

Serving soil, soul and society

Resurgence readers' groups

You find Resurgence magazine nourishing and inspiring. You may have enjoyed Resurgence events or weekends, sharing the company and stimulation of like-minded people. But when you get back home it seems such a long time until the next gathering!

So why not join a local Resurgence readers' group?

These groups provide the perfect opportunity for Resurgence friends to get together, unwind, enjoy seasonal food, and share ideas about how to encourage a more ecologically sound and equitable world.



Satish Kumar

Join a group near you

Please visit our website or contact us for a list of groups in your region.
www.resurgence.org/take-action

Start a new group

If there aren't any groups near you, the information on the accompanying sheets should answer many of your questions. Do feel free to contact us.

t: 01208 841824

e: readersgroups@resurgence.org

“When we meet in groups, in a relaxed setting with good food, music and dialogue, we strengthen our relationship with like-minded people and gather a new momentum and energy for taking positive action during the rest of our daily lives. It is also the perfect opportunity to slow down and reconnect with Nature.

Together we can help the growing movement of people connecting with each other and promote the Resurgence ideals of elegant simplicity and sustainable living which serves soil, soul and society.

Satish Kumar

at the heart of earth, art and spirit
Resurgence

Setting up a Resurgence readers' group is so easy!

Keen to set up a Resurgence readers' group?

We can help you reach other readers in your area. Why not place an advertisement in your local Resurgence outlet? You could hold a preliminary meeting with those who respond.

We can help with posters and back issues of Resurgence to hand out (not all group members are regular readers). We can also provide you with short films of Satish Kumar (always inspiring!) and a Powerpoint presentation on the work of the Resurgence Trust.

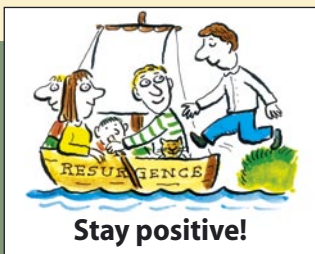
Will being a co-ordinator take up too much time?

It shouldn't. The fundamental ethos of a Resurgence readers' group is sharing, and everyone is sure to be keen to lend a hand. If you take on the role, we'll send you a free copy of *Only Connect*, containing timeless articles from 10 years of Resurgence. We will also let you know about discounts for Resurgence events.

It's probably best if the group appoints a deputy co-ordinator – the unexpected happens to all of us, and you may find you are unable to attend some meetings. It's important that meetings always go ahead and that members feel there is continuity.

How do you decide what your group does?

Be flexible! All Resurgence readers are different. We all come at soil, soul and society from different directions. Some of us are committed campaigners and activists, others enjoy a stimulating debate, some are practical, some artistic, and others quiet and contemplative. A successful readers' group should provide a space where everyone feels at ease.



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The heart of the Resurgence message is hope for the future. We aim to inspire and enthuse, not just inform. So remember to steer a course towards accord, optimism, and shared joy at your meetings!

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Sharing, informing, inspiring

What happens at a Resurgence Readers' Group meeting?



There are no fixed rules!

What's important is that everyone comes along feeling optimistic and enthusiastic and leaves feeling nourished in body and mind, looking forward to the next meeting. Here are some suggestions and ideas that work well for other groups.

How often to meet? And where?

We would suggest every two months. Somewhere relaxing. Members' homes, or a school or church hall that you can use for free. In the summer, why not meet outside in a garden or at a local beauty spot?

What to bring?

Some food and drink to share, preferably local and seasonal.

Starting the meeting and breaking the ice

Groups tell us that starting with a few minutes of silence is beneficial – the distractions of the day dissipate. You could sit quietly, meditate, listen to relaxing music, or perform breathing exercises. If you're outdoors you could try a gentle walk. Catch up on news and events attended. Discuss how members can link up with like-minded people.

Getting the discussion going

Why not base a discussion on an article in the latest issue of Resurgence? You could read out passages and summarise the salient points, or watch a Resurgence video clip or listen to an audio file. Ideally, you should circulate the subject before the meeting. What's important is sharing views.

Growing your group

You could discuss ways in which your group could promote the aims of Resurgence in your community. For example, finding new outlets for Resurgence magazine would raise ecological awareness locally and boost your group membership.



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6 We've discovered like-minded new friends

Some years ago we started going to Resurgence retreats. What we really enjoyed was meeting people with a similar outlook and interests – something that was lacking where we lived. Then we discovered that someone we knew in a completely different context was also a Resurgence reader!

That got us thinking. We set up our Resurgence readers' group, and it's been a revelation. We've discovered like-minded new friends and we enjoy seeing them and sharing their company.

6 What do we do at meetings?

We always share food. Everyone contributes, and as much as possible it's local and seasonal. We catch up on news and report on any interesting meetings or events we've attended. Then we discuss a topic – maybe an article from the current Resurgence magazine, a local issue that we're all concerned about, or a global issue such as food, water, or spirituality. Sometimes we watch a film (we recently saw one on Thomas Berry) and then we discuss it.

Sometimes a meeting's more practical – we swap ideas on things like composting, bread making, environmentally friendly banks, energy saving. Other times, we might go for a country walk (the beautiful Malverns are close by). We always try to finish with a few minutes of meditation. But whatever we do we make sure it's fun and enjoyable. Our meetings are never dull.

We've a core membership of around nine. We are democratic, and make sure we cater for everyone's interests to keep up the shared enthusiasm.

6 I'm sure we'd all agree that our Resurgence readers' group has added a lot to our lives!

Bill and Susie van Marle



Meals, meditation and the Malverns

Bill and Susie van Marle talk about their experiences with the readers' group they started in Birmingham

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Extending the circle

Regional gatherings

We're always here to offer guidance and support.

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Spreading the word

You might like to extend your circle of friends and spread the word about Resurgence and its aims through regional gatherings of readers' groups.

These gatherings are a fantastic opportunity for members to share their particular insights, skills and enthusiasms.

We can help you find contributors to the event who are willing to share ideas and passions. One of the team will be pleased to join in.

Make sure that your regional gatherings are entertaining as well as instructive! Why not include a poetry reading, concert or art exhibition? As with all Resurgence events and gatherings, a communal meal will add immeasurably to everyone's enjoyment.

Where to start

The first step is to approach group co-ordinators in your region to arrange a preliminary meeting (we can give you a list). Then you can agree on venues and the frequency of the gatherings.

We suggest that you appoint a press officer, as local and regional media are always keen to cover stimulating events. If you are writing your own press release, remember to include photographs and contact details.

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Yesterday I was clever.
That is why I wanted to change the world.
Today I am wise.
That is why I am changing myself.

Sri Chinmoy



Acting locally – thinking globally

The importance of Slow Sunday



Baking your own bread is a symbol of biodiversity. Resurgence Slow Sunday, though, is not just about baking bread, it's an act of defiance. Satish Kumar

Sunday used to be a day of rest and a time for reflection. In our modern, hectic world it's become much more to do with getting and spending.

The aim of Resurgence Slow Sunday is to alter the day's pace and focus. Inspired by Schumacher's *Small is Beautiful* and Gandhi's *Be the change you want to see in the world*, Slow Sunday encourages us to make Sunday a special day, during which we engage with our family, friends and local community.

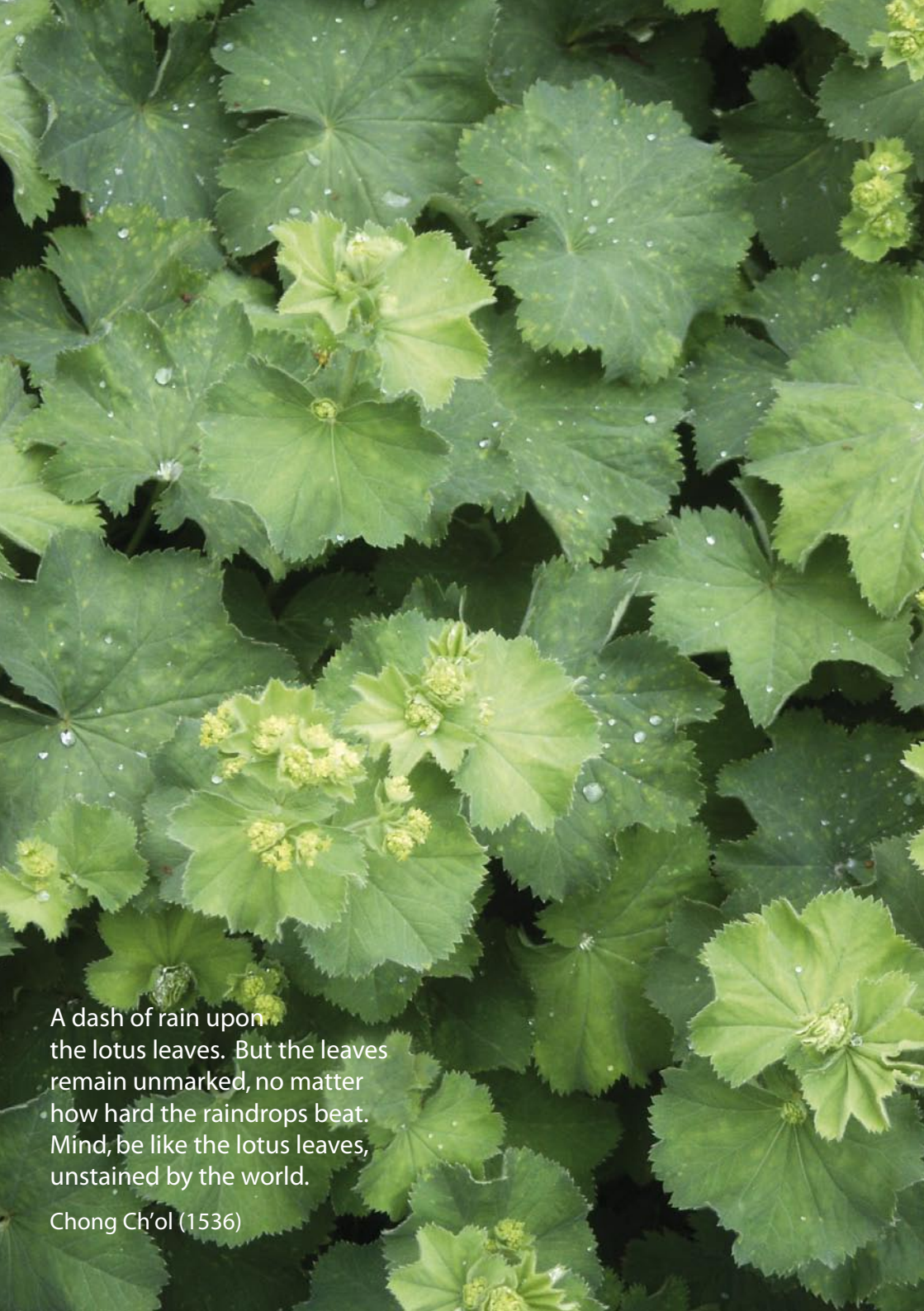


On a Slow Sunday we should quite literally slow down! We should consume less, and reduce our food miles and carbon footprint. We can perform small acts of defiance: for instance, instead of driving all the way to the supermarket and buying a loaf that's been trucked five hundred miles from the far side of the country, we can stay at home and bake our own bread. Small gestures like this make a significant difference to our immediate environment and to the planet as a whole. Good, healthy, home-baked bread is a symbol of sound environmentalism and biodiversity.

The more people who join in and embrace the ethos of Slow Sunday, the greater its impact. So why not invite your friends, neighbours, fellow Resurgence readers and the local community to take part in a Slow Sunday celebration?

To find out more about Slow Sunday, visit
www.resurgence.org/take-action/slow-sunday.html

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A dash of rain upon
the lotus leaves. But the leaves
remain unmarked, no matter
how hard the raindrops beat.
Mind, be like the lotus leaves,
unstained by the world.

Chong Ch'ol (1536)