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Please send contributions for next Bodhi newsletter by the 30th April 2009 to

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Charity#: SCO37550

1. NOTE FROM THE EDITOR

Winter into Spring as we wake up to new possibilities: Luci Ransome convenes the Heart & Soul group which could lead to deeper connections between us all; Claralynn Nunnamaker continues facilitating our Compassionate Communication workshops and helping us to resolve conflicts creatively; in her Connection Corner, Claralynn asks us to remember the last time we tried to fix a friends problem. Our partnership with Sustainable Communities Initiative has led to the forming of a Core Resident's group drawn from full members of Bodhi and SCI; this group will meet several times over the next few months with some open days where we can work together as volunteers on an eco-project. Our search for land continues apace with Paula Cowie (SCI) and Lusi Alderslowe (Bodhi) each working a day a week co-ordinating project development. This work is funded by generous grants from Pump House Trust and Awards for All, totalling £20,000. Our member profile in this issue is of Kate Osborn – the “green lady” in a London community. Our Winter poem is by Mark O'Reilly “Five a day” and is about food and food miles. A big thank you to all our 200+ members and volunteers, especially to Bodhicca (Pam Hill) who has been our membership secretary for two years. She will be handing over to Svenja Meyerricks from the end of March. Svenja is a graduate from the Centre for Human Ecology and is active in the Transition movement.

Please note that our website is out of date and is currently under reconstruction by our new webmaster – Ian Strang. In the light of our recent partnership with SCI, the Bodhi directors have been rethinking our vision and the content of our homepage. A new vision statement will be posted on the website within the next couple of months.

If you are receiving this by post, we would like to have your email address if you have one.

2. DATES FOR YOUR DIARY

| Bodhi Events | Date | Location |
|-------------------------------------|--|----------------------------|
| Work that Reconnects | Sat 28 th March | Glasgow |
| Eco volunteer day | Sun 29 th March | Fife |
| Creative – Compassionate – Conflict | Sat 23 rd May & Sat 20 th June | Glasgow, TBC |
| Eco volunteer day | Sat 28 th June | Ayrshire – Strawbale house |
| Eco volunteer day | Sat 19 th Sept | Fife – Earthship |
| Eco volunteer day | Sat 5 th Dec | Our own land! |
| Non-Bodhi Events | Date | Location |
| Age of Stupid | 15 th March | GFT, Glasgow |
| Bodhi Stall at WESAK | 16 th March | Tramway, Glasgow |
| Earth Ritual Retreat | 24 th April – 1 st May | DHANAKOSA, Lochearnhead |
| Big Tent | 24 th -26 th July | Falkland, Fife |

3. BODHI MEMBER PROFILE - KATE OSBORN

I decided to support the Bodhi eco-project because I am passionate about and know a lot about environmental issues. I am concerned about human activity and our planet. Humans now need to learn to live within the limits of the Earth in a socially just way.

Bodhi-eco-project seems to me to be a positive step and experiment towards a new way of living within the Earth's limits as a caring community.

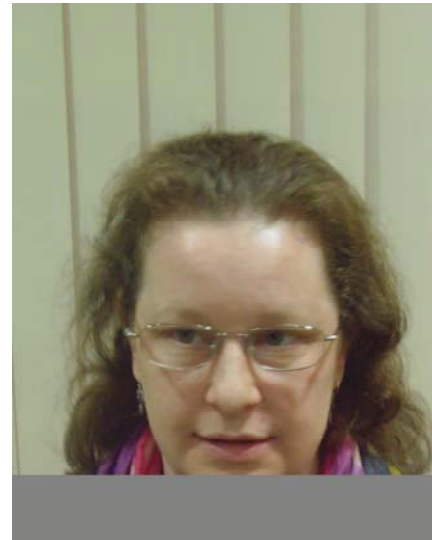
There are 3 skills that I feel I can offer Bodhi;

1. 20 years ago I trained and worked as a carpenter/joiner. Now I subscribe to green-building magazine. I feel I could advise on architectural/building/maintenance issues.
2. For the last 7 years I have been studying for an environmental studies degree with the Open University. Where I live now, we have a 40 mins weekly community meeting. Once a month at this meeting, I give a 10 mins talk upon environmental subjects decided by the meeting e.g. acid rain, the ocean global conveyor belt, how green is Christmas etc. I could transfer this skill to Bodhi meetings.
3. Where I live now, I cook once a week for the whole community. I now have skills to budget, shop, cook and clear up for roughly 18 people. If Bodhi builds an area with a large kitchen and large dining/meeting area, I would be able to use these skills for catering for a large group of people.

Mindful living to me is to have a sense of 3 days ago, 3 days ahead, today and now; to daily think about what one does or says; to build up a routine; to understand the need to set aside a date for reflection, to sort out one's diary; to rest, to relax, to enjoy and/or perform entertainment e.g. weekends, holiday's etc. Also, to cope with what each day brings in a calm, peaceful, sensible manner.

My experiences of community living are threefold. At 12 years old my father took me on holiday to a co-operatively run farm in Denmark. From the ages of 19-23, I lived in a housing co-op in South London. Now I live in a community centred, socially just, mental health rehabilitation house. All three communities taught me to listen, discuss and speak-out and when to acquiesce.

(editor note: 2Care runs the house where Kate lives, this could be a possible partner with Bodhi, check out their website: www.2care-rsl.org.uk. Bodhi recently visited another similar community project in North Glasgow: Emmaus for people who have been homeless. They run a furniture recycling business with three charity shops in Glasgow, their building is eco-friendly with a wood chip boiler and a bank of solar panels, and they have two allotments nearby – Emmaus House, 101 Ellesmere Street, Glasgow G22 5QT, www.emmausglasgow.org.uk)



4. CONNECTION CORNER - From Mr/Ms Fix-It to Mr/Ms Reflect-It

Can you remember the last time you tried to help fix a friend's problem? For many of us it wasn't long ago. Perhaps we offered our insights or suggested a practical solution. We have a natural instinct to want to help, to make things better for someone else, and our first reaction is often to "Fix It." There is another way, though, that might be called "Reflect It."

Compassionate Communication tells us that simply reflecting back and connecting with what's alive in the other person is powerful. In fact, it can be far more powerful than the most brilliant Fix-It solution. The time and place for Fix-It solutions is usually after reflecting back what the other person has said and after checking to make sure they want our advice.

Simply reflecting seems like such a small step. It seems not enough. Particularly when we see so clearly what the other person's obvious next step is, or where they've gone wrong, or how the solution that worked for us could work for them.

Let's take an example. Sammy says, "I'm so scattered. I can never find my keys in the morning. You know, today I was 10 minutes late for work because of it!"

Immediately I know what Sammy "should" do is create a designated place for his keys and always keep them there. It's an obvious and simple strategy. But remembering to move from Ms Fix-It to Ms Reflect-It, instead I reflect his feelings and needs.

"Are you feeling stressed-out remembering that, because keeping to your agreements is important to you?"

"Yes, stressed, that's right. You know, I'm so fed up with being late -- I really need to change something," might be a likely reply. Once he feels empathy, he might come up with a solution himself. If not, I could ask if he's wanting to hear a suggestion (of course being ready to take "no" for an answer).

Resisting the temptation to be Mr/Ms Fix-It is challenging. It goes against our conditioning. It stops us from offering that solution we believe is so perfect. It can also be one of the most helpful things we can do, if we can instead become Mr/Ms Reflect-It.

5. THE SITE SEARCH GROUP

The Site Search Group is now 6 people strong and full of energy and enthusiasm to find land this year. We are focussing on 6 Local Authorities - Clackmannanshire, Falkirk, Stirling, East Ayrshire, Fife and Perthshire. As well as LAs, we are also targeting Scotrail, the National Trust for Scotland, Forestry Commission, Universities and Trade Unions as potential landowners. The approach we are taking is to find a site not on the open market and on the edge of an existing settlement, as per Planners guidance. The only site currently under investigation is in Burntisland. Paula at SCI is exploring the site with ALCAN and Fife Council.

The SSG are meeting once a month so progress should be regular and steady – watch this space!

6. HEART & SOUL GROUP – Feedback from Wiston Lodge - Luci Ransome

The H&S group was formed in May 2008 during a weekend at Stroove House to exploring ways of resolving conflicts creatively and compassionately. The name was taken from the Transition Town Initiatives where most projects have such a group.

Considerations

Models to resolving conflicts.

Decision making processes.

Creation of support mechanisms for new comers.

H&S as a research laboratory - what works and what doesn't.

Create more opportunities for contact to share ideas and research (Steve has offered his hideaway house as space to all meet up!)

Rename the group Heart and ?? (Communications?)

Questions

What are the needs of the Eco village?

What connects us to earth

each other and the natural world?

How to support old hurts in the group?

How can we support/develop openness to change?

Where do we go from here? I would like to meet with as many who still wish to continue this journey of exploration and discovery to start to flesh out in action the areas that are really important to us.

7. BODHI DIRECTORS AND NEW FULL MEMBERS

At the AGM in December 2008 the following people were elected to act as directors: Claire Martin, Luise Holtbernd (Ratnadevi), Mark O'Reilly, Andy Marnie, Justin Kenrick, Lusi Alderslowe, Larry Butler. Welcome to Luci Ransome and Claralynn Nunnamaker as full members of Bodhi.



9. COHOUSING BLOGSITE

I thought that you might be interested in reading my friend's co-housing blog:

<http://workingtowardscohousing.wordpress.com/>

He is based in Newcastle but is moving to Leeds next month to be closer to where they are developing what was called 'Leeds Ecovillage' but has recently changed names to LILAC - Low Impact Living Affordable Community (nice name). He talks about his visit to another co-housing development and about some other things e.g. site design (the Danish favour the horseshoe layout). **Lusi Alderslowe**

8. LEGAL & FINANCIAL STRUCTURES

The legal structures working group have been very busy since Wiston, where there were three main tasks identified for us to complete: summarise the main points covered so far, check out and select a 'promoting body', and write the ruleset for the IPS. Of course it's never as easy as it sounds!

Steve James wrote an excellent summary of the cooperative legal structure as we understand it and sent it around a couple of people to check it out. It covers the IPS legal structure, the different terminology from fully mutual to loan stock, why it is important, and why we have decided to go for this legal structure and not anything else. Please check this out on the Bodhi website under <http://www.bodhi-eco-project.org.uk/documents.html>

We have been in touch with Paul Wimbush from Lammas who stars on most of the excellent videos available from their website (check it out on <http://www.lammas.org.uk/>), and have read their ruleset (they are an IPS and a bencom).

We have been in touch with several different promoting bodies and have been wading through their rulesets too. Trying to figure out what is needed and what is not needed, how this legal structure can best serve the current community and the potential community yet to come. It is an interesting mixture of visioning, problem solving, research, learning, problem foreseeing, and trying to understand the strange language that is legalise. We would greatly appreciate help with this, so anyone that could commit to developing the work of the group and has a head for this would be very welcome. Please contact Lusi Alderslowe (through the Bodhi email address).



10. POEM – 'Five a Day' by Mark O'Reilly

Nutritionists are all agreed
That healthy humans have a need
For roughage, fibre, cellulose;
They even tell us that the dose
Of fruit and veg, the healthy way
Is five a day, five a day.

In my youth I had my doubts.
Cabbage boiled and mushy sprouts,
Wooden turnips, wat'ry peas:
Nothing good could come from these.
But then the tide began to turn:
A generation tried to learn
Creative cooking, French cuisine
From t.v. chef or magazine,
And though our parents thought them weird,
New vegetables soon appeared:
Okra, peppers, aubergines,
Fancy lettuce, fine green beans.
Food was fun, no longer grey,
And everyone had five a day.

- Except in winter, for this reason:
Almost nothing was in season.
"That's no problem," Safeway said,
"We'll bring the stuff up from the Med."
Soon lorries, ships and aeroplanes
Supplied the supermarket chains
With summer produce all year round,
Grown in far, exotic ground.
Up the motorways they rushed;
The concrete spread, the oil wells gushed;
Production and consumption quickened;
Waistlines and exhaust fumes thickened.

Increased consumption, strange to say,
Was not confined to five a day.
What fuelled the engines, span the wheels
Was mainly crisps and ready meals.
The microwave set people free
To watch young Jamie on t.v.

Meanwhile, down on every farm
This trade is causing untold harm.
As by an evil, swooping vulture,
The land's consumed by monoculture.
As subsidies keep climbing higher,
The farmer yields to food supplier.

Crop rotation bites the dust,
Brought down by naked money lust,
And now the soil is quite bereft
Of heart, and dust is all that's left.
Yet still I hear the doctors say:
"Your health's assured by five a day."

I used to see my friends each day,
But then they built a motorway
Between my house and theirs, and now
I'd like to visit – don't know how!
But still, I shouldn't moan or cry,
As Tesco lorries thunder by,
Or feel dejected, or forlorn –
At Tesco's they sell baby corn
In January – just what's needed.
Soil and season sink unheeded.
To give us choice, to set us free,
The land's become a factory.

Now let's track the winds of change,
And see just how far south they range.
Joseph used to farm some land:
A few dry acres, nothing grand;
He ploughed and sowed and reaped to feed
His family and supply their need,
And though their cash was always spent,
His kids lay down at night content.
Then one day supermarket chains
Arrived and were at lengthy pains
To show how Joseph was mistaken;
All the trouble he had taken
With his land was just a waste.
Now, to satisfy the taste
Of tainted European palates,
He must grow green beans and salads.
Colour, size and shape are checked;
Oddities he must reject.
Those that make the Tesco grade
Are trimmed and packed in ice and sprayed
And crated up and sent by air
And put on sale in places where
A fickle public pick and choose,
And Joseph's kids still don't have shoes
And other Kenyan farmers lose
Their land, their freedom and their lives.
With hungry children Joseph strives
To make them eat a crooked bean.
They won't – it's just not their cuisine.
And so, to satisfy a taste
For straight beans, others go to waste,

And Kenyan parents watch and weep
As hungry children try to sleep.

Meanwhile, in another land,
Revolution's being planned.
Scientists are in the throes
Of curing want with GMOs.
Local-grown for generations,
Strains of rice that fed whole nations
Now are tested, analysed,
Patented and privatised,
And offered up for sale to folk
Too poor to buy them. Here's the joke.
Each year the farmers saved their seeds
To satisfy their meagre needs,
But now, through legal wheeling-dealing,
They're told saving seed is stealing
From the western corporations
Who've just bought up half their nation's
Gene bank of productive crops
As if such things were sold in shops.

They put them in a shiny pack
And farmers buy their own seeds back,
And every season, more and more,
The rich are stealing from the poor.

While poor folk lose their way of life,
The rich must bravely face the strife
Of losing inches, keeping trim
And driving to the local gym
To punch and pump and sweat and swear,
To row and ride and go nowhere.
Then have an isotonic drink
And shower and dress and maybe think
This exercise is not the way;
The problem's really *twelve* a day
And going everywhere by car.
A change of life is best by far.

But don't give up. Don't weep. Don't moan.
Eat what you like, but grow your own.

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A game of knots at Wiston

11. EVENTS IN DETAIL

THE AGE OF STUPID – 15th March at the Glasgow Film Theatre in Rose Street.

The Age of Stupid", an exciting new climate change film is coming to Scotland, along with a special series of Not Stupid events. **"It is probably the most powerful piece of cultural discourse on climate change that's ever been produced."** Mark Lynas, author of *Six Degrees: Our Future on a Hot ter Planet*. The film's release presents a uniquely accessible opportunity. It's a chance to motivate friends, family, colleagues and members of our organisations to consider the future and take action in Scotland to fight climate change.

BODHI STALL AT WESAK 16th March

Bodhi will have a stall at WESAK at the Tramway, Glasgow, the theme this year is engaged Buddhism. Bodhi will offer a workshop on Mindful Actions based on the work that reconnects. Volunteers are needed to help with the stall.

WORK THAT RECONNECTS 28th March 11am to 5pm

Diarmid Baillie and Larry Butler invite Bodhi supporters to explore with them the work that reconnects – see website for more information. This workshop is limited to 10 people. To book a place: info@bodhi-eco-project.org.uk or phone. Larry: 0141 946 8096 Diarmid: 0785 408 3131

BODHI / SCI 29th March (Fife), 28th June (Ayrshire), 19th Sept (Fife), 5th Dec (Bodhi Land!)

Bodhi Eco Project and Sustainable Communities Initiative are in the process of forming an IPS (Industrial Providence Society) for the purpose of buying land for our eco village. There is now a core residents group with people from both organizations. They are developing their own joining procedure which will be published soon on both websites. To facilitate potential new members, they are offering a series of open days when we will come together as volunteers on a relevant eco project such as helping at the Earthship in Fife, or at Steve James' strawbale house –

Spend a day (or possibly a weekend?) volunteering at Steve's straw bale house just after the summer solstice (feel hot just thinking about it?) on (27th and) 28th June. We will be undertaking various voluntary tasks whilst learning about building and maintaining a straw bale house. There is no public transport here, so please book your place early so that we know whether to car-share or if we will need to hire a minibus from Glasgow. Also, whether you would prefer a day-trip or to camp the Saturday night (so we can have a solstice fire together). Email: info@bodhi-eco-project.org.uk if you would like to attend one or more of these events.

BIG TENT FESTIVAL 24th, 25th, 26th July

Bodhi and SCI will have adjoining stalls and offer a programme of events around the theme of mindful and sustainable living including meditation, compassionate communication, creative uses of waste, etc. We need volunteers to staff the stalls. You would get a free place at the festival plus expense.

EARTH RITUALS 24th April – 1st May 2009

Led by Larry Butler; Ratnadevi & Dhammagita. This retreat offers a nourishing combination of yoga, chi kung and meditation to re-centre ourselves and enjoy a felt sense of connectedness with all the elements (earth, water, fire, air and space) and with each other. The retreat may well give rise to the inspiration for personal and/or global change and there will be opportunities to design our own, creative rituals to support these changes. Getting out of the rut of old behaviour patterns can be hard; the power and fascination of ritual helps to establish new habits in our lives that are conducive to making our dreams come true.

Dhanakosa operates on the basis of generosity, seeking not to exclude anyone on account of individual financial circumstances. However, all of our income comes from donations made by friends and visitors such as yourselves, so we ask you to make a donation towards the running of the retreat centre. Suggested donations for 2007 are as follows Suggested donation for a week: **£315** waged, **£235** low wage, **£155** unwaged

DHANAKOSA Buddhist Retreat Centre, Balquhidder, Lochearnhead, FK19 8PQ,
01877 384 213 E-mail: info@dhanakosa.com www.dhanakosa.com

CREATIVE – COMPASSIONATE – CONFLICT Sat 23rd May & Sat 20th June 9:30 – 4:30

This workshop is offered to people who have done a foundation course in Compassionate Communication or NVC (non-violent communication). We will be applying Compassionate Communication to mediation and conflict situations, we will review the basics (based on NVC, or Nonviolent Communication, as developed by Marshall Rosenberg), like hearing the "yes" behind the "no," spotting the need, and more; we learn the model for using these tools in conflict situations; we will build your skills in using the model, as well as in developing your empathic responses; we will practice in getting to the honest truth of both parties' experience; we will learn about the two different ways we can exercise power.

Day 2 will be held 2-4 weeks after Day 1, giving you a chance to try applying these tools in your real-life situations.

Advanced booking is essential. Places are limited to 14

Day 1 is open to anyone who have a foundation in Compassionate Communication.

Day 2 is optional and will be open to anyone who has completed Day 1.

Email: info@bodhi-eco-project.org.uk to register an interest in attending, or phone 0141 946 8096. Suggested donation: £45 (£30 for Bodhi members)

