



Resurgence

Serving soil, soul and society

RESURGENCE GROUPS INFORMATION PACK

“Real change occurs from the bottom up; it occurs person to person, and it almost always occurs in small groups and locales and then bubbles up and aggregates to larger vectors of change.”

– Paul Hawken



Resurgence groups

Resurgence groups exist for everyone who finds *Resurgence & Ecologist* magazine nourishing and inspiring. The idea of Resurgence groups emerged from our annual Summer Camp, inspired by people who wanted to continue the conversation, share ideas and spend time with like-minded people – without having to wait for the next Resurgence gathering.

These groups provide the perfect opportunity for Resurgence friends to get together, unwind, enjoy seasonal food, and share ideas on environmental issues, climate change, sustainability, art, ecology, and more.

If this sounds like something you would enjoy, please connect with your local Resurgence group or consider setting one up yourself.

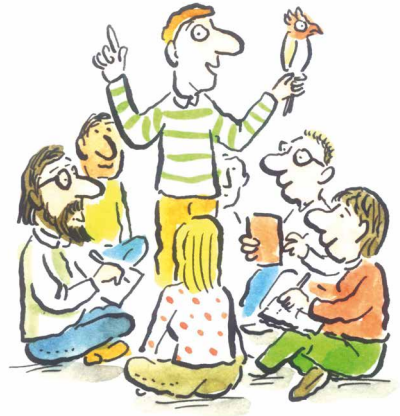
“When we meet in groups, in a relaxed setting with good food, music and dialogue, we strengthen our relationship with like-minded people and gather a new momentum and energy for taking positive action during the rest of our daily lives. It is also the perfect opportunity to slow down and reconnect with Nature. Together we can help the growing movement of people connecting with each other and promote the Resurgence ideals of elegant simplicity and sustainable living which serves soil, soul and society.” – *Satish Kumar, founder of The Resurgence Trust.*

Set up a Resurgence group

Keen to set up a Resurgence group?

We can help you reach other readers in your area. Why not place a notice in your local community space, arts centre or independent shops? You could hold a preliminary meeting with those who respond.

We can help with posters and back issues of Resurgence to hand out (not all group members are regular readers). We can also provide you with short films of Satish Kumar (always inspiring!) and suggest topics for you to discuss if needed.



Will being a co-ordinator take up lots of time?

It shouldn't. The fundamental ethos of a Resurgence group is sharing, and everyone is sure to be keen to lend a hand.

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



How do you decide what your group does?

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

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



Sharing, informing, inspiring

What happens at a Resurgence group meeting?

There are no fixed rules!

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

How often to meet? And where?

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

What to bring?

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

Starting the meeting and breaking the ice

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

Getting the discussion going

Why not base a discussion on an article in the latest issue of *Resurgence & Ecologist*? You could read out passages and summarise the salient points, or watch a Resurgence video clip. You can find suggested topics on the Resurgence website (see resources on back page). Ideally, you should circulate the subject before the meeting. What's important is sharing views.

Growing your group

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

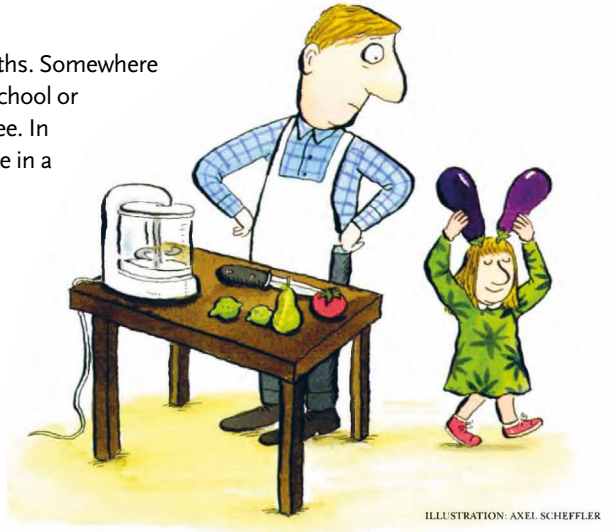


ILLUSTRATION: AXEL SCHEFFLER

Seasonal celebrations, growing and gratitude

Christina Bows writes about activities at the East Devon Resurgence Group

Every year, we pick apples from the restored orchard and press them into hundreds of litres of delicious juice, or make them into apple cakes. Children's games and crafts, home produce, book sales in the extensive library – with free copies of back issues of *Resurgence & Ecologist* – together with a meditation on gratitude for Gaia's abundance, are all part of the seasonal celebration.

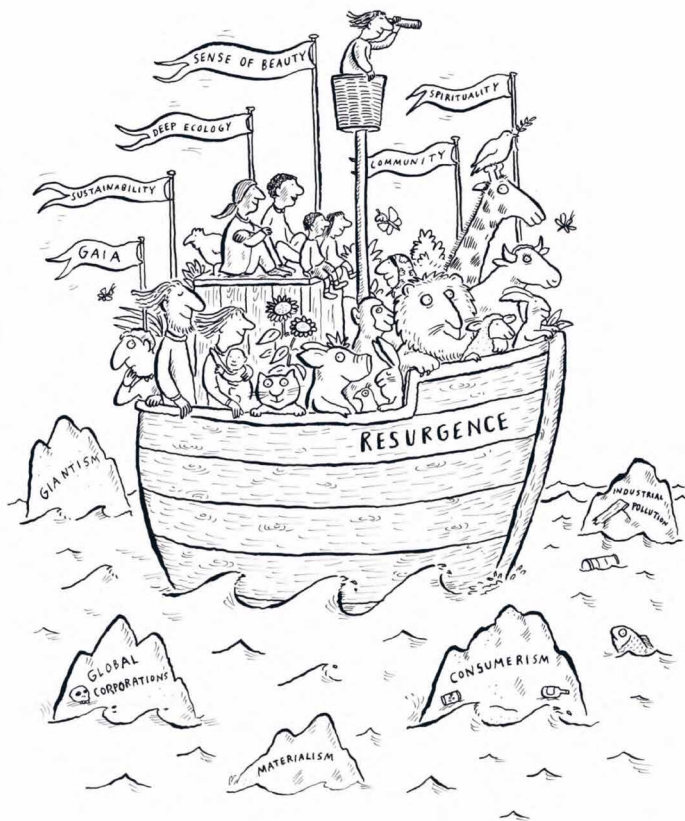
We also celebrate May Day (maypole dancing and nettle scones!), and the solstices (in the wood we are restoring by natural regeneration). On full moons we walk the labyrinth we created from Jurassic Coast stones on the cliff top at Seaton. We have also planted a Community Forest Garden (or Woodland Orchard), which has so far produced ripe figs and grapes and even our first asparagus!

Sarah Williams, a member of the group, explains why the group is so enriching: "The diverse life experiences, knowledge, ages and perceptions within the group make for a lively discussion, where everybody's views are treated with respect. I always leave at the end of the evening feeling enriched and uplifted by the discussion, with plenty of food for thought."



We have sent free Resurgence memberships to local schools, handed out back issues at village shows, community fairs and other events, and have done our best to spread the word – and the underlying philosophy – of this wonderful magazine *Resurgence & Ecologist*.

Christina Bows



Extending the Circle

Enjoy a Resurgence event

We encourage people in our Readers Groups to come along to one of our Resurgence events. We hold an annual Festival of Wellbeing in London; a Summer Camp at Green & Away, near Malvern; and monthly talks in London at 42 Acres, Shoreditch.

Resurgence events provide a fantastic opportunity to meet fellow readers, to gather new ideas and insights and to return home feeling inspired and refreshed.

The Resurgence Centre

In 2019, Resurgence opened a new Centre for Education, the Environment

and Arts in Hartland, North Devon. The Resurgence Centre provides a focal point for learning and activities that promote a deeper understanding of the environment, raise awareness of ecological issues and develop insights into regeneration and the circular economy.

Our vision is to create a unique space for sharing innovative ideas that will have a global impact. We hope you'll find time to visit and take part in one of our courses or attend an event.

For more information, visit:

www.resurgence.org/resurgencefuture



Acting locally – thinking globally



Slow down for Slow Sunday

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

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

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



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

The more people who join in and embrace the ethos of Slow Sunday, the greater its impact.

So why not invite your friends, neighbours, fellow Resurgence readers and the local community to take part in a Slow Sunday celebration?

To find out more about Slow Sunday, visit:

www.resurgence.org/slowsunday





Join a group near you

Please visit our website or contact us for a list of groups in your region. You can also find suggested topics for discussion on the website. www.resurgence.org/groups

Start a new group

If there aren't any groups near you, you could consider starting one. The information within this booklet should answer many of your questions. Feel free to contact us if you have further questions or need more information.

Membership office

T: 01237 441293

E: groups@resurgence.org

Useful Links

Resurgence Centre: www.resurgence.org/resurgencefuture

Slow Sunday: www.resurgence.org/slowsunday

Resurgence videos: www.vimeo.com/resurgencetrust

Resurgence Podcast: www.resurgence.podiant.co

On Facebook: www.facebook.com/groups/resurgenceandecologist

Resurgence on Twitter: [@Resurgence_mag](https://twitter.com/Resurgence_mag)

All illustrations by Axel Scheffler

The Resurgence Trust is an educational charity that publishes *Resurgence & Ecologist* magazine, Resurgence.org and theEcologist.org to promote ecological sustainability, social justice and spiritual values. Charity number: 1120414.

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