



# Building Resilience in Unsettling Times

Earth Forum  
of Howard County

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February 19, 2017

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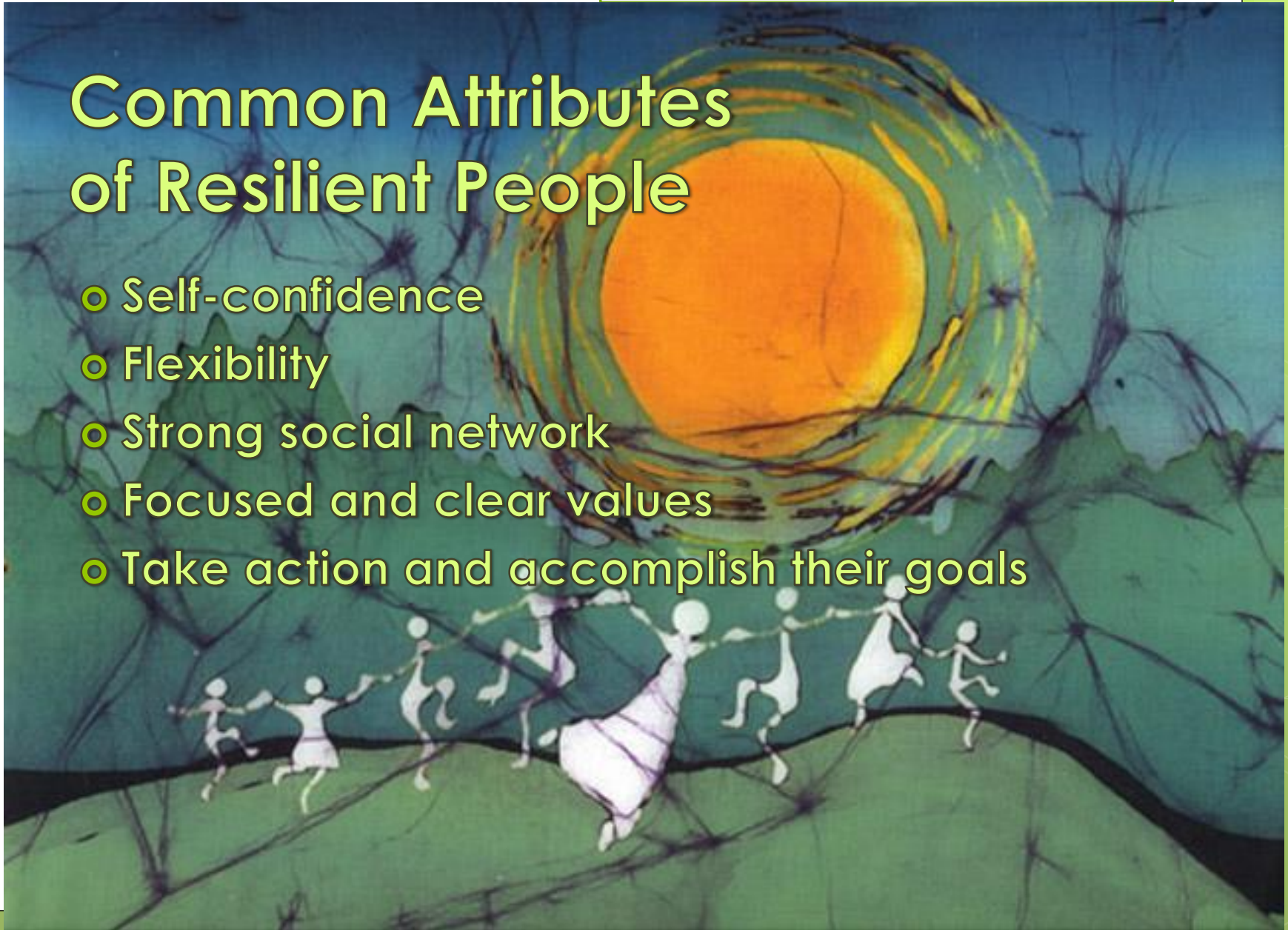
## Resilience

The ability to meet, learn from,  
*and not be crushed*  
by the challenges and stresses  
of life.

Robert J. Wicks

# Common Attributes of Resilient People

- Self-confidence
- Flexibility
- Strong social network
- Focused and clear values
- Take action and accomplish their goals



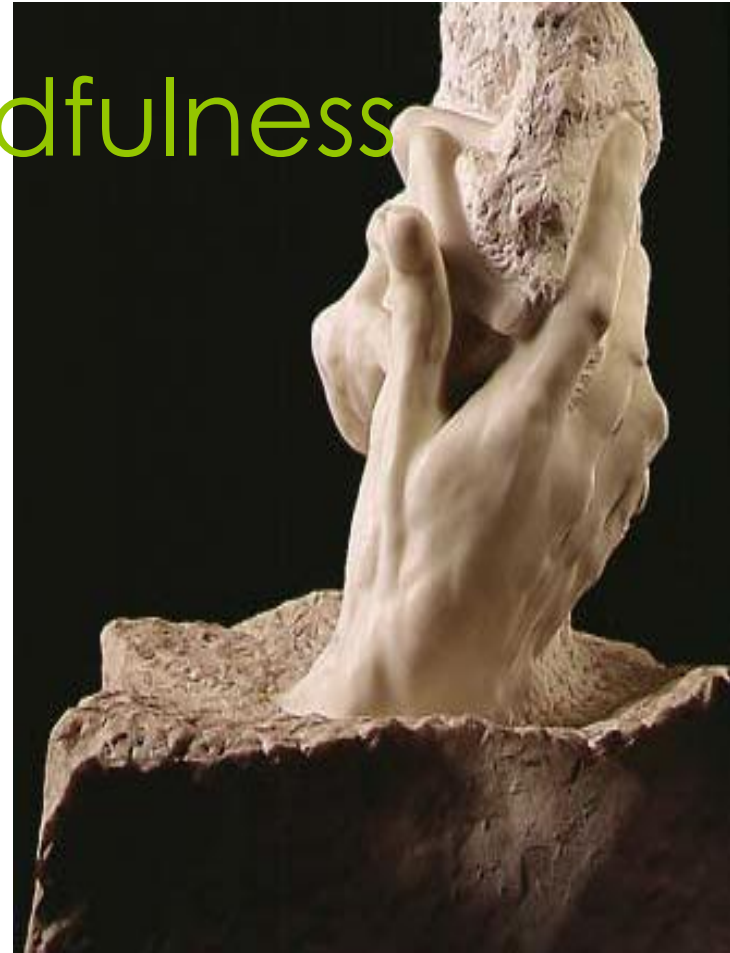
# Importance of the Inner Life

- Physical Health  
*all the stuff your doctor tells you!*
- Psychological well-being  
*recognize times of undue stress, and have therapist or counselor*
- Connection with a faith tradition or philosophical tradition.



# Prophetic Mindfulness

- Prophets are not people who predict the future
- *Prophets are people who understand and make sense of the present.*





Prophets nurture,  
nourish and evoke  
*a consciousness*  
and  
*a perception*  
*alternative*  
to the consciousness  
and perception in the  
dominant culture  
surrounding them.

Walter Brueggmann

# Community Resilience

- How can communities become prophetically resilient?
- Build prophetic character by
  - practicing certain things...
  - consistently...
  - over time...



# What Shall We Practice?

- Gratitude – Life is a gift to be received
- Confession – no more finger-pointing!
- Hospitality
  - Compassion – share with the hungry
- Simplicity
  - Clarity
- Reconciliation
  - Forgiveness





# Resilient Communities 1: Knowledge

- Expand your knowledge base in your niche
- Expand beyond your niche –
  - what's close-by or related?
- OR what's in the stream of knowledge in your field and what do you need to keep intentionally including?



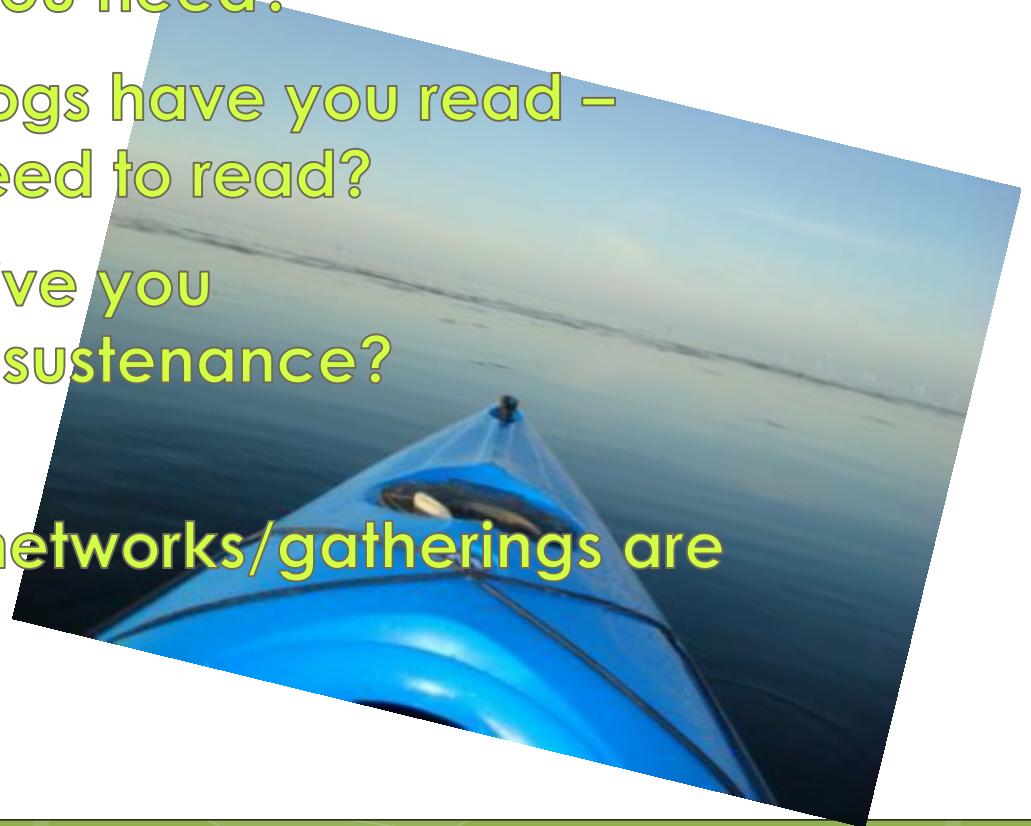
# Resilient Communities 2: Connection



- Personal connection
- Community connection
  - Geographically based
  - Interest based
  - Value based

# Resilient Communities 3: Resources

- What skills do you need?
- What books/blogs have you read – what do you need to read?
- What people give you inspiration and sustenance?
- What other organizations/networks/gatherings are out there?



# Resilient Communities 4: Action

- Incorporate some action into your lifestyle
  - As individuals/families
  - As an organization
- Build a skill you need
  - Writing, public speaking, community organizing, group process, fund raising, nonviolence training...



# Resilient Communities 4.2: Action



- Teach something. train others.
- Advocacy
  - Call – Legislators, opinion shapers/opinion educators
  - Write – Legislators, OpEds, Websites, blogs
  - Gather – signatures, testimony
  - Visit legislators, NGOs, community forums
  - Attend gatherings – Ecumenical Advocacy Days

# Building Resilience in Unsettling Times

Knowledge  
Connection  
Resources  
Action



# Small Group Questions – 1

- *Think of a time and a place where you felt alive and powerfully connected to the natural environment... when you felt involved, spiritually touched, or inspired.*
- *Where were you? Who was with you?*
- *What contributed to it being such a powerful experience?*
- *What were the greatest lessons or the greatest gifts of this experience? What did you take with you from this experience?*
- *What values did this experience bring into focus?*

# Small Group Questions – 2

After everyone has shared:

- *What is the single most important thing your awareness of the environment has contributed to your life?*
- *What are some of the practices in your daily life that reflect your good stewardship of the environment?*
- *What two or three things might inspire you toward greater sustainability in your own ecological practice...*





Please do not distribute this PowerPoint.

It is posted here for educational purposes, and because people who attended the February Earth Forum asked me to post it.

Works consulted have not been cited, as this PowerPoint was not intended for publication.

Thank you.  
*Sue Lowcock Harris*