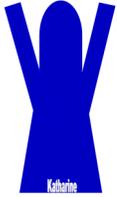




NANCY: In *Active Hope*, Joanna Macy and Chris Johnstone acknowledge the dire situations we now face in human society, while helping us realize that we are not alone. This wonderful book leads us into a practice to face the future together. Through expressing gratitude, honoring our pain, seeing with new eyes and going forth, they offer a way forward, as we build compassionate community, daring to craft new solutions together. I love this! Thank you!



KATHARINE: I love their compilation of people who have faced insurmountable odds. The cloud of witnesses, Paul calls it in biblical times. The stories inspire me. They can help the college students, also To persist is so important.



JANE: Are things really this bad? I hate to see us stop development at this point. I've always liked "Business as Usual." Anyway, aren't we MAMs already doing our part? The Farm, the Sun Power House, I like what we're doing.



PRISCILLA: I don't know. This is a very hard time for me, after our trip to the Sea Islands. I don't know what to think of everything right now. The path isn't clear to me. I'm not sure where my community is now.



MOLLY: I think this approach of expressing gratitude and honoring our pain really helps us begin to face what's happening. Then we have the energy to move into what we can do. Yes, Jane, we have done a lot together as the MAMs, and we're not done.



ABIGAIL: This is just absolutely a wonderful book. I've been also doing their free online Active Hope training and it's so encouraging to consider we're in this together and to feel the support of others as we do what we can. I hope this will help those who feel overwhelmed and immobilized.

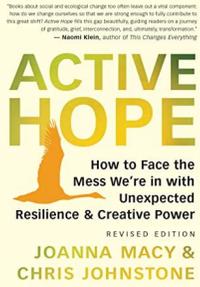


SALLIE: Jane is right. We're probably at a 7-8 as a group on their Responseometer. But I also put my head in the sand a lot about what's happening. For the children, I need to see if there is more I can do.



Discussion Guide

About the Book



Title: Active Hope: How to Face the Mess We're in with Resilience and Creative Power

Author: Joanna Macy and Chris Johnstone

Published: New World Press, 2022

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Facebook: <https://www.facebook.com/ActiveHopeNow>

Questions for Discussion

1. What were your general impressions of this book?
2. In the beginning of the book, the authors discuss a “Problemometer” vs. a “Responseometer”. They ask people to rate themselves on a scale of 1-10 on how severe they think the problems we are facing as a human society are at this time, and then also to rate themselves on how they personally are responding and work to address the problems. Where would you rate yourself on these two scales. Do you follow the trend they have discovered? Discuss.
3. In this book, the authors propose “The Spiral of the Work That Reconnects” which includes, gratitude, honoring our pain, seeing with new eyes and going forth. What was your response to the spiral. Do you think that it can help in your personal work to address our problems? Why or why not?
4. The first step in the spiral is Gratitude. They recommend taking time to name the people, places, situations you love and also to thank the people to whom you are grateful. Do you have a gratitude practice in your life? If so, how does this help you? If not, is this something you might consider? Discuss and take time to engage in this practice together if you're in a group. How does it affect you to do this practice?
5. The next step in the spiral is Honoring our Pain. What pain do you carry for human society and your life? Does it help you to name this pain or does it make it worse? Do you think it's important to acknowledge your pain? Why or why not?
6. The next step is Seeing with New Eyes. In this step, the authors recommend we focus on the larger communities in which we dwell, local groups, wider community, global community and the Earth community of life, and to begin to see the possibilities of collective power with compassion and how the Great Turning can happen through us. How does this resonate with you?
7. The final step in the spiral is Going Forth. Catching an inspiring vision, daring to believe it's possible, building support, maintaining energy and motivation and opening to active hope. What spoke to you in this section of the book
8. In what ways does this book inspire you? How might you share and do active hope with others?
9. Read over the MAMs comments on this book. With whom do you agree/disagree and why?
10. Will this book change your life or perspective in any way? Explain.

Listen to the authors introduce the book on YouTube at: [Joanna Macy & Chris Johnstone introduce ACTIVE HOPE \(7:49\)](https://www.youtube.com/watch?v=JoannaMacyChrisJohnstone). Sign up for free Active Hope training at <https://activehope.training/>