network news

a guide to inspiring events in north wales

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patriarchy renamed ~ counting lockdown blessings ~ into the ethnosphere

a glimpse of humanity weaving a planetary culture
August 2020

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Welcome to the August Network News. John Allen, 91, was born in redneck country, engineered with the US Army, mined fossil fuels and collected a Masters at Harvard Business School. Then one day in 1963 he looked out of his New York skyscraper office and noted the window didn’t open... “million dollar views of the world’s traffic, but I can’t open it to smell the fresh air or hike barefoot along an open road or, worst of all, walk away from a pompous power holder. Get me outta here!”. He boarded the next freight tanker and headed East.

His adventures led to his forming *The Theatre Of All Possibilities* in 1967, which travelled the world and left in its wake a trail of unique projects, most of which are alive today: The *Synergia Ranch* in New Mexico, the *October Gallery* in London, the *Caravan of Dreams* arts club in Texas, a conference centre in France and land regeneration projects in Australia and Puerto Rico. Stretching possibilities yet further, the team built their own oceangoing ship - the *Heraclitus* - which has sailed six oceans exploring the cultures and biomes of the world’s sea people. In 1991, the fruits of these voyages came to land as *Biosphere 2* - a vast geodesic temple in Arizona - a project to create a whole living world under glass. (*Biosphere 1* is the Earth.)

There is a new movie about Biosphere 2: *Spaceship Earth*, but to do this whole saga justice would require at least a 6-part miniseries! It would also require a film maker with the same breadth of vision as his subjects, or the willingness to let them tell their own story...

Nevertheless, we still recommend the movie, as - between the frames - you’ll get a glimpse of some true planetary pioneers, and maybe be inspired to seek out more reliable sources about it all: Especially John Allen’s memoir *Me and THE BIOSPHERES*, and video clips on the *Institute Of Ecotechnics* YouTube channel. (See article on Page 29)

Blessings to all beings
TO EU LEADERS & HEADS OF STATE:
You must stop pretending that we can solve the climate and ecological crisis without treating it as a crisis.
These are some first steps, essential to our chance of avoiding disaster.

- Effective immediately: halt all investments in fossil fuel exploration and extraction, immediately end all fossil fuel subsidies and immediately and completely divest from fossil fuels.

- EU member states must advocate to make ecocide an international crime at the International Criminal Court.

- Include total emissions in all figures and targets, including consumption index, international aviation and shipping.

- Starting today: establish annual, binding carbon budgets based on the current best available science and the IPCC’s budget which gives us a 66% chance of limiting the global temperature rise to below 1.5 °C. They need to include the global aspect of equity, tipping points and feedback loops and shouldn’t depend on assumptions of possible future technologies.

- Safeguard and protect democracy.

- Design climate policies that protect workers and the most vulnerable and reduce all forms of inequality: economic, racial and gender.

- Treat the climate and ecological emergency like an emergency.

We understand and know very well that the world is complicated and that what we are asking for may not be easy. The changes necessary to safeguard humanity may seem very unrealistic. But it is much more unrealistic to believe that our society would be able to survive the global heating we’re heading for, as well as other disastrous ecological consequences of today’s business as usual.

The last few months the world has watched with horror how the COVID-19 pandemic has hit people all over the globe. During this tragedy, we are seeing how many – not all – world leaders and people stepped up and acted for the greater good of society.

It is now clearer than ever that the climate crisis has never once been treated as a crisis, neither from the politicians, media, business, nor finance. And the longer we keep pretending that we are on a reliable path to lower emissions and that the actions required to avoid a climate disaster are available within today’s system – or for that matter that we can solve a crisis without treating it like one – the more precious time we will lose.

There is one other thing that has become clearer than ever: Climate and environmental justice can not be achieved as long as we continue to ignore and look away from the social and racial injustices and oppression that have laid the foundations of our modern world. The fight for justice and equity is universal. Whether it is the fight for social, racial, climate or environmental justice, gender equality, democracy, human-, indigenous peoples’- LGBTQ- and animal rights, freedom of speech and press, or the fight for a balanced, wellbeing, functioning life supporting system. If we don’t have equality, we have nothing. We don’t have to choose, and divide ourselves over which crisis or issue we should prioritize, because it is all interconnected.

When you signed the Paris Agreement the EU nations committed to leading the way. The EU has the economic and political possibility to do so, therefore it is our moral responsibility. Now you need to actually deliver on your promises.

Net zero emissions by 2050 for the EU – as well as for other financially fortunate parts of the world – equals surrender. This target is based on a carbon budget that only gives a 50% percent chance of limiting the global heating below 1.5°C. That is just a statistical flip of a coin which doesn’t even include some of the key factors, such as the global aspect of equity, most tipping points and feedback loops, as well as already built-in additional warming hidden by toxic air pollution. So in reality it is much less than a 50% chance.

And distant emission targets will mean nothing if we just continue to ignore the carbon budget – which applies for today, not a faraway future.
Talking about a “Next Generation EU” investment program while continuing to ignore the climate crisis and the full scientific picture is a betrayal to all “next generations”. Science doesn’t tell us exactly what to do. But it provides us with information to study and evaluate. It’s up to us to connect the dots. Well, we have done our homework and we will not accept your irresponsible gamble. The insufficient 50% budget means giving up. And that is simply not an option to us.

Of course we welcome sustainable investments and policies, but you must not for one second believe that what you have discussed so far will be even close to enough. We need to face the full picture. We are facing an existential crisis, and this is a crisis that we can not buy, build, or invest our way out of. Aiming to ‘recover’ an economic system that inherently fuels the climate crisis in order to finance climate action is just as absurd as it sounds. Our current system is not ‘broken’ – the system is doing exactly what it’s supposed and designed to be doing. It can no longer be ‘fixed’.

We need a new system.

The race to safeguard future living conditions for life on Earth as we know it needs to start today. Not in a few years, but now. And this needs to include a science based pathway which gives us the best possible odds to limit the global average temperature rise to below 1.5 °C. We need to end the ongoing wrecking, exploitation and destruction of our life supporting systems and move towards a fully decarbonised economy that centres around the wellbeing of all people as well as the natural world.

If all countries were to actually go through with the emission reductions they have set as goals, we would still be heading for a catastrophic global temperature rise of at least 3-4°C. The people in power today have so far practically already given up on the possibility of handing over a decent future for coming generations. They have given up without even trying.

The world’s planned fossil fuel production by the year 2030 accounts for 120% more than what would be consistent with the 1.5° target. It just doesn’t add up.

When you read the IPCC SR1.5 Report and the UNEP Production Gap Report, as well as what you have actually signed up for in the Paris Agreement, even a child can see that the climate and ecological crisis cannot be solved within today’s system.

That’s no longer an opinion, it’s a fact based on the current best available science.

Because if we are to avoid a climate catastrophe we have to make it possible to tear up contracts and abandon existing deals and agreements, on a scale we can’t even begin to imagine today. And those types of actions are not politically, economically or legally possible within today’s system.

In order to limit global heating to 1.5 degrees, the upcoming months and years are crucial. The clock is ticking. Doing your best is no longer good enough. You must now do the seemingly impossible.

And even though you might have the option of ignoring the climate crisis, that is not an option for us – for your children. Right now, there is no place on earth where children face a future in a safe environment. This is and will be very much a reality for the rest of our lives.

We ask you to face the climate emergency.

Luisa, Greta, Anuna & Adélaïde are youth climate activists.

climateemergencyeu.org
Walking through my vegetable garden, I notice that my strawberries have vanished! I suspect mice. Still, mice need to eat. In compensation, my new raspberry canes are groaning with fruit. The rocket has flowered, my mistake, but in doing so has attracted ladybirds, so the beans are clear of greenfly. My experimental pak choi withered in the hot sun, but the heat has ripened the tomatoes early. For every problem, there is an opportunity. Nothing goes exactly right, but, in the end, everything goes right enough. As gardeners we spend a lot of time observing the sun, the seasons, the soil and the cycles that life moves in. We attract wildlife to do the work of maintaining equilibrium. We encourage diversity. We begin by creating a rich soil. We work with the plants, finding them the conditions they need. Life wants to grow, and, through trial and error, it finds many different, quirky ways to do so in whatever conditions it finds.

This is also what it is like when humans get together to create something; a play, a piece of music, an experiment, a vaccine. We don’t start with a business plan and a structure chart. We start with a spark, a clue, and then mess around until something emerges.

Throughout the 19th and 20th centuries we’ve thought about human society as if it were a huge machine. We plan change using metaphors drawn from engineering ‘build’, ‘construct’, ‘wire’ ‘channel.’ 19th and 20th century capitalism used machines as the models for work; creating factories in which people were simply ‘moving parts’. The drive for efficiency reduced redundancy and variation, centralising decisions. The state borrowed from corporate capitalism to build bureaucratic systems in which staff and service users had little say. A drive for public service ‘efficiency’ used the management consultancy methods of the private sector to replace human interaction with call centres, obsess with hospital ‘throughput’, and minimise ‘contact time’ in social care. How else would an elderly woman in hospital with nowhere to go be described as ‘bed-blocking’?

As we try to Build Back Better, we are developing ideas about a better, more caring, safer society. But we won’t succeed using machine mind.

Modern ecological science is changing the way we think about ourselves and the planet, in ways that connect back to ancient philosophies and peoples. Instead of seeing ourselves as ‘drivers’ and ‘controllers’ of our world, we recognise we are intelligent organisms in a complex ecosystem that we shape, but that also shapes us.

If we approach change using ‘garden mind’ instead of ‘machine mind’ we start in a different place. We use our political resources to create the equivalent of a good rich soil: human rights, a basic income, education continuing into adulthood, universal healthcare. We pay
attention to those in the most vulnerable circumstances and enable them to live the lives they choose. We encourage creative responses, support innovation, share knowledge and hold the system open to change. This is not necessarily ‘soft.’ Gardeners move firmly to control rapacious weeds and to prevent suffocating monocultures.

Garden mind would mean taking firm regulatory action to stop greed from disrupting the sustaining dynamics. It would mean distributed power, and devolved government. It would mean an economy that serves us, instead of one that simply uses us. In the workplace we would allow staff to find their own solutions to problems, listening, instead of controlling. Employee ownership, social entrepreneurs, co-operatives, alongside public organisations, shorter working hours, more time to think and greater productivity. In social welfare, it would start with listening to people’s needs and contributions, instead of assessing them for pre-determined services. It would put the power and resources of the state behind community and voluntary effort, rather than in competition with it.

Machine mind engineers a solution and expects it to work every time. Garden mind is alert to the need for constant mitigation and maintenance. With garden mind we don’t expect things to work comfortably, we understand the compromises that have been made, and are attentive to the things that go wrong. We will ‘tinker’ a new world into existence, not deliver a blueprint.

The way we get to the future shapes the future. So the practice of ‘garden mind’ would acknowledge the many experiments that are underway and make more, embrace messiness, start with an idea and follow it. It would share each other’s experiments, learn from them and connect the innovators to each other. Create space for self-organising and conditions for it to flourish. Make relationships and then make more, keeping on connecting. Then engage with alternative sources of resource and power, local government, community councils, regional government, Scotland, Wales, Northern Ireland – parishes and town councils, universities, social enterprises, connecting multiple sources of resource. All the time thinking long and hard about how we create a new, self-balancing, distributive, creative and sustainable way of running our society.

Two ideas from horticulture might help. Firstly, as gardeners, we have free, open and generous advice about how to tackle every gardening problem known to humans; how to deal with weeds, nurture weak plants, tackle dodgy soils, deal with difficult weather; could we do the same for self-organising and democracy? Secondly, in horticulture for each plant species there is a ‘holder of the national collection’: someone who knows more about that plant than anyone else. Could we do something like that for the state, society and politics? A Knowledge Commons so that we know who to turn to when we need help?

Sue Goss is a writer, political scientist and commentator, and has been writing about politics, local government and democracy for the past thirty years. The complete Garden Mind report is available at: compassonline.org.uk/publications/garden-mind/
The COVID-19 pandemic has led to tens of thousands of people losing their lives in the UK, stretched the capacity of public services, altered everyday life for millions, and ground our economy down to a standstill. Yet the public response to the crisis also inspires hope.

Thousands of spontaneous Mutual Aid groups have emerged to support the most vulnerable people in our society. These groups have been supplying food and medicine, connecting with people who feel isolated, and organising community resources for the benefit of all. In many cases they have been able to reach people more quickly than traditional public services and help them with a wider variety of needs. In this way, the Mutual Aid phenomenon is a powerful demonstration of ‘community power’.

Based on conversations with people working both in and alongside Mutual Aid groups, this report shines a light on the movement, revealing how it has worked in practice and uncovering lessons for the public sector.

Our research has found that while the Mutual Aid phenomenon has emerged across the country and in all kinds of varied communities, it has been significantly assisted by access to digital infrastructure and to social capital. On this latter point, the furlough scheme has been a major driver of participation.

In terms of the activities they are engaged with, groups are engaging in a much wider variety of activities than popular media has suggested. From their origins in picking up shopping and medicine for people, many of these groups are now expanding into work aimed at combatting things like loneliness or financial stress. They have been immensely successful in these endeavours, and that has been enabled chiefly by their ability to work flexibly, responsively and in a person-centred manner.

Yet Mutual Aid groups have faced various challenges in their work: particularly relating to how best to structure themselves, and in terms of managing the morale and conduct of their members. Another area that has proved challenging for some groups has been managing their relationships with local government. Some councils have been inclined to micromanage groups, while at the other extreme, others have
demonstrated a lack of interest and support: neither stance has been conducive to their success.

Examples of positive relationships between groups and councils do exist, however. These tend to be characterised by a facilitative approach on the part of local government, aimed at creating the space, and offering the operational support needed, for groups to flourish.

Drawing on these findings, this report offers the following key lessons:

1. Mutual Aid groups have been crucial to our society’s COVID-19 response. These groups were not ‘nice to have’ – they provided essential support to vulnerable people and prevented further negative outcomes emerging from the crisis.

2. Mutual Aid groups illustrate the wider potential of community power. These groups represent a case study in the potential of community-led movements. With the concept of reciprocity at their heart, they offer an alternative to traditional, more paternalistic public service relationships.

3. Mutual Aid groups reveal the importance of the attitude of local government. Local government has significant ‘make-or-break’ power over community initiatives, and the extent to which they succeed depends in large part on the attitude of councils.

4. Where social capital is more developed and working age people have more time, Mutual Aid Groups function with more ease. This has profound implications for what these groups might mean for inequality. In order to prevent the transformational power of community activism being concentrated in areas with higher existing social capital, we must proactively support community mobilisation and capacity building.

5. Central government has struggled to connect with Mutual Aid groups – a small scale is key: These groups operate on a hyper-local basis, and so they require local coordination and locally-specific support.

To maximise the impact of Mutual Aid groups in the fabric of communities in the future, the report makes the following recommendations:

1. Councils should play a facilitating role as Mutual Aid groups evolve. Councils will need to operate in the grey area between doing nothing and doing everything with creativity, trust, and above all a clear understanding of the value these groups add within their communities.

2. The creation of a community support financial package for local government. Government should invest in Mutual Aid by investing in local government, and this package should include provision to support community development teams and to train wider staff in community-centred approaches.

3. Employment policy and practice that supports flexible working, giving working-aged people more time to volunteer. The potential of more free time for community power and mutualism should form a core part of considerations as future policy responses for economic recovery and renewal are developed.

This report makes a contribution to understanding a movement in its infancy – one which responded to a very real and immediate crisis, but is already showing signs of evolving. Mutual Aid groups have already created and cemented social bonds in communities nationwide, and they will not simply be unmade as the pandemic eases. The future role they play in communities has potential to strengthen our social fabric for the benefit of everyone.

Luca & Simon produced this report for the New Local Government Network. This article is the Executive Summary - the full report can be downloaded free from:

nlgn.org.uk

NLGN
The sense of all-pervasive nightmare-ishness did not come all at once. The creepy sense that “something is out of joint” had been present for years/decades/centuries, but it had somehow been possible to tune out the horror, at least enough to relax at times.

By the first decade of the 21st century, for some of us at least, the collusion/collision of seemingly disparate horrors had become increasingly obvious. Looking at the first page of almost any newspaper can be a way of getting the big picture “in your face”.

The effect of this barrage of bad news is overwhelming. Typically our reader seeks escape, feeling a sense of helplessness and meaninglessness, perhaps to the point of nausea. Her Rage is somehow blocked, because of an apparent inability to know what connections exist among these disastrous events. Who or what is the source of them? Specifically, no-one - certainly not the newspaper - Names the overriding cause of such evils.

Something is missing. It appears that “no-one” is able to find a connecting thread among these horrors. Yet 30 years ago (and 20 years ago, and 10 years ago, and even 10 minutes ago) many women have seen the blatant thread. We have named it in our multiple and powerful expressions of Gynergy - our books, our classes, our workshops, our speeches, our conversations, our political activism, our mutual support and loyalty to each other. We Named/Name it with the Wicked Old Word patriarchy. For the sake of clarity and convenience to the reader, I will Here and Now Howl Out again the meaning of this word, which I have elaborated upon in Beyond God the Father, in all my books, and definitively defined in the Wickedary as follows:

1: society manufactured and controlled by males: FATHERLAND; society in which every legitimated institution is entirely in the hands of males and a few selected henchwomen; society characterised by oppression, repression, depression, narcissism, cruelty, racism, classism, ageism, [speciesism] objectification, sadomachism, necrophilia; joyless society, ruled by God-father, Son and Company; society fixated on proliferation, propagation, procreation, and bent on the destruction of all Life 2: the prevailing religion of the entire planet, whose essential message is necrophilia.

Patriarchy, discredited as passé and associated with the “jargon” of dated “seventies feminism” and the rhetoric of loathsome Radical Feminism, is often looked upon in academic circles as less than unworthy of notice. It is too embarrassingly obvious to deserve mention by the erudite professors and sophisticated graduate students of feminist theory. That foolish term patriarchy MUST BE KEPT BURIED, they assume, together with bustles and bloomers, in the attics of women’s history.

So what sort of Revolting Hag would dig up this threadbare term and haul it out for display in this decade of this century?

I, MARY DALY, AM THE SORT OF EMBARRASSING AND POSITIVELY REVOLTING HAG WHO WOULD DO SUCH AN INAPPROPRIATE ARCHEOLOGICAL DIG, AND I AM DOING IT HERE, NOW!
So the question arises: Who or what caused (and continues to cause) the discrediting and erasure of a word, such as patriarchy, that so aptly Names the enemy of women and all of the oppressed, including our planet herSelf? Whose interest is served by this discrediting of language that allows women to Be-Speak important connections and subsequently to think and articulate coherent and liberating thoughts? Could it be that such word-suffocation benefits those who also discredit expressions like Radical Feminism? And could it be that such word-obliteration serves the purposes of those who wish to discredit and disappear our Foresisters themselves, thus destroying the possibility of Wild Women connecting with each Other and ourSelves? AND WE DO KNOW THAT FURIOUS FEMALE BONDING COULD OBLITERATE PATRIARCY ITSELF, DON’T WE?

SO LET’S DO IT!

I leave it to the courageous reader to answer these questions, trusting that the morphic resonance of our Foresisters of the Past will carry her through the maze of lies, distortions, and silences of the foreground now and into a truly Archaic Present and Future.

Mary Daly (October 16, 1928 – January 3, 2010) was an American radical feminist philosopher, academic, and theologian. This article is extracted from her final book “Amazon Grace”. NN also recommends “The Mary Daly Reader” from NY University Press.
I’ve always been fascinated by the way that things transform. Why do things change? And how do they change? My curiosity has led me back again and again to the organisms that deftly arrange and rearrange the world.

As a child I used to make piles of leaves and lie inside them to try and catch them in the process of rotting; I cultivated plants and mushrooms and watched them grow; I took up brewing. Fungi are among the most gifted of life’s decomposers - and composers - and it’s been hard to stay away.

Of course, human lives have pivoted around the metabolic ingenuity of fungi for a long time—bread, alcohol, cheese, soya sauce, psychedelic compounds, penicillin, cancer treatments, organ transplants… it’s a huge list. Fungi are often described as a hidden kingdom of life, which may be so. But many hide in plain sight and it’s hard to unsee them once you’ve noticed they’re there.

Symbiosis was another gateway concept for me. The more I learned about biology, the more I became interested in the often astonishing ways that organisms had evolved to collaborate with each other. Fungi are key players in some of the most blockbuster symbioses in Earth’s history, and it was my interest in these relationships that led me to study mycorrhizal fungi and their underground networks of influence - a tangled enquiry from which I’m yet to emerge.

And then there’s the urgency. There are a number of ways that we might partner with fungi to help us to adapt to life on a damaged planet and we don’t know nearly as much as we should. Ongoing environmental devastation has brought about renewed interest in the fungal world, and radical mycological possibilities abound: some fungi produce powerful antiviral compounds which reduce colony collapse disorder in honeybees; in the process of mycoremediation, fungi can be harnessed to break down toxic pollutants; in mycofiltration, contaminated water can be passed through fungal mycelium which filters out pathogens and heavy metals; in mycofabrication, fungi are used to produce sustainable materials, from bricks to “leather.” Not to mention the many ways that fungi change the way we think, feel, and imagine. I anticipate that my fungal fascinations will only increase as the global crisis worsens, and I suspect that I’m not alone.

Merlin Sheldrake is a biologist and writer with a background in plant sciences, microbiology, ecology, and the history and philosophy of science.

merlinsheldrake.com
There is no ordinary ‘calendar of events’ for August but we have tried to gather on the following pages some of the new ways we are finding to meet each others needs.

Wherever possible, our homes and rooms have become our art galleries, our temples, our exercise classes and our libraries.

We have also tried to share some useful thoughts about books, movies, podcasts and other online resources we can explore and share at this extraordinary time.
**August Events ... online and offline**

**Barefoot Festival**
31st July - 2nd August
bellydance :: yoga :: flower crowns
recipes :: dancing :: music
*donations welcome for artists*
online - [eventbrite.co.uk](http://eventbrite.co.uk)

**Integrating Meditation & Daily Life**
Sat 8th August ~ 10.30am - 6pm
You are encouraged to join with others in meditation sessions and there will be an opportunity to learn about the Awakened Heart Centre and its meditation practice. All welcome.
Zoom Bookings: [ahs.org.uk](http://ahs.org.uk)

**Understanding Hate Crime ~ Deall Troseddu Casineb**
A short introduction to hate crime in modern Wales. Final 2 sessions on Weds 29th July 4.30pm & Tues 4th August 10.30am.
Booking is essential: trudy.pease@victimsupport.org.uk OR phone/WhatsApp 07812 966259

**2020 International Festival The Joy of Kadampa Life**
24th July - 8th Aug. A festival of Buddhist Teachings and Meditations. Join for 1, 2 or 3 weeks.
Register for both with Zoom link meditatenorthwales.com
Kalpa Bhadra Kadampa Buddhist Centre

**HRT and Breast Cancer - getting the facts**
5th Aug: 7-7.45pm: free with Dr Susanna Unsworth; discussion, Q&A, Zoom
Register: [eventbrite.com](http://eventbrite.com)

**Source Yoga**
Starts Tues August 4th & Thurs 6th
6pm, on the green at Rhyd y Foel - weather permitting!
Social distancing and bring your own mat; cash only for the pot
FB: Source Yoga, Nutrition and Health

**Liberation From Sorrow Meditation**
every 8th of the month, all welcome tharpa.com

**Pop Up Crafts & Gifts**
with ArtlySparklyDesigns 10am on 7th, 14th & 21st August. In the Gazebo, RSPB Conwy nature reserve.
FB: Artlysparklydesigns

**Cwrdd XR Bangor Meet Up**
Our Planet, Our Health, Our Chance
Join us for our weekly Meet Ups open to new and experienced rebels.
Via Zoom 3, 10, 17, 24, 31 August 6.30 - 8pm; and every Mondas till 14th Dec 2020
FB: Gogledd Cymru XR North Wales News & Events

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**African Remembrance Day**
August 1st
African Remembrance Day Commemorates the African victims of slavery, reflecting on its legacies. The height of the ceremony is 3 minutes silence at 3pm - a minute each for the victims in the Americas, the African continent and the Middle and Far East. Free.
Register: [eventbrite.co.uk](http://eventbrite.co.uk)

**Interactive Webinar: Tried and Tested Solutions for a Green Recovery - Transport.**
30th July 12.30pm, 1hr; booking required.
Explore sustainable transport and hear from experts sharing their experiences of working on projects to help make transport more sustainable and work towards a zero carbon Britain.
For Zoom link go to: [cat.org.uk](http://cat.org.uk)

**Yoga Nidra - Awakening to the Self**
online 1 & 2 August ~ 11am-1pm & 3-5pm
The focus will be on the healing, spiritual awakening and self-empowerment aspect of Dru Yoga Nidra. Bookings: [druyoga.com](http://druyoga.com)

**Drop-In Mindfulness**
Free weekly drop in open to all - especially oriented to beginners. Via Zoom.
Weds, 5th & 12th August, 12.30 - 1pm. Contact Tara: tara.anne.dew@gmail.com gwyneddmindfulness.co.uk

**Yoga Nidra - Awakening to the Self** - online
1 & 2 August ~ 11am-1pm & 3-5pm
The focus will be on the healing, spiritual awakening and self-empowerment aspect of Dru Yoga Nidra. Bookings: [druyoga.com](http://druyoga.com)

**Reorientate: Find your Centre**
an online retreat Sat 1st August 10am - 4pm.
Yoga in the morning | visioning exercise in the afternoon
Tickets: app.acuityscheduling.com
FB: Of event name

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Chester CND ~ FB: Chester CND
On the 6th of August it will be 75 years since the first Atomic Bomb was dropped on the Japanese city of Hiroshima. This was followed by the dropping of a 2nd bomb on the City of Nagasaki on the 9th of August.

Chester CND are holding their Hiroshima and Nagasaki Flower Memorial on the 6th August at The Groves, Chester
This year, because of Covid-19 our meeting must feel safe, respecting concerns for our own safety and that of others. We will therefore, as a group, remain by the bandstand for readings, poetry, music, a period of silent reflection and the symbolic dropping of white flowers on the river. Then, those who wish can go over the suspension bridge to the Peace Tree, leaving their own flowers there or on the river.

Online Courses: Postgrad Back Care & Wellbeing from August - November; & “Bliss Out” Dru Yoga Retreat @ Home 19th Sept
Details and bookings: dru�oga.com

Buoyancy, Resilience and Wellbeing
26th August, 10.30am - 12noon, via Zoom
How we emerge from the most significant pandemic of our lifetimes will depend on ourselves as much as on anybody else. We will decide how we want to work as leaders and how we want to live as compassionate human beings. Led by Nick Winterbotham, lecturer, mentor and event facilitator in North Wales.
Register: eventbrite.co.uk

Watercolour Basics
August 19th, Weds, 7 - 10pm
Learn the basics of watercolor and have the opportunity to meet other artists in the process. This is a safe creative space for all. Feel free to join along in the conversation, ask questions, and share the paintings you’re working on while you watch! Via Zoom. Free.
Register: eventbrite.co.uk

Nonviolence & De-escalation Skills Workshop ~ August 8th
FB: De-escalation Skills

Amgueddfa Dros Nos :: Museum Sleepover Gartref - At Home
22nd August - starts 3pm!
Link FB: Amgueddfa Dros Nos: Deffro Gyda’r Deinos!

Hope in Poetry
Lunchtime Poetry Gathering ~ Monday 3rd August
Join Chester Cathedral's Poet-in-Residence and share a poem - you could bring a poem you have written yourself over this period if you prefer. Or come simply to listen. Our meeting is free and all are welcome, via Zoom, 1 - 2pm. Register: eventbrite.co.uk

The Consciousness and Human Evolution Online Conference
The conference gives you an opportunity to learn about the latest science shaping the future, as well as the mysteries of the human soul and higher states of awareness.
24th - 30th August via Zoom
Raise the collective vibration!
More from: positivelife.ie

Goddess of The Harvest - Online Lammas Event
30 July - 3 August
Celebrate your abundance and harvest with meditation, journeys, dance, healing and sisterhood support.
FB: of event name

A Plus Virtual Mother’s Trust Circle
Saturday, August 8th 5 - 7pm.
This is a live online event for new & expecting parents to listen, learn, and chat from the comfort of your home and connect with leading experts.
Free, register:
eventbrite.co.uk

Mountain Leader Training 3rd - 8th August
Snowdonia National Park
£375 / Tickets: beyondtheedge.co.uk

Printing with Household Objects
Live
Live Zoom class with Christine Chester, Sunday 2nd August, 11am - 12noon, £15. You will experiment using items such as washers, buttons, paper clips and elastic bands, to make prints on fabric.
Step-by-step guidance
Bookings and more info from: eventbrite.co.uk

Hope in Poetry
Lunchtime Poetry Gathering ~ Monday 3rd August
Join Chester Cathedral's Poet-in-Residence and share a poem - you could bring a poem you have written yourself over this period if you prefer. Or come simply to listen. Our meeting is free and all are welcome, via Zoom, 1 - 2pm. Register: eventbrite.co.uk
Kimberly Mpukusa
Former asylum seeker and current tennis player, Kimberley won Sports Black History Month Wales 2016 Youth award

XR/UK Rebellion 2020 Plan Launch ~ Outreach
28th - 31st August: local actions everywhere to signal the launch of the Rebellion
Go to FB: Extinction Rebellion North Wales and click on the google docs link.

Find out how your AS/MP voted on preventing climate change and food hygiene standards. Send them an email and make your voice heard.
Go to: theyworkforyou.com

Write to your AS/MP
Hiroshima / Nagasaki 75th Anniversary 2020
To End Nuclear Arms
Personal letters or emails are best!
You can find their name and email address here: theyworkforyou.com

Apply to become an Oak Guardian
Save The Oaks
The trees will be given for free to community groups that want to plant them with an awareness of trees as sentient and with some form of acknowledgement of the dead. Be they humans who have died during Covid 19, or the 95 % of all native ash trees dying or killed by ash dieback, or the trees destroyed for HS2.
The planting would take place at some point between Nov 20 – March 21.
As we only have English oaks (Quercus Robur), we’d be choosing planting situations that suit them; we’d like the trees planted on land that is open to others if possible.
More from: savetheoaks.org

Kalpa Bhadra Kadampa
Buddhist Centre
Online courses and events
Sun 16 August
Making Each Moment Count, meditation class + Q&A, 10am - 1pm, £13
Wed 19 - 23 August
The Buddhist Way of Loving Kindness 7 - 8.15pm, open to everybody. You can book for just a session (£4), half day (£8), a full day (£12) or the whole event (£30)
Mon 24 August
Hope Happiness & Well-being with Kadam Bridget Hayes; 7 - 8pm, £8 admission; £3 audio recording.
Sat 29 August
The Magic of Meditation 10am - 1pm, £13. All via Zoom
Tickets for any event: meditatenorthwales.com

Gardener to Gardener Seed Appeal
Helping people living in refugee camps in the Kurdistan Region of Iraq to continue growing food and flowers in their small home gardens so they can stay home. Please send any spare seed directly to the Lemon Tree Trust for distribution later in the year. Contact: info@lemonreetrust.org for a postal address. Donate directly to the Seed Appeal online: lemontreetrust.org

Zero Food Waste & Food Share Llangollen
Open 2 - 3pm Mondays & 6 - 7pm on Thursday at Pengwern Community Centre

How to Keep Politically Active Women Safe :: Digital Self Care for Womxn and Non Binary People
15th September ~ 6 - 7pm.
Free and vital online training on digital self care, safety and security for women currently in or aspiring to be in politics.
Bookings: eventbrite.co.uk or fixtheglitch.org/summer2020

FB = Facebook :: YT = YouTube
Free Online Nature Sessions
To register & receive Zoom password go to: www.coedlleol.org.uk/naturefix
Then join in the Zoom meeting
ID 472-420-3037
www.coedlleol.org.uk

MINDFULNESS: The Present
An 8 week course supporting you to discover mindfulness and explore ways to develop well-being. 8 x 1.5 hrs sessions; small groups. Begins 15th September - 3rd November, 6 - 7.30pm, £150. Contact: Sarah Silverton sc.silverton150@gmail.com ~ thepresentcourses.org

***
MBSR / MBCT in October - November
If you are interested in participating in an 8 week Mindfulness Based Stress Reduction or Mindfulness Based Cognitive Therapy course this Autumn we'd like to hear from you! Please register your interest by emailing Heather Bolton: heathermbolton@btinternet.com

Blodeuwed Botanics
'Wellbeing Through Gardening'
Y Plot, Pandy Farm, LL57 4RA
Thursday afternoons, tea, cake, company, gardening 1.30 - 3.30pm.
Croeso Pawb ~ Everyone Welcome.
FB: Blodeuwed Botanics
tel 07799 224636

Moonlight Flicks
Open air cinema held in Chester Cathedral’s Dean’s Field.
New 30ft screen and great movies to watch. See our website for guidance, costs and bookings.
moonlightflicks.co.uk

Richard Nkhata Performer
with his own dance group, Richard has also been involved in YMCA Swansea and won the Black History Youth Awards for Performing Arts in 2017.
Healthy Body, Healthy Mind, Healthy Soul

YOGA
Emily Kyle Yoga
Contact: 07775 798536 FB: Emily Kyle Yoga

Rosslyn Falconer Yoga Friends
FB: Yoga Friends

Tru Dru Yoga
Cat Stuijt 07816 103064
Book: trudruyoga.co.uk

Claire Mace All The Yogas Subscriber & Virtual Yoga Vault.
FB: Claire Mace & YT:
inspiratrix.co.uk
Outdoor Yoga:
inspiratrix.as.me

Easy and Gentle
YT: Yoga with Dhananjay

OM Yoga North Wales
YT: OM Yoga at Home
FB: OM Yoga North Wales

Dru Yoga North Wales
druyogaonline.com
FB: Dru Yoga Online Studio

Yoga Shala FB: Yoga Shala North Wales

Source Yoga Nutrition & Health.
YT: 40 minutes
Backbends and Hips

Derwen Hatha Yoga
FB: Derwen Yoga (North Wales)

Rishiculture Ashtanga Yoga FB: Yoga North Wales

MOVEMENT / DANCE via Zoom
Liz Lane Dance/Movement Sessions
with Groove Dancefloor Sundays 5 - 6pm, Tuesdays 7.30 - 8.30pm. All welcome, you can switch off your camera if you like, just enjoy the sounds and movement.
FB: Liz Lane

Continuum Practice Group Monthly 9.30 - 11am,
FB: Lucy Parry / North Wales Continuum Movement
Farrah’s Dance Workout - Bollywood Fit at Home!
Several dates; 6pm, Mondays. £5/session. More from
FB: farrahsdanceworkout/live
Chakradance with Roz
Connect with Roz Daws for some freeform, spontaneous dance in response to music designed to balance the chakra system
FB: Chakradance with Roz
Polynesian Dancing
Every Thursday 8 - 8.50pm. Led by Rachel
FB: Under The Dancing Tree

TAI CHI & QI GONG
Internal Arts Academy in Daoist and Buddhist Studies, Martial Arts & Medicine
lotusneigong.com

* Tai Chi North Wales
taiji-online.co.uk

* Qigong for Beginners
30 minutes
YT: Yoqi Yoga and Qigong

* Qi Gong Classes
via Zoom
taichiphil@outlook.com

“i have outdoor safe distance Zumba every Monday and Wednesday 5:30 till 6:30pm in the beer garden of the Anglesey Arms Hotel in Menai Bridge, £5 per class”.
Helen McGreary 07751 017157 dance-classes-north-wales.co.uk

Less ‘machine mind’ and more ‘garden mind’: addressing the complex threats and opportunities of the 21st century
Read the article by Sue Goss on Open Democracy. See page 6.
opendemocracy.net

Nick Walsh ~ Dance online
4th & 25th August 7 - 8.30pm, dance & meditation.
7th August 8 - 9.30pm; dance
nickwalsh.net

Nonviolent Communication (NVC)
Learning to communicate with empathy and observation. Connect through Skype with Lisa Mundle, email:
busybees@phonecoop.coop

Pilates with Carys
First part of a video that introduces key elements of Carysmatic Pilates - 40 mins
YT: Introduction to Carysmatic Pilates 1
Clowns Without Borders
Bringing joy to refugee children or those living through humanitarian disasters. Support them here: clownswithoutborders.org.uk

Mum & Baby Online Group
We will meet each week to share the challenges and gifts of mothering in this unprecedented time. We will make time for relaxing body and mind; soothing ourselves and our babies with gentle songs; and connecting with other mothers on a deeper level than the every day chit chat. Via Zoom
Thursdays: 10.15am - 12noon, £4-7, Led by Laura Knott birthingmamas.co.uk

Teresa’s Yoga Class Online
Join me for weekly Dru Yoga classes in the peace of your own home, either live or via the recording any time. Includes full health and safety screening and guidelines
Contact Teresa teresa@teresa4yoga.co.uk teresa4yoga.co.uk/yoga-online

Humie Webb
A public and community worker for 30 years, in particular for BAME folk and those with disabilities. An events organiser for BBC, HTV, Brecon Jazz Wales and National Theatre Wales, co-founder of Butetown Bay Jazz Heritage Festival

New Dimensions Radio
An infinite array of inspiring spiritual and practical programmes newdimensions.org

Action for Happiness
Taking action for a happier and kinder world ~ find 3 good things each day actionforhappiness.org

Pure Sound ~ Steph Healy
Free relaxation and sound meditations! Feel free to pop over and subscribe or share. 20-25 mins YT: Pure Sound

Vajraloka Buddhist Retreat Centre
Bookings are now being taken for retreats dated:
6th - 26th Nov, Total Immersion
9th - 18th Dec, Practice Retreat for Men
More from: vajraloka.org

"When you see something that is not right, not fair, not just, you have to speak up ... do something."
John Lewis Civil Rights Leader

Inspire - Rewire
Monthly Mindfulness for anxiety & letting go :: full moon sound healing :: upcoming workshops for 2020
FB: Inspire - Rewire ~ inspire-rewire.com

Therapeutic Writing
by Diana Raab
The importance of maintaining a positive state of mind and emotional well-being during life’s challenges
£12 £25 £40
10 lessons over 10 days
More: dailyom.com

How To Tap
A holistic healing technique with Nick Ortner of The Tapping Solution
YT: How to Tap

Democracy Now!
A daily, global, independent news hour with Amy Goodman and Juan González. Includes “An Existential Crisis”: Greta Thunberg Leads Call for End to Fossil Fuel Extraction democracynow.org

WOMEN’S GROUPS
Red Tent Gwynedd
Pabell Goch
FB: Red Tent Gwynedd Pabell Goch
Online Sister Circles
sistercircletemple.com
FB: Sister Circle
Free Weekly Meditations ... a community for all women
FB: Sisters Circles Under the Dancing Tree
Circle of the Feminine
FB: Circle of the Feminine - women’s spaces and activities in North Wales
NetworkShe
Join us to find out about - masterclasses, blogs, wellbeing weekend, conversations, Women Mean Business Weekend, Book Club and much more!
FB: The Mothership networkshe.co.uk

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Circle of the Feminine
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NetworkShe
Join us to find out about - masterclasses, blogs, wellbeing weekend, conversations, Women Mean Business Weekend, Book Club and much more!
FB: The Mothership networkshe.co.uk
How To Make Your Own Compost and many other activities ...
For compost you will need: a shady spot; some old bricks for the base; watering can (for dampening down dry ingredients before adding; shredded wood waste or scrunched newspaper; a gardening fork; a piece of old carpet or polythene sheet; green compostible ingredients: tea bags, raw fruit & veg peelings, grass cuttings, dead leaves, shredded paper, pruning from dead plants, cotton (old clothing made of cotton too).
For further info go to: northwaleswildlifetrust.org.uk
FB: North Wales Wildlife Trust

What Lies Along the Line
Concerned citizens walk the proposed HS2 line from Birmingham to London / 6.42mins
YT: What Lies Along The Line

How to Make a Wormery
Make your own wormery to turn kitchen scraps into liquid fertilizer and excellent compost.
YT: making a wormery

Artist Support Pledge
The project uses social media platform Instagram. Artists and makers can post their images using #artistsupportpledge giving details of their works and price (no more than £200 or equivalent). If people are interested in buying, they message (DM) the artist. Anyone can buy the work and artists don’t need permission to join.
Every time an artist reaches £1,000 of sales, they pledge to buy £200 of work from other artist(s).
Find out more from: artistsupportpledge.com or FB

The Rewilding Network Appeal
People are asking us for help. Now, more than ever, we need to reset our relationship with the natural world. Nature is our life support system. We need to rebuild our economies and lives in ways that give nature the space it needs to stay healthy. Rewilding can help to do that. Visit: rewildingbritain.org.uk

Summer Reading Challenge with the Silly Squad for children. Heaps of super silly activities, quizzes, videos, games and more to keep you entertained at home. This year’s Challenge runs from June to September, so there is plenty of time to take part and get silly this summer. 9am.
Join online! Sign Up! sillysquad.org.uk

Localization
Why localization is the most strategic antidote to globalization. 7mins
YT: Localization: for people and the Earth
World Localization Day
A discussion webinar which includes Alnoor Ladha, Charles Eisenstein, Helena Norberg-Hodge, 90 mins / recording
YT: World Localization Day

The Dharma of Climate Action
Anam Thubten describes a spectrum of actions available to us and what obstacles can prevent them from taking place. Visit: oneearthsangha.org

Fresh on The Net
Mixtapes, Archives, Videos, Music faves, Interviews, Articles - independent music blog founded by Radio 6’s Tom Robinson.
YT | FB | Soundcloud

Lenn Lawrence
1st black carpenter for British Steel; organised the Caribbean Friendship Society. Lenn is Patron of Black History Wales
“March March”
Song/video by The Chicks
“If your voice held no power, they wouldn’t try to silence you.”
YT: What’s Going On

Spaceship Earth
Film of the true, stranger-than-fiction, adventure of eight visionaries who in 1991 spent two years quarantined inside a self-engineered replica of Earth’s ecosystem called BIOSPHERE 2.
Available on Amazon Prime
1hr 52 / £8
See editorial & article on page 29

Sadlers Wells Dancers - Pina Bausch’s
The Rite of Spring - watch online
sadlerswells.com

Coleg Menai BA Celf Gain
Coleg Menai BA Fine Art
Arddangosfa Degree Show 2020
Online exhibition of the students’ work
Visit: gllmexhibition.wixsite.com

Mothers of Invention
Join former Irish President Mary Robinson and comedian Maeve Higgins in this uplifting new podcast, celebrating amazing women doing remarkable things in pursuit of climate justice.
mothersofinvention.online

Russell Brand & Eckhart Tolle
“Become Awake Now! “ An Under the Skin Podcast on Luminary / 1hr 53
Watch the inspirational conversation on YouTube

Ways To Go Beyond and why they work
Seven spiritual practices that are personally transformative and have scientifically measurable effects. From 2019. A talk by Rupert Sheldrake ~ sheldrake.org

Various structures of emotional & economic dependence create gaps between attitudes and action”, bell hooks, “Talking Back”, 1989

Robin Parrish
Ecstatic Dance and Healing Music
soundcloud.com

What is people power? participatory democracy? a citizen action network? Listen to podcast: Design Democracy on the alternative.org.uk

Film Recommendations!
with thanks to Lee & Jane ... all via AmazonPrimeTV

Dirtbag: The Legend of Fred Beckley 1hr 35; a prolific and influential climber.

Spirit of Jaguar 1hr 6; 4 friends head to the Amazonian Jungle for a challenging journey.

Sea Gypsies 1hr 17; an 8,000 mile Pacific crossing from New Zealand to Patagonia

Blutch 51 mins; a 4 month odyssey by paragliders across Tadikistan, Pakistan, India, Nepal and the border of Myanmar.

Walking the Camino 1hr 24; stepping out of one’s comfort zone to face the triumphs, challenges and transformations the Camino brings.

And from YouTube:
(guaranteed smiles)
Bawli Booch - downhill biking in India
The Imaginary Line In 2019 a team assembled a highline across the Mexican/USA border. 10.38mins of awesome “international love”
Vandana Shiva: two paths to the future of food and farming. 1hr; Ecological agriculture as an ethical, ecological and survival imperative
The Third Paradise
The third phase of humanity, realized as a balanced connection between artifice and nature.
The Third Paradise is the passage to a new level of planetary civilization, essential to ensure the survival of the human race. To this purpose we first of all need to re-form the principles and the ethical behaviours guiding our common life.
We are the gardeners who must protect this planet and heal the human society inhabiting it.
The symbol of the Third Paradise: the two outer circles represent all opposites and any kind of duality. In the Theorem of Trinamics the middle circle, generated from the conjunction of the two outer circles, represents a third and previously nonexistent subject which represents the generative womb of a new humanity. Trinamics is the principle of creation, the science of relations and balances.
Michelangelo Pistoletto, 2003
terzoparadiso.org
Michaelangelo is an Italian painter, action and object artist and is acknowledged as one of the main representatives of Italian Arte Povera.
tate.org.uk
You can see a short film of his art:
YT: The Third Paradise: The Labyrinth and the Well

Cultural Appropriation v Cultural Appreciation: “When you’re taking something from another culture, claiming it as your own without recognising where it comes from - that’s appropriation; but it’s different loving something so much you can’t help but learn how to do it and fully appreciate it’s roots - that appreciation - that’s what I do”.

With thanks from Morgan Bullock
African American Irish Dancer
YT: Morgan Bullock: Hornpipe 2016

Cymdeithas y Cymod is the Welsh branch of the International Fellowship of Reconciliation. Their aim is to promote peaceful methods of resolving conflict. It encourages us to remember abandoned communities, such as Mynydd Epynt and Nant Gwrtheryn - which were taken over by the War Office in 1940. Epynt is in Powys and was one such community taken over by the Army; farmers and their families where dispersed, a school, a church and local Inn was closed. From time to time members of Cymdeithas y Cymod visit the Sennybridge Training Area (SENTA) to maintain the memory of the people who lived there and to hold a service of repentance for the use of the land for military training. They notify the Ministry of Defence that they intend to go, but do not ask for permission.
Nowadays, the society also has links to CND Cymru and anti-war movements.
You can find out more about abandoned places in the UK by going to:
abandonedcommunities.co.uk
FB: Cymdeithas y Cymod yng Nghymru - Fellowship of Reconciliation in Wales
Or read the book: The Lost Villages of Britain by Richard Muir

North Wales PPE Support
Can you help?
Groups on FB: North Wales PPE Support
Laundry Bags & Button Bands - NHS Wales Key Workers
Love: North Wales Coronavirus Help & Support
The Scrub Team
Covid-19 Mutual Aid UK
Local groups: covidmutualaid.org

North Wales Redundancy Support
If you have been made redundant or face redundancy this event DWP in partnership with Careers Wales aim to offer support. Free. 10 - 11am. Every Weds till October. In August: 5th, 12th, 19th, 26th.
Register: eventbrite.co.uk
LOCAL FRESH FOOD - Deliveries (as of 24th July)

Village Veg, Waunfawr/Caernarfon Delivery Fri or Sat. Free delivery over £8.50 order. Phone Kevin 07962 214347. For updates: FB: Village Veg

Moelyci, Tregarth Orders/payment via phone; outside seating area now! 01248 602793, FB: Moelyci

Cadwyn Ogwen Order midnight Sunday; delivery Thursday 1- 6pm. Delivery area includes: Bethesda, Gerlan, Canneddi, Rachub, Llanllechid, Tregarth, Sling, Mynydd Llandygai, Glasinfryn, Pentir, Rhiwlas & TalyBont. Visit: ogwen.wales

DJ’s Fruit and Vegetables, Penrhynederalth Mixed organic boxes Email: info@djfruit.cymru for a form or call 01766 514330, djfruit.cymru

The Eating Gorilla in Penrhynederaltaeth Open for takeaways and family days on Sundays. Call 01766 770292; see website for menus: eatinggorilla.co.uk

Siop a Caffi y Garreg in Llanfrothen are doing grocery deliveries to vulnerable people. They can also deliver simple hot meals. Box collections available, call 01766 770094.

Grapes in Maentwrog are now offering takeaway. 01766 590365, grapeshotelnowdonia.co.uk

Henbant, Clynnog Fawr, Caernarfon Now taking orders for their veg boxes £15/ week standard or £10/week small. Sign up: henbant.org. matt@henbant.org / 07786 316413

Kyffin Cafe Deli, Bangor Kyffin are making food for takeaway and delivery, including packs of various loose leaf tea. You can find them on Facebook or call 01248 355161.

Wildings Vegan Kitchen, Colwyn Bay Soups, main dishes and cakes; home delivery (for a small tip) for those within 3 miles for orders over £15. Phone 07980 112698 or Facebook

Soulvegan Bakery Online orders welcome. Emma 07583 947472, emma@soulvegan.co.uk, soulvegan.co.uk ~ FB: Soulvegan bakery

Treddafydd Organic Farm Order online seasonal veg bags, fruit bags, chutneys and jam. Local delivery or pick up in person. Llithfaen; deliveries around Pen Llyn. treddafyddorganic.co.uk

Eat Your Greens Grown using environmentally friendly methods. Delivery service available, based in Denbigh. Order from 01745 289160, hello@eatyourgreens.wales ~ eatyourgreens.wales

Central Bakery Delivering in Anglesey. Contact 01248 810386 to place your orders, payment can be made over the phone. See Facebook: Central Bakery for more info.

Phoenix Bistro, Llangollen Operating a take away service. Order via phone or email, pay over the phone, beep/call to pick up your food from collection point. Service available 12pm & 8pm. Contact 01978 469829, thephoenixbistro2018@gmail.com Facebook: The Phoenix Bistro.

Zero Food Waste and Food Share Llangollen See their page on Facebook: offering food to those in need

Felin Uchaf, Rhoshirwaun Market Garden full of veg, fruit and flowers. FB: Felin Uchaf; 01758 780280, felinuchaf.org

Premier Nefyn Will deliver anything from a newspaper to a full basket. Open 7am - 10pm: phone in order/pay over phone with card, free delivery. 01758 721700.

Blodeuwedd Botanics Variety of veg available / collect. Message 07799 224636, FB: Blodeuwedd Botanics

Plant-based recipes and ideas from Beach House Kitchen - Plenty of ideas for vital nourishment. Check out: beachhousekitchen.com or Facebook of same name eatweeds.co.uk ~ a foraging guide to the edible and medicinal wild plants of Britain

See also our inside back cover as most of the health food shops are open for collection or deliveries.
ARE YOU SELFISH ENOUGH?

...or does your ego get in the way?

Perhaps you don't believe "you're worth it"?

Online transformational coaching and (coming soon) North Wales events and training.

www.liveinthenow.co.uk
(07473095135
Follow @SerendaEvents (Facebook/Twitter) for event updates
We’re on the cusp of coming out of lockdown. This will be welcome of course: the chance to see friends and family with ease, to go where we please, to make plans again after so many were cancelled. But before we get caught up in the whirl of whatever the ‘new normal’ will be I’d like to name and remember some of the blessings that have come in this time so they don’t get swamped and forgotten.

This is not in any way to downplay the exhaustion, loneliness, frustration, claustrophobia, sickness, sadness and loss that have accompanied this pandemic. The suffering has been very real for many. Here at Cae Mabon we’ve been extremely lucky. It’s as good a ‘home’ as anywhere to have to ‘stay at’; especially in the sixty days of unabated sunshine we had in April and May. Perhaps as a consequence we’ve been keenly aware of the silver linings of Covid 19. Maybe they will turn out to be our greatest teachers.

On the 3rd May I put up a Facebook post inviting people to share their positive spin offs. I said it was important to be aware of them and to amplify them when possible. ‘They might be key ingredients,’ I said, ‘when it comes to reweaving the world.’ The response was rich and diverse. Here is some of what people said mixed in with my own thoughts. Again, with the acknowledgement that many people have been busier and more stressed than ever.

### Ten Positive Spin-Offs

#### 1. Slowdown

For those working from home, furloughed or in some way ‘at ease’, the pace of life has slowed down. The sky and the roads have been quiet. Free from rush and social obligation we’ve been able to take time, be present, go slow. We’ve noticed what’s happening under our noses and been more aware. This pause in the daily whirl has a positive effect on mind and body – less stress and pressure favours good health. There is soul food to be imbibed.

#### 2. Moving Outside

The one thing we’ve been allowed to do outside the house is exercise. So we’re keen to get moving – walking, cycling, running – and if we didn’t know it before we know now that it’s good for our health. It’s as if we’ve been told, or reminded at least, to do it. And because it’s our one excuse to get outside people are keen to do it. Around here many more local people are walking than usual.

#### 3. The Beneficence of Nature

When we start walking we pretty soon realise that the best places to go are the parks, woods, beaches and wilds… Mother Nature. She is our first home and she reminds us who we are. She heals us. If we are lucky we have gardens. We can prepare, plant and nurture seeds, watch them grow. Gardens have never been so well tended. And we’ve been able to observe at close quarters the unfurling of new life. The birdsong has been more vibrant than ever. It’s been ‘a spring like no other’. It’s like we’ve given Mother Nature a breather and she – and her creatures – have bounced back: mountain goats on the streets of Llandudno, wallabies hopping through the Adelaide boulevards.
4. Essential Services and Key Workers
We’ve come to realise what people and jobs we can’t do without. Farmers who continue no matter what; supermarket stackers and checkers; van and truck drivers, postmen; nurses, doctors and carers; those who keep communication networks running. And more, of course. But a lot of us are doing work that is not necessarily critical to basic survival or society. We’ve come to value more those on whom our survival depends.

5. Getting By On Less
Supermarkets have been advising us to ‘only buy what you need’. In other words, don’t stockpile, make sure there’s enough for everyone. Usually their advice is to the contrary: ‘buy more than you need’. This has provoked a wave of making do, growing your own, looking after hens, baking bread, making cheese, elderflower champagne and more. We have more time to think creatively about how to do things differently and perhaps even become more self-sufficient.

6. Neighbours and Community
Because we’ve had to ‘stay at home’ we’ve become more identified with our places: our homes, neighbourhoods and communities. Some have learned they can work from home. Many have been forced to explore the possibilities of home schooling. This may have been challenging but parents are also saying they’ve enjoyed having more time with their kids. Alongside this has been a rise in neighbourliness – more friendly conversations, talking to strangers and mutual aid.

There is more appreciation and generosity. For example one of my neighbours, an experienced baker, offered to bake sourdough bread for his neighbours who’d like it. He’s been knocking out a dozen artisan quality loaves every week for nearly three months now. It is a community connecting activity.

7. Downturn in Transport Use
People have been relieved that there’ve been fewer planes in the sky. And the roads have been quiet. Usually bustling city centres have been like empty ghost towns. ‘Stay at Home’ means ‘don’t travel’ so no need to go anywhere. Or at least journeys have been radically reduced. I filled my car with fuel on 5th April and two months later there was still half a tank left. As a result of this reduction in traffic there have been fewer accidents and, apparently, fewer cardiac arrests. Less stress, I guess. And of course there was also a reduction in carbon emissions. For a few brief weeks the usually polluted skies of big cities were clear. People could breathe again. It wasn’t enduring enough, but it was a bigger sudden drop than we’d ever managed before.

8. Zooming Round the World
It’s almost as if the virus waited until our technology was so fine-tuned that we could see, and be seen by, groups of people from almost anywhere in the world. We are discovering new ways of doing things online. It may not be as good as being in the room but it can be surprisingly effective. And in some ways it has improved communication and relationships. A group of my men friends – the Gaffers – normally meet once or twice a year. Now we are meditating together and talking once very two or three weeks. Songs have been recorded with musicians simultaneously contributing lines and
instrumentals from their rooms all over the world. People stuck at home have been forced to be inventive. The children in one family who come regularly to our Open Weeks have posted ‘Kids Tell Bad Jokes’ on YouTube. Some of them are almost funny. Like: ‘What does a dinosaur call what he puts on his chips? Tomatosaurus!’

9. A New Creative Spirit
As we’ve had more time home alone, we’ve been forced to find things to do. Some are learning something new, like weaving or Latin. Others are catching up with decades of paperwork. Many are finding new ways of being, learning, connecting and expressing online. One dear friend of mine, Dafydd Davies-Hughes, already an outstanding craftsman (he made the windows and doors in the Cae Mabon Barn many years ago), storyteller, artist, in fact, genius, has used this time to create some beautiful visually illustrated poems. So, as the old Chinese saying has it, this crisis has also been an opportunity. With old routines dropped, new habits have begun to form. We’ve surprised ourselves how much we can change and grow in just a few weeks.

10. Viral Evolution
It is believed that up to 10% of the human genome is of viral origin. Viral genes are likely to be an important factor in evolution and may influence how we perceive and react to the world. Could Covid 19 mysteriously be contributing to the process whereby consciousness seems to continually expand? Scientists will probably let us know sooner rather than later. Meanwhile it’s a different way of looking at this pandemic: as Nature at its brilliant best. How else could we effect change in all people at the same time, all over the planet?

Conclusion
My friend Ali Bates has summarised the impact of Covid 19 rather well. He says ‘It’s like a magical new entity that has already brought about a change we’ve all been craving but not able to implement: enhanced relationships within families, new attachment to locality and community, appreciation of nature and planetary interconnectedness. We’ve rediscovered the spirit of the welfare state, the role for government to provide security for our basic needs. We’ve reduced travel and consumption and we are being encouraged not to buy more than we need. This is all a fundamental challenge to an old political philosophy which accepted the exploitation of people and planet in the interest of the wealthy few’.

Let’s water the flowers that are poking through the pavement!

Eric Maddern is a storyteller, singer, and creator of the Cae Mabon retreat centre.

cae mabon.co.uk

Sign up for the Cae Mabon Clan Newsletter at:
www.caemabon.co.uk
This year we set up our biggest programme of courses – coppice and greenwood crafts, basket making, longbows, spoon carving, horticulture, bushcraft, countryside management, blacksmithing, hedgelaying, home chainsaw and many other skills, family holidays and live music and poetry – a total of 99 courses and events.

By mid-March over half the courses were fully booked and then...

Each month we have cancelled the courses in the following month – explaining to tutors and students, adjusting the website and refunding deposits. We have also cancelled family holidays and all our music events.

5000 course leaflets still sit in boxes in the office - not distributed at the shows and festivals that didn’t take place.

We are a not-for-profit Social Enterprise and don’t make a profit from courses so we have not lost money but we are passionate about preserving traditional crafts so that people pass on the skills and we don’t just end up with artefacts in museums. We also recognise that for most of our tutors running courses and selling products at shows is a major part of their income.

So we have been reading all the updates about restrictions and, hopefully, we may be over the worst. We are putting together a programme for August to November – all the courses that were due to run then and rearranging as many as possible of the courses that we had to cancel. The maximum number we take on our courses is low and most of the time we are outdoors or in a very large workshop space. We will observe all the protocols as everyone’s safety is paramount but we want to get going again!

Our autumn programme includes:

fan birds, scything, repairing tool handles, using medicinal herbs, rustic chair, willow animal sculpture, making and using a pole-lathe, bushcraft, apple days, forging a knife, home chainsaw, rush baskets, rush hats, bowl turning, managing a small woodland, ash splint baskets, coppice crafts, Welsh frame baskets, hedge-laying, tool sharpening, rustic stool, Sussex trugs, spoon carving, timber-frame building.

I’m not sure how we can do a complete restructure of the website but we will put all the new courses on the website as soon as possible and in the meantime we can email details to anyone who is interested.

We will also have our Family Holiday Week (camping, exploring the woods and learning new skills) on August 10-14, a Family Day on September 19 and one or two live music events.

Rod Waterfield is the founder of the Woodland Skills Centre, at Bodfari, near Denbigh.

woodlandskillscentre.uk
01745 710626
At some point in time-space commencing about seven million years ago, a new kind of creature began its evolutionary trajectory by literally walking off from the primate order to eventually become Homo habilis. Walking upright and gaining the free use of its hands, its brain size quadrupled. Further development of brain and pharynx brought the ability to speak and create symbols and languages. These languages created an infinite world of potential actions. Humans thereby acquired abilities to direct the activities of their organisms for great lengths of time with the faculties of memory, imagination, and reflection - rather than being directed primarily from outside by instinctive response to sensory stimuli.

This drastically changed humans’ life history from that of their ancestors. Having grown too large for the birth canal, the human brain had to grow in two phases, inside the womb and outside the womb. Humans now had the time and ability to transmit a system of symbols - language - to their offspring once outside the womb, and in the extended childhood which followed.

With the gift of language, coupled with this extended dependency, Homo sapiens invented a complete new way of adaptation to their surroundings. They developed supra-organic life forms - cultures - whose powers of transmitting experientially learned behaviour directly from one generation to the next allowed them to radiate in a few millennia over almost the entire planet.

Humans alone had escaped dependence on slow genetic adaptations to an ecosystem. Creative groups learned how to deal with new ecosystems, then taught their entire clan or tribe to use this knowledge to adapt quickly to any environment, from icy blizzards to coral reef hurricanes.

These new powers integrated units of hundreds, sometimes thousands, of people into sustainable modes of life capable of rapid evolution to meet new necessities or take new opportunities. If these units grew past the carrying capacity of their local ecosystem, they replicated and split off new cultures, each of which migrated to create its own history in a new ecosystem.

These new units rapidly co-evolved adaptive behaviours by competition and cooperation to obtain all they needed from specific bioregions in each of the panoply of Earth’s biomes: forests, savannahs, deserts in their tropic, temperate, and even frigid variations.

Humans could carry these powers anywhere in a very lightweight way with a few tools, household possessions, and their archives of knowledge arranged into stories carried by memory. These stories spelled out key behaviours which, by daily, moon cycle, or yearly recurrence, turned into social structures.

“Memes” - the transmittable elements that construct culture - weigh less than genes. They add no gravitational burden in an oral society. Cultures differentiated...
themselves from their neighbours through their key memes - their choices in word, attitude and behaviour - and their “memomes” played the role in their culture, that genomes play in the physical body.

Each of these self-organizing cultures existed self-sufficiently, but survival pressures also caused them to live in ecological balance with their surroundings and adjoining cultures.

I propose that modern cultures have lost their self-organizing functional integrity since falling under the careless and impersonal control of the technosphere. The technosphere is the sphere of human-made artifacts, including the tools and utilities that humans create to function in the material world.

“Techne” is one of the nine muses of Greek metaphysics. I use the word to describe the dark genius behind the technosphere, as it morphed from co-operative muse to destructive warrior.

Some 6,000 years ago the one I call Techne revolted from serving the people. Its initiates stole enough magic, science, and mysticism to begin their ruthless rise to power over the bodies of ecologically and symbolically balanced economic institutions. Certain nomadic cultures’ recurrent raiding parties on peaceful agricultural towns gradually restructured their economic institutions as war parties.

Succeeding in war depended on technical superiority. War parties extracted annual tribute of livestock and grain from cultures that produced surpluses. After millennia of these raids, Techne made its ultimate invention, a megamachine, an armed state, which unleashed amoral power upon the planet like the infamous genie in the bottle in the Tales of One Thousand and One Nights.

These brutal events, experienced by thousands of cultures by the end of the first 3,000 years of the megamachine, still lay in the future for thousands more cultures located in high mountains, deep forests, far-off islands, and fierce deserts. Here, Techne still could not prevail against the scientific guerrilla tactics, mystical unity and confident magic of an integrated culture. The New Guinea Highland clans, for example, fell only in the last half-century to a conquering Techne war, missionary and market. The tribes of the Congo and Zimbabwe and Zambia fell only a century ago. The difficulties of Hutu and Tutsi co-operating in a state subservient to the world market only replicate the patterns of Yoruba, Igbo, and Hausa in Nigeria, of Chinese, Malays, and Papuans in Indonesia, and of a hundred other neo-states.

Since Techne already controls their mineral and timber resources and shunts these products throughout the world for its own profits and progress, the new states mostly remain too poor to make their own programs. They are strong enough only to guard the new multinational owners of their cultures’ formerly sacred landscapes, now bulldozed to make mines, oil and gas wells, logging devastations, coral reef destroying fisheries, tourist hotels, and chemical agricultures. The new states are so weak that their masters often change to first one and then another tribe’s war leaders.

Independent self-integration of a culture’s own system without a state is
almost impossible today because the world market aggressively pushes its products and armed states’ power into every area of life.

Today, UNESCO lists only seventy very small cultural groups as out of contact with the world market, the last remnants of the ten thousand self-integrating cultures of six thousand years ago. These seventy are forced ever further back into the ever smaller forests of Amazonia to escape their local empire.

Today, the technosphere comprises the industrial world market system run by armed states backing commodity production and consumption, economically dependent upon extracting “free” (that is, unaccounted for) resources from the biosphere and its world of cultures. That enforced extraction irrevocably degrades human life and impoverishes the rich diversity of life forms and is itself clearly unsustainable since it destroys that upon which it feeds.

This triumphant Techne and its pampered offspring, War - now the largest business in the world - cascade invention, production, marketing, and financing through interlocking corporate, educational, and military complexes devastating whole biomes and their cultures with a single policy directive under the code word ‘development’.

Five thousand years after the first war-based states introduced their no-holds-barred exploitation of natural and cultural resources as their ultimate science, humans around the planet have been alienated from most of the creative results of their love, labour and thought.

They have seen their ways of life wrecked by commodity supply and demand cycles driven by profit maximization. Cultures are ransacked for ideas, plants and techniques that can be turned into business for little or no payment. Even sacred ceremonies are sold to entertain tourists.

The Berlin Wall fell in 1989 and the Soviet Russian empire disappeared. Russia and China joined the world market and unchecked Techné rules the planet with ever more chaotic and unsustainable expansionism.

Techne does not include Nature’s and cultures’ losses in its profit and loss accounting systems. So every ‘raw’ material, wood, fish, mineral, soil, rock, oil, gas, coal, animals, plants, idea, piece of scenery, and colourful costume that Techne discovers, inventories, and turns into a commodity, becomes risk-free game to hunt down and devour. The ‘Ten Thousand’ Corporations now rule the ‘Ten Thousand’ Cultures. All newspapers have a thick business section. None has a human cultures section or a biosphere section.

Techne thus conquered the world of peoples and recruited reinforcements for its GlobalTech culture from the pick of ever more refugees from bombed or bulldozed homelands.

Techne even developed its own ecology for its new people with intercontinental jets being the centrepiece.

Being an inveterate adventurer in cultural matters, I once travelled around the world without leaving GlobalTech’s hermetically quantified system just as if staying in a local village that you could walk around. You never have to get out of the Transit area at the airport or an adjacent free port. You can go to meditation, sleep in a hotel, buy, sell, consult, communicate, read,
write, publish, work out, meet in your club, make friends, flirt, loaf, obtain medicines, whatever you wish.

Techne requires no remembering of lengthy kinship systems, clan obligations, vision-inducing ordeals, or inescapable rites and ceremonies to perform, except being always ready to prove your innocent non-terrorist identity and to make some money. As a credit card carrying member with a computerized identity from one of its accredited member states, you have no worries and access to a lot of action. Just don’t get fired, laid-off, war-damaged, depressed or wrecked, fall into a stress-induced terminal illness, be abandoned by your significant partner, betrayed by your stock broker, or break down and turn to heroin or alcohol.

Techne has transformed from delightful muse to the most destructive god. It refuses to share power, and therefore every culture now knows Techne must be toppled from its supremacy to save itself. Many of its own acolytes realize that Techne consumes their lives to fuel its careening path even as it consumes nature and cultures. Their lives, like the rest of nature, are considered a free good except for their labour costs. Though they get paychecks, they too are paid only marginal utility prices and are callously discarded the moment they cost too much on the present value charts.

**A counter-force, a planetary culture has begun to emerge.** Humans need and are creating an *ethnosphere* in order to stop the destruction of the habitats and therefore the life of nearly all cultures and most large species.

Many people, though diminished by the lack of a rich and varied inner life, outer companionship and a beloved ecology, have expanded their geographic and cultural horizons by exile and migration for survival. Always on the lookout for help, they vastly increase their intellectual horizon due to Techne’s spin-off discoveries of cosmic realities.

They contemplate the quantum, quark, atom, molecule, microbes, evolution, biosphere, geosphere, billions of years of time, and billions of light years of space. They learn to ‘read’ thermometers, telescopes, GPS, and computer systems and thus discern scientific entities as total systems.

Under survival pressures, their minds open and grow rapidly. They sharpen and deepen their struggle to save and improve the best of their culture with data and insights from the Mars explorations, their distant friends on the Internet, the theory of information, works of the avant-garde, and contemplations of other worldviews and exotic divinities. They discover world history, where their culture forms but a single thread, but discover also that each thread gives its colour to the weaving. They discover the amazing throng of Humanity.

The creative abilities of Ten Thousand Cultures fighting with new strategies to regain their vitality must not be reburied from within by quixotic endeavours to return to hermetically sealed and heavily armed cultures. Transforming into the synergistic ethnosphere, local cultures must gain and maintain easy access to cosmic science and to world history.

In some cultures distorted by conquest and fears basic human rights must be restored to women. Much of the violence that recurs towards all women arises from a few cultures that keep women non-
educated and forcibly ghettoed. ‘Perceive cosmiscally, think biospherically, feel historically, act locally’ will be the motto of this multi-centred synergetic civilization.

The American frontier freedom-and-fun lovers landing on their own two feet wherever catapulted, the Lakota sundancer’s vision quest and resolute identity, the Balinese daily achievements of beauty and community, the Tibetan sage’s radiant continuity of phenomena, communication, and situation, the engaging French savant’s savoir faire and connaitre, the Afghan Sufi’s free-wheeling self-alchemy and poetry, the Huicholes’ choreography and mystery, the Yoruban cool and passion and thousands of resplendent exemplars of humans-at-their-best exist as priceless ends in themselves. These lifestyles continue to be cherished and nurtured, but now vibrate their uniqueness to a planetary beat.

**Out of many, One.**

This ethnosphere is now the patri-matrimony of all us humans.

Necessity creates new organs of perception, so both experience and ancient wisdom tell us. Through planetary culture a new organ of perception is now available to all humans. More of us see the unity of aspiration and creativity underlying ethnic diversity. More of us morph about the planet in more cultural situations with more grace and less bumbling. More of us cannot be bought and sold and more of us work out flourishing ways to live. More of us form lively companies, not to sell them out to exploiters after a good start-up, but to use these versatile inventions for beneficent aims in a relaxed market aiming only for profits compatible with sustainable ways of life. This competitive and co-operative system can gradually replace the armed states and bank-controlled corporations.

Like antibodies, these multitudinous actions heighten human immunity to cancerous expansionism. Creating this fulfilling co-evolutionary planetary culture restores the epic arc and poetic aura to us humans. It gives us a realistic way of life, processes in which our ethics, our aesthetics, our epistemology, our cosmology, our dharma, our way, our zen, our savoir faire, our mana, our tao, our taraqat, our science, our technics, our common sense can flower.

**Creating a working ethnosphere with Techne as its servant is humanity’s grand opportunity and historic task.**

*John Polk Allen is a systems ecologist and engineer, metallurgist, writer and inventor of Biosphere 2. His memoir “Me and the Biospheres” is published by Synergetic Press. ecotechnics.edu*

All photos by JimmyNelson.com

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**Full Moon Meditation Network**

**Leo:** July 23rd ~ August 22nd  
Full Moon: August 3rd at 4:59pm

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**The Great Invocation**

*From the point of Light within the Mind of God  
Let light stream forth into the minds of men.  
Let Light descend on Earth.  
From the point of Love within the Heart of God  
Let love stream forth into the hearts of men.  
May Christ return to Earth.  
From the centre where the Will of God is known  
Let purpose guide the little wills of men –  
The purpose which the Masters know and serve.  
From the centre which we call the race of men  
Let the Plan of Love and Light work out  
And may it seal the door where evil dwells.  
Let Light and Love and Power restore the Plan on Earth.*

---

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What would be needed to achieve this?
Could a law to protect future generations, for example, be a necessary component?”

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We provide Natural Burials at Boduan Sanctuary Wood, near Pwllheli

People, you are allowed to visit the wood at last! The five-mile travel limit has been lifted and visitors can come back to Pen Llyn. Our gates are open as usual; all are welcome.

The wood is lush now the rain has come, rich with leaves and flowers and ripening fruit. In high summer the living is as easy as it gets. Everything is reproducing: there are baby birds, baby trees, ferns and fungi are creating fruits, butterflies dance in mirrored pairs.

Bright bunches of cherries hang from the trees by the car park. The biggest and most fruitful is the one in the wall, and I wonder whether its roots are holding the wall together or if they will break it apart. Time will tell. In the middle of the wood, where we planted a pair of saplings on a burial plot, a whole copse has appeared, a group of young cherries like an apron in front of their mother tree. I'm very happy to see how happy cherries are in our wood. It may be a burial wood but it is a very happy place, there's so much life there.

One small and apparently insignificant life-form would be my Plant of the Month - because I'm entranced by its name. This is Enchanter's Nightshade, which isn't a nightshade at all, but a barely noticeable member of the Evening Primrose family. It's growing around the car park and along the sides of some of the paths. Apparently it can be used to treat wounds but I doubt if there's any evidence for its effectiveness. But isn't that true of all enchantment?

We're opening up another path towards the East side of the wood, where Dave was felling yet more spruce last winter. We're accelerating the felling programme now, because the spruces are growing so fast, they become more challenging every year. The sooner we get them down, the easier it will be for us and the resident life-forms, like the native trees that struggle to grow in the dark spaces between them.

Dave showed me an extraordinary young oak, which he discovered when he was clearing the new route. It's clearly been broken off - probably fell by some human, judging by the nature of the break - but it wasn't cut through and astonishingly, it has survived. The mossy trunk, a metre or so long, is lying flat on the ground, attached to the root by the merest shred of wood, but then it takes a right-angle turn and shoots suddenly straight up, with a fine flush of leaves.

We shall take the new path around that oak. We don't want to disturb it any more, it deserves to survive.

Survival seems to be the theme of this summer. It doesn't feel as easy as it used to. We have been reminded rather forcefully of our vulnerability. I hope that the long term effects will be beneficial: that the regrowth will be greener than before, both in the economy and in the world as a whole.

Re-using and re-purposing are fine ways to use resources to their maximum value. Nature generally goes in for maximum re-use of everything. Today I was amused to find a bat box which had been adapted by birds who'd pecked an entrance hole in the front to make a bird nesting box, in which young birds were reared before the box fell off the tree to be consumed by insects and fungi.

We believe that some of the newer bat boxes are still homes to bats, however Berni, one of our Trustees, took a bat detector to the wood and detected three types of bat - pipistrelle, lesser horseshoe and noctule - some of which were flying around near the bat boxes. But I suppose it doesn't really matter what lives in the boxes, all are welcome.

Bella