat yourself to a nutritious menu of that nourishment each day.

When you do this on a steady basis, chances are good that you'll be given the gift of "magic eyes." Bill Milliken, founder of Communities in Schools, got this term from the title of a children's book he read. His life work is creating community/school partnerships that enable inner city kids to thrive in school and daily life. A key person in his system is what he calls a "champion for children," the one who marshals school and community resources to create effective support for each student. "Magic eyes" describe that special quality that champions must have to get the job done. In *The Last Dropout: Stop the Epidemic!* Milliken writes,

When you have magic eyes, you see things differently. You notice solutions and assets, not problems and liabilities. Every situation children face in your community is an opportunity; and you discover the possibilities, not the drawbacks. It's like trying to start a campfire: You see those little sparks, and instead of focusing on all the wood that's not catching, you blow carefully on the glowing specks. Pretty soon you have a flame, and then the fire overcomes the coldness.

This kind of leadership, in my opinion, starts with the heart, not the head. It's about 'care providing,' not caretaking, and caring isn't a job but a way of life. It's a calling, and it comes from an acute perception of the brokenness all around us, the damaged lives, the broken dreams. Often it comes from the brokenness in ourselves, too – all the ways we've had to learn to go on despite our wounds.

Soul richness also comes with facing addiction squarely. Many argue that as a nation we're addicted to oil and as individuals we're addicted to material comfort. Both blind us to seeing reality as it truly is. Alcoholics Anonymous' impressive record of helping individuals free

themselves from addiction is clear about what that entails. Its first step, “We admitted that we were powerless over our addictions” leads to the second: “We came to believe that a power greater than ourselves would restore us to sanity.”

The soul strength needed to keep us moving forward is grounded in a sober assessment of how difficult it is to change our ways and the necessity of being guided by a higher power, however that is defined.

Right after the election of Barack Obama as president, Susan Brooks Thistlethwaite, a professor at Chicago Theological Seminary, wrote these words:

The world watched this election. While we here in Chicago were dancing in Grant Park, people on every continent danced with us. They celebrated with us because the reality of our democracy belongs not only to us, but also to the world. And when we seemed to lose our democratic ideals, the world despaired.

Nations, like individuals, have spirits; they even have souls. I do not believe that the soul is an ineffable something.... I believe that both for individuals and nations, the soul is your ability to have transcendent ideals and make your actions match your expressed values.

When we march down the road of making our actions match our ideals more closely, we’re on our way to creating the world we really want.

These eight mind habits are crucial for bringing in the global renaissance. Less than a full quiver leaves us weak in the face of obstacles that arise. Their implications for global policy are enormous.

It is one thing to say our international goal is to avert the worst effects of global warming. Isn’t that aiming way too low? Don’t we really want to restore the earth to full health? Isn’t that the end we want to keep in mind? It’s one thing to set a goal to reduce crime in the inner city. It’s quite another to build cultures of peace in ghetto wastelands. President Kennedy’s pledge to put a man on the moon captured our imagination and galvanized action. What is its modern equivalent today?

Why not go out on a limb? That's where the fruit is.

--Mark Twain

A Final Thought

You've read this book. My fervent hope is that you'll be excited by our future together on this planet, you'll celebrate all the good things you already are doing to bring this about, and you'll ponder two questions in your heart:

How can I fit global renaissance into what I am already doing?

Is there something more I can do to bring about a global renaissance?

Bet your life on it. Let it be like a tiny snowball. Keep packing snow (ideas, stories, images) onto it until it becomes big and influential in your life. Michael Pollan writes,

Sometimes you have to act as if acting will make a difference, even when you can't prove that it will. That, after all, was precisely what happened in Communist Czechoslovakia and Poland, when a handful of individuals like Vaclav Havel and Adam Michnik resolved that they would simply conduct their lives "as if" they lived in a free society. That improbable bet created a tiny space of liberty that, in time, expanded to take in, and then help take down, the whole of the Eastern bloc.

Each of us is called, but we are not alone on this road.

--Vaclav Havel

Seven

If you want unlimited options for solving a problem, follow this three-step procedure:

- 1. Engage the “What if?” before you lock on to the “How to?”*
- 2. Find people who add new perspectives and create new conversations.*
- 3. Pay attention to those new voices.*

--Author Unknown

Key Books to Take You Further

What follows is a sampling of books that have informed my thinking and that are enormously encouraging.

Awakening to Purpose

The Courage to Create. Rollo May. “Shall we consciously participate, on however small the scale, in the forming of the new society?” “To live into the future means to leap into the unknown, and this requires a degree of courage for which there is no immediate precedent...courage is not the absence of despair; it is, rather the capacity to move ahead in spite of despair.” These few quotes are taken from this gem, which describes why creative courage is essential in building the new society, how it works, and how it can be developed in each person.

Despair and Personal Power in the Nuclear Age. Joanna Macy. This valuable book tells us how social despair -- fear that we’re not going to make it as a species -- operates and how to convert that into effective action in solidarity with others.

Giving: How Each of Us Can Change the World. Bill Clinton. The stories and heroes in this book show the power of ordinary citizens to make huge change.

Taking on the System. Markos Moulitsas Zuniga. The founder of the most successful blog in political history, Daily Kos, clues us into how to do digital organizing for change.

Community: The Structure of Belonging. Peter Block. This handbook details how to create a desirable future through engaging in transformative conversations framed around evocative questions. Included is a most engaging list of 88 individuals and groups who are changing the world for the better.

From Age-ing to Sage-ing: A Profound New Vision of Growing Older. Salman Schachter-Shalomi and Ronald S. Miller. This book shows how much seniors have to contribute to our world community.

The Four-Fold Way: Walking the Paths of the Warrior, Teacher, Healer and Visionary. Angeles Arrien. This goldmine of tools and practices comes from the wisdom traditions of ancient peoples.

Original Blessing. Matthew Fox. A definitive description of creation-centered spiritual traditions, this life-giving book will hearten those weary of religious doctrine that no longer fits our age.

You Don't Have to Go Home From Work Exhausted! Ann McGee-Cooper. This enjoyable book, packed with inspiration, offers an abundance of practical ways to increase your energy not only for work but for all of life. And, after all, without energy, we can't create the global renaissance!

Creating. Robert Fritz. Fritz invites us to take the creative stance and tells us how to stay the course. He has studied how creative people operate and then made their secrets available to all of us. His thinking has changed my life.

Soulfire: Accessing Your Creativity. Thomas Ryan, CSP. Engaging stories, poems, and action suggestions to live more fully and creativity.

The Promise. Oral Lee Brown. The author, a woman of modest means from Oakland, California, has adopted several classes of disadvantaged elementary students and mentored and funded the entire classes through college. You'll never doubt that one person can make a difference after reading this book.

God Has a Dream: A Vision of Hope for Our Time. Desmond Tutu. Addressed to readers of all religious backgrounds and no faith, this book offers personal and historical examples to show how global and personal suffering can be transformed into joy and redemption.

Pocketful of Miracles. Joan Borysenko. This small meditation book by an immunologist

offers prayers and core wisdom from the world's spiritual traditions. If used over time, it brings remarkable growth. With two others, I have used this for the last six years.

Working From the Heart: Cultivating the Soul at Work. Jacqueline McMakin and Sonya Dyer. Each person's work is an essential building block for global renaissance. This is a guide to creating meaningful work that contributes something valuable to society.

Discovering Your Gifts, Vision, and Call. Jacqueline McMakin and Rhoda Nary. This guide helps the reader to discern which piece of the action is meant for him/her to do.

Inner and Outer Peace

Peace is Every Step: The Path of Mindfulness in Everyday Life. Thich Nhat Hanh. Reading this book slowly and thoughtfully and doing the simple practices suggested will help you cultivate inner peace and bring peace to others.

I'd Rather Teach Peace. Colman McCarthy. A former *Washington Post* writer, McCarthy has spent years teaching peace studies in schools and universities around Washington. Here's what one student wrote after the shootings at Columbine: "...your class stood out as a beacon of hope and as a guiding star. Thank you so much for expanding my mind and helping me form a vision of where we need to go and what I need to do to help us get there.' This book describes how McCarthy imparts his passion for peace to young people.

Solutions to Violence. Edited by Colman McCarthy. This marvelous compilation of stories and essays describes peaceful ways of dealing with conflict.

Steps Toward Inner Peace. Peace Pilgrim. This small pamphlet is packed with the life-changing wisdom of Peace Pilgrim, who walked more than 25,000 miles across the United States spreading her message of peace. It is available on www.peacepilgrim.org. Free copies are also available by mail: Friends of Peace Pilgrim P. O. Box 2207 Shelton, CT 06484.

No Future Without Forgiveness. Desmond Tutu. The story of South Africa's Truth and Reconciliation Commission, this book shows how real justice is not punishment but restoration, not to how things used to be, but to how they really should be.

Three Cups of Tea. Greg Mortenson. This book tells the engaging tale of Mortenson's efforts to build schools, particularly for girls, in the mountainous regions of Pakistan. There is now a Young Reader's Edition *Three Cups of Tea: One Man's Journey to Change the World...One Child at a Time* by Greg Mortenson and David Oliver Relin. There is also a picture book for young children called *Listen to the Wind: The Story of Dr. Greg and Three Cups of Tea* by Greg Mortenson and Susan L. Roth.

Lest Innocent Blood Be Shed. Philip Hallie. Hallie tells the story of how the villagers of Le Chambon sheltered Jews during World War II. The book was later made into a film called *Weapons of the Spirit*.

Tuning In: Mindfulness in Teaching and Learning. Edited by Irene McHenry and Richard Brady. Delightful stories and practical suggestions explain how to share mindfulness practices with young people. These simple techniques build peace from the inside out.

Urgent Message From Mother: Gather the Women, Save the World by Jean Shinoda Bolen, M.D. Women have skills and gifts uniquely needed by our broken world. Bolen galvanizes the still untapped power of women acting together to change our world.

The Vision of Peace: Faith and Hope in Northern Ireland. Mairead Corrigan Maguire. This collection of crystal clear writings comes from an "ordinary housewife" who became an extraordinary peace builder and Nobel Prize winner.

Planet

Plan B 3.0: Mobilizing to Save Civilization. Lester R. Brown. This book details what individuals and governments should do to restore the earth. Ted Turner gave a copy to every member of Congress.

Hot, Flat and Crowded: Why We Need a Green Revolution and How It Can Renew America. Thomas Friedman. A Green Revolution is needed, possible, and inspiring.

Earth in the Balance. Albert Gore. This classic alerts us to the environmental crisis in

personal, powerful, and understandable terms.

The Bridge at the Edge of the World: Capitalism, the Environment and Crossing from Crisis to Sustainability. James Gustave Speth. The author issues an urgent call to fuse the movements for the environment, social justice, and political reform into a new politics and new social movement powerful enough to drive transformative change.

The Green Collar Economy: How One Solution Can Fix Our Two Biggest Problems. Van Jones. Here is a viable and substantive plan for solving two of the biggest issues facing our country – the failing economy and our devastated environment. Jones shows how we can invent and invest our way out of the pollution-based grey economy and into the healthy new green economy.

Structuring the Change We Need

Capitalism 3.0: A Guide to Reclaiming the Commons. Peter Barnes. Barnes describes how to protect our commonly owned natural, cultural, and community treasures by giving “the commons” property rights and strong institutional managers. A must-read for anyone worried about the economy.

Imagine: What America Could Be in the 21st Century. Edited by Marianne Williamson. Leading thinkers such as Peter Senge, David C. Korten, Hazel Henderson, and Margaret Wheatley present visions and implementation ideas on a huge array of topics: food, health, the media, the presidency, education, political parties, and religion. First-class writers offer world-class thoughts.

Good to Great: Why Some Companies Make the Leap...and Others Don't. Jim Collins. This book details how long-term sustained performance can be engineered into the DNA of an enterprise from the very beginning. The book, based on research with companies, is relevant to countries, movements, and nonprofits.

High Noon: 20 Global Problems, 20 Years to Solve Them. J. F. Rischard. The author offers imaginative thinking on how to structure global problem solving without too much reliance on national governments.

The Great Turning: From Empire to Earth Community. David C. Korten. Korten makes

the case that “Earth Community” -- a life-centered, egalitarian, sustainable way of ordering human society based on democratic principles of partnership -- is possible.

Blessed Unrest: How the Largest Movement in the World Came into Being and Why No One Saw It Coming. Paul Hawken. This most hopeful book explores the huge numbers of organizations dedicated to restoring the environment and fostering social justice. Hawken looks at the movement’s diversity, brilliant ideas and innovative strategies.

Right Relationship: Building a Whole Earth Economy. Peter G. Brown and Geoffrey Garver. This compelling blueprint for building a fair and sustainable world economy includes a discussion of four new international institutions that need to be built, plus steps we all can take to secure a promising future.

Agenda for a New Economy: From Phantom Wealth to Real Wealth. David C. Korten. A declaration of independence from Wall Street that proposes a new economy – locally based, community-oriented, and devoted to creating a better life for all and health for the planet. Includes the author’s version of the economic address to the nation he wishes Barack Obama would deliver.

After the Crash: The Emergence of the Rainbow Economy. Guy Dauncey. Written in 1988 by a British economic development consultant, this upbeat and realistic book, so timely for today, introduces us to hopeful initiatives around the world that are economically just and environmentally friendly.

Moving From Poverty to Prosperity

How to Change the World: Social Entrepreneurs and the Power of New Ideas. David Bornstein. This book tells the story of William Drayton, the Ashoka Foundation, and many social entrepreneurs around the world and is full of practical tools and strategies for change.

Creating a World Without Poverty: Social Business and the Future of Capitalism. Muhammad Yunus. The micro-credit pioneer updates us on its progress and discusses how social business can address poverty, pollution, inadequate health care, and lack of education.

The End of Poverty: Economic Possibilities for Our Time. Jeffrey D. Sachs. Sachs lists nine specific steps to help the one billion poorest individuals start earning by 2025. This investment in global economic growth will add to the security of all nations.

Common Wealth: Economics for a Crowded Planet. Jeffrey D. Sachs. The severe problems facing the earth are manageable. Fixing them will cost only 2.4 percent of the rich world's gross national product.

The White Man's Burden: Why the West's Efforts to Aid the Rest Have Done So Much Ill and So Little Good. William Easterly. This book offers a critique of top-down "outside" economic development planning and an argument for bottom up growth achieved by nations such as Japan, China, and Taiwan that evolved their own cultures, rules and disciplines and built an indigenous foundation for economic growth.

Whatever It Takes: Geoffrey Canada's Quest to Change Harlem and America. Paul Tough. The author takes a detailed look at discoveries made by Geoffrey Canada when he asked the question: "What would it take to change the lives of poor children...in large numbers in a way that could be replicated nation-wide?"

The Pact: Three Young Men Make a Promise and Fulfill a Dream. Drs. Sampson Davis, George Jenkins, and Rameck Hunt. This is the story of three high school students who promised each other they would all become doctors. They stuck it out through the difficult journey from the streets of Newark to realizing the dream they held. Their journey illustrates how friendship and commitment can bring about great things.

Lanterns: A Memoir of Mentors. Marian Wright Edelman. This small volume is packed with many good things – a marvelous description of how mentoring makes such a difference, colorful descriptions of the mentors in Edelman's life, and a rewarding review of civil rights and poverty alleviation efforts in our country. Marian Wright Edelman has been a leader all her life in the fight against poverty, and this book helps show what has contributed to her unwavering commitment.

The Last Dropout: Stop the Epidemic! Bill Milliken. The founder of Communities in Schools offers nine key principles that his pioneering organization has tested over three decades to help disadvantaged students stay and thrive in school.

The Life You Can Save: Acting Now to End World Poverty. Peter Singer. Singer offers a practical, doable plan that will help us make a vital contribution to the solution to world poverty and also increase our own sense of fulfillment and harmony.

Better Together: Restoring the American Community. Robert D. Putnam and Lewis M. Feldstein. This book tells wonderful stories of about people building coalitions to solve specific problems: Mexican Americans in the Rio Grande Valley who want roads, running

water, and decent schools; Waupun, Wisconsin, schoolchildren organizing to improve safety at a railroad crossing; Portsmouth, New Hampshire, folks who build bridges through dance.

Field Guide to the Global Economy. Sarah Anderson. This book is an understandable guide to the promise and drawbacks of globalization and the efforts to make the global economy more just for all.

Alternative Globalization Addressing Peoples and Earth. Justice, Peace and Creation Team, World Council of Churches. The team offers a vision of a sustainable global economy that preserves diversity and the rights of all people to make a living.

A Big Thanks

My husband, Dave, and I have lived in northern Virginia, just outside of Washington, DC, since we responded with many others in the 1960s to President Kennedy's call to serve the country. Through Dave's work in the Agency for International Development and mine as a vocational counselor, we have met dozens of people giving their lives to make the world a better place. Living and traveling overseas opened our eyes to different perspectives and lifestyles. In retirement, we've indulged our passion for long-distance cycling and, through SERVAS, have stayed in the homes of folks in other countries who also are working hard to live sustainably. Our volunteer work in downtown Washington and with South African students puts us in touch with young people who have huge dreams for their futures.

Our two children, Tom and Peg, their spouses Mary and Frank, and our grandchildren, Valerie, Wilson, Heather, and Wes keep us focused on the choice: Do we want to leave them a mess or a beautiful thriving planet?

For this life I've lived, I am full of gratitude. Also, to all the writers, thinkers, and activists who have been working for global renaissance long before I got on board -- a huge thank you.

So many people helped birth this book. Neighbors, friends, family, and some experts gave ideas and encouragement, read drafts, brought over stew, had the courage to say, "This part is awful. Try again." To all of them, thanks. Also to Seekers Church where Dave and I are members, thanks for listening to my ideas presented in talks and then for supporting this project through a grant from the Growing Edge Fund.

Have you heard the story of the Cherokee elder who told his grandson of his inner conflict? Two wolves were fighting for his heart. One was driven by anger, envy, arrogance, and lies; the other by goodness, humility, truth, and compassion. The grandson asked, "Which one will win the war for your heart?" The elder replied, "The one I feed."

Let us all feed the good wolf and work together for the future we truly want.

Would you like to share what you are doing and thinking?

Jacqueline McMakin

Email: theglobalrenaissance@gmail.com

This book may be downloaded from www.theglobalrenaissance.org

You may order hard copies from The Potters House Book Service

booksandgifts@pottershouse.dc.org

www.pottershousebooks.org; 202-232-5483

Nine

Use every letter you write, every conversation you have, every meeting you attend to express your fundamental beliefs and dreams. Affirm to others the vision of the world you want. You are a free, immensely powerful source of life and goodness. Affirm it. Spread it. Radiate it. Think day and night about it. And you will see a miracle happen: The greatness of your own life.

--Robert Muller, former assistant general of the United Nations

Into the Streets: Sessions for Groups

It may be a dream, but I'd like this book to be a firecracker under our seats catapulting us into the streets crammed full of great ideas we can't wait to carry out. With all the enticing things to do floating about, which ones do I select? Which is right for me?

A friend once asked this question of the activist priests, Phil and Daniel Berrigan. They were the ones who poured blood on nuclear facilities and wrote piercing critiques of America's reliance on deadly arsenals to create a more gentle, peaceful world. They replied, "Choose what appeals the most to you, and don't worry. All effective actions are connected. Each leads to others. Just get busy." I agree.

What follows are five designs for group sessions. Each could be done in 45 minutes of focused time. You might budget an hour of time for your group session, but by the time you get there, settle in, and then allow time at the end to say goodbye, you'll have 45 minutes to go through the suggested activities.

Glance through the designs. You'll see that some terms are marked with an asterisk. These terms are explained in the section that follows the sessions called "Terms Used in the Designs." Also, take a look at "Guidelines for Global Renaissance Groups" on page 67 before you get started.

The sessions include a variety of activities designed to engage session participants in whole-brain learning. They'll involve right and left sides of the brain, head and heart. Most of all, participants will engage that imaginative side that could be called visionary, that ability to envision how the world could be.....

You will have the most fun with the sessions if you don't take them seriously. What I mean is engage your sense of play. Pretend you're going to do something big even if you cannot imagine now how that could happen. This is not about commitment. It's about imagining which can be done in an instant. Commitment takes time and requires a putting some things aside to make room for others. If you're meant to do the things you'll imagine, gradually the way will open.

Note: Preparation for Session 1: Read *Chapter 1: An Extraordinary Opportunity*

Session 1 - Crisis and Opportunity

Outcome

- A clear **vision** for global renaissance and an understanding of **current reality**.

Design

*Warmup**: Have a free flow discussion of *Chapter 1: An Extraordinary Opportunity*. Popcorn potpourri* on these questions. Participants share one point raised in the chapter that caught their attention. Drop each contribution into the circle. Let them be. Don't debate. This is a warm up – to get a quick picture of where each is coming from. Use the following questions to help you focus. (10 minutes)

- What helped you see that a **better world** is possible for the future?
- What made you feel **skeptical**?
- What were you **not sure** about?

Form two circles: Those tilting toward the stance of “I Can See a Better World,” form a group; those feeling pretty skeptical, form a “Skeptics” group. The “Not Sures” go with either group. You are the potential consensus builders because you see both sides.

Small groups: Use 15 minutes for this.

I Can See a Better World: Create a **vision** for global renaissance that is clear, compelling, easy to understand and remember. Write it down on a piece of newsprint.

Skeptics: Assuming the global renaissance vision described in *Chapter 1* is a good thing and is possible, come up with a description of **current reality** (good and bad). The statement will include three obstacles to achieving it and three assets now present that would help. Make the description clear, easy to understand, and concise. Write it on a piece of newsprint.

Large Group: Each group share what it did. The groups can then add to each other's work as appropriate. Brainstorm creative steps to realize the vision while taking into account the reality. (15 minutes)

Closing: Go over homework and time/place for next meeting. Closing ritual* (5 minutes).

Homework

1. Read *Chapter 2: Visions and Strategies*. Check points that impress you the most.
2. As you read the newspaper or other reading material or out of your own experience, identify three success stories of actions that move us toward global renaissance. Be prepared to speak about them and include the hurdles that were overcome and how they were overcome.
3. Out of your reading and experience, identify one failure (something tried that did not work) and the lessons learned.
4. Come to the next session prepared to share briefly about success stories, failures, and lessons learned.

Session 2 - What's Happening - A Treasure Hunt

Outcome

- Overview of success stories, failures, and lessons learned.

Design

Warmup: One group member takes about three minutes to share a success story that inspired him/her, including hurdles overcome. Group members then add a quick response – a feeling, question, concern, thought. (5 minutes)

In groups of three (formed with people new to one another): Each person shares success stories they brought from their homework. Include hurdles overcome. Then share failures and lessons learned. Give each person a turn. In allotted time, you may be able only to share one story. (15 minutes)

Large Group: Popcorn best stories and key failures and lessons learned. (5 minutes)

Together, brainstorm and discuss best tactics for overcoming hurdles. Have someone jot on newsprint. This is the group's best practices list. (15 minutes)

Closing: Go over homework and time/place for next meeting. Closing ritual.

Homework

1. Re-read *Chapter 2: Visions and Strategies*. This time check two or three ideas or actions that speak to you. Be prepared to share these.
2. Read *Chapter 5: The Golden Key: Eight Crucial Mind Habits*. As you read the eight mind habits, put a **U** by the ones you already **use** with ease; put an **S** for the ones that are weak or that you would like to **strengthen**.
3. **Note to group leader(s):** Come up with one or two BHAG's* (Big Hairy Audacious Goals) that the group can choose from during Session 3 to practice planning skills.

Session 3: Leadership Workout – A Game

Outcome

- The beginning of a business plan for a BHAG chosen by the group.

Design

Warmup: Participants popcorn popcorn actions and mind habits that caught their attention. Ritual inspiration. (5 minutes)

Large group: Participants choose a BHAG off this list, something they think of on the spot, or off the list the group leaders bring. Sample BHAGS: Send class of low income 4th graders to college; take lead in causing 90 percent of your townspeople to use non-car/truck transportation; eliminate drug trafficking and drug violence in your town. (5 minutes)

Leaders hold up four newsprints with these headers (do this ahead if possible):

- Why Cool (Why the goal is a cool idea)
- Why Never Gonna Happen (Why the goal seems impossible to accomplish)
- How Imagine Could Happen (How it could happen)
- 3 Big Actions Move Forward (Three giant steps that would help realize goal)

Small groups: Form a group for each header. Each of the groups takes the newsprint with its header. (5 minutes)

Each group thinks of the best ideas participants have for its header. Write on newsprint. (15 minutes)

Large group: Listen to points from each group. Add or modify points as appropriate. This summary of points is the beginning of a business plan for the BHAG. (10 minutes)

Closing: Go over homework and time/place for next meeting. Closing ritual. (5 minutes)

Homework

1. Read *Chapters 3, 4, and 6*.

2. Review checked items in *Chapter 2: Visions and Strategies*. Choose a BHAG you would like to see happen and want to work on. Make sure it's big, hairy, and audacious. (Examples: I would like to green our church and help each family go green to the max possible; I want to get our company to set up a volunteer program in an inner city school). Be prepared to share your BHAG in next session. Note: You may not be able to work on this right away. This is something you would like to work on if you had the time and energy to do it. You are dreaming at this point; not committing to do something.

Session 4: Mobilize for Action

Outcome

- Key components of an action plan for each person's BHAG.

Design

Warmup: Popcorn potpourri one or two points that impressed you from *Chapters 3, 4, and 5*.
Ritual inspiration. (4 minutes)

Groups of three: Form into groups of three, making sure that people are in groups with people they haven't worked with before. Each person takes a turn doing the following, with each turn taking about 12 minutes. Appoint a timekeeper to stay within time limits.

- Leader – One person acts as leader of his/her BHAG. Share the goal and any steps and obstacles you have thought about. (3 minutes)
- Listeners act as team members. Your task is to juice up the steps and obstacles and offer helpful resources (people, books, websites, organizations, ideas) you know about. (9 minutes)

Closing: Go over homework and time/place for next meeting. Closing ritual. (5 minutes)

Homework

1. Read *Chapter 7: Key Books to Take You Further*. Check ones you'd like to read. Star one you'd like to read first.

2. Prepare BHAG presentation for next session. Note to group leaders: Supply each participant with a tri-fold poster board. Arrange items on the three panels for the most impact. Items to include:

- BHAG – Snappy description or title of project
- Business plan – Key items (no more than five) written large so people can see. Include steps, obstacles to overcome, resources.
- Include pictures, color, symbols. Be a little wild and crazy.

Session 5: Show and Tell – Party Party!

Outcome

- See and celebrate variety of BHAG presentations.

Design

Warmup: Participants popcorn potpourri books they want to read first. If there is time, they can also mention a few others that speak to them. Ritual inspiration. (5 minutes)

Large group: Each person take about three minutes for your BHAG presentation. End by requesting help to jump over a specific hurdle. For example, if your BHAG is to get your company to start a charity, you might end by saying, “Anyone who knows of other companies who have started charities, please raise your hands.’ Someone notes down the people whose hands are raised and gives the list to the presenter.

Total time for each presenter = 4 minutes. Ten presenters could finish in 40 minutes. If there are more than 10 participants, divide into two groups for presentations.

Closing: Celebrate in whatever way is appropriate given time constraints. A whoop and a holler. Group hug. Song. Tea and cookies. If there is time, before departure, have participants write their names and phone numbers down to give to presenters for whom they have useful ideas.

If you think you are too small to make a difference, you have never spent the night with a mosquito.

--E. B. White

Terms Used in the Designs

Warmup. It's always good to begin sessions with a group building activity that helps people settle into the group, focus on work at hand (rather than on what they just were involved with), and to build energy together by hearing a bit about what moved each person.

Ritual inspiration. The leader or a participant could read a quote from the book, lead a song, or quiet the group with a focus for reflection. Use your imagination and vary things. Rotate this responsibility so several people have a chance to offer this. This could be a minute in length. Short does not mean less profound. Simply standing together in a circle can be a ritual.

Popcorn. The idea here is that people pop contributions into the group in no special order – just as the inspiration strikes them.

Popcorn potpourri. This means you could popcorn contributions in several categories. For example, mind habits and actions. The mix of contributions can be stimulating.

BHAG. This is Jim Collins' term from his book *Good to Great: Why Some Companies Make the Leap...and Others Don't*. He has adapted his ideas for nonprofits too. Projects, companies, or organization are great when they organize their efforts into BHAGs or big, hairy, audacious goals. For our purposes, a BHAG is a goal that is:

- **Big** – You're reaching, over your head, going for the gold.
- **Hairy** – There's a certain amount of risk, or you feel a bit scared by it.
- **Audacious** – You believe so strongly in it that you want to go for it anyway.

And it's something you:

- Feel **passionate** about.
- Have some **ideas, interest, gifts** to contribute.
- Think would add something **valuable** to your world.

Closing ritual. Standing in a circle is a good way to end. Ask people to drop a word of appreciation, concern, or something learned into the circle. Read a quote. Or end with a song.

Guidelines for Global Renaissance Groups

Work fast. Working rapidly builds energy. If you only have 45 minutes or an hour for your group meeting, and it's necessary to work at a brisk pace, have fun with it. Forty-five minutes is better than no time. Make those minutes count.

Unfinished is OK. Time constraints may cause you not to be able to complete a task as thoroughly as you might wish. Don't worry. You've gotten the ball rolling. Let things percolate. Trust that additional thoughts and ideas will come while you're doing other things.

Budget time carefully. Try to do all the tasks in a given session. If you're on a tight time frame, give the allotted time to one task and then move on whether you're finished or not. That way you'll get your wheels turning on the key parts of the design. By all means, don't spend so much time on one task that you have to omit a later one.

Lean forward. Patrick Murphy, new superintendent of schools for Arlington County, Virginia, is known for his engaging, motivating leadership style. "There are three positions that I see in life," he said. "The first is leaning back or lying back and relaxing. The other is sitting up and maybe paying attention. And the third is leaning forward and looking for the next step. And I think as long as you're leaning forward then you continue to move forward."

Not knowing, questions, doubts are good to share. Speak about them. Be up front with how you really feel. You may not see the way forward. If you say that, someone else might see even if the door is closed, how it's possible to hop through the window.