

**Courage Earth**  
**March 20, 27, April 3, 10 2018**  
**Program overview**

**Theme:**

Weave practices from Parker Palmer and other visionaries to help you find your inner courage. It takes courage to face unthinkable facts, courage to work towards a better world, courage to respond to the suffering of fellow beings and even more courage to become the change we want to see. This four-part series will explore the role of courage in your relationship with your self, each other and the Earth.

**Learning outcome:**

By the end of the series, you will be more familiar with your courage: how it feels, where it comes from and where it is needed. Our sessions will help you find, replenish and draw from your own well of courage and how to cultivate courage in your friends and family.

**March 20 - starting close in**

- ✧ Introduce touchstones for group process
- ✧ Recognize Spring Equinox (Listening to Spring - Macrina Wiederkehr)
- ✧ Discussion:
  - ✧ what is courage (old and new ways of imagining courage)
  - ✧ how do we recognize courage
  - ✧ types of courage (flavour / quality of courage)
  - ✧ uses of courage
  - ✧ sources of courage
- ✧ Finding your inner source (Stand Your Ground - Kristia DiGregorio)

**March 27 - sensing where courage is needed**

The courage to face things as they are and imagine how they could be

**April 3 - moving outward**

The courage to care more deeply and to imagine a better world

**April 10 - blending the inward with the outward**

The courage to be the change we want to see in the world