

Are you overwhelmed by peak oil, global warming, conflicts here and abroad?  
Would you like to deepen your connection to the earth, your intelligence and your community? Join in:

# Taking Heart in Tough Times

a workshop in the

## “Work That Reconnects”

“Because it connects us to our natural intelligence, and connects us to each other and all of life, we call it the Work That Reconnects.” —Joanna Macy

**Saturday, February 17, 2007**  
**10 am to 5 pm**

Based on Joanna Macy’s work, this workshop transforms despair in the face of social and ecological crises into creative, collaborative action.



*From a workshop participant:*

“My participation in Anne’s workshop tapped into a part of me that is both dark and light, fearful and confident. I hold a strong connection to the Earth and our suffering, and still I was profoundly moved by how the workshop processes affected me. I’m still feeling the effects of the realness and the rawness of such work, the gift of reconnecting with a deeper awareness that ultimately propels despair into empowerment.” —Amy Conway

## **Beginnings Octagon, Briceland**

(6 miles west of Redway, on the Shelter Cove Rd.)



The workshop will be led by Anne Seaquist, community organizer with Southern Humboldt Economic Localization, and a doctoral student in psychology. She has attended several intensives with Joanna Macy.

**Call: 707.923.1983**

**Or Email: [anneseaquist@asis.com](mailto:anneseaquist@asis.com)  
to register or with questions.**

**Sliding scale \$20 to \$60**

No one turned away for lack of funds.

**Bring bag lunch, snacks provided.**

**Pre-registration is strongly encouraged.**

**Sponsored by Southern Humboldt Economic Localization (SHEL)**