

Embodied Regenerative Practice Introduction
Thursdays, 5:00-6:15 pm via Zoom

“The climate and ecological emergency is a trauma inflicted on all beings by white supremacy.”
Embodied Antiracism Practice, XR NYC

Embodied Regenerative Practice—an interfaith gathering of people working to develop a spiritually-grounded anti-racist climate justice community. Recognizing that white supremacy culture is at the root of systemic racism, the climate/environmental crises, and profound alienation from our bodies/the bodies of all living beings, we seek to create a safe space for truth-telling, healing, and empowerment. The practice combines spiritual exercises and embodied anti-racist work with a focus on the climate crisis to build awareness and community, process grief, heal trauma and increase our capacity to sustain change. To deeply transform our relationships to our human and non-human siblings, we must nurture our bodies and souls.

This practice is modeled after Extinction Rebellion NYC's weekly Embodied Antiracism Practice which incorporates the work of Resmaa Menachem, Tema Okun, Kenneth Jones, Rev. angel Kyodo williams and others. The weekly Zoom practice will provide movement, grounding/prayer, video or other prompts, and small group reflection to create awareness of our embodied racialized behaviors and develop new habits in how we relate to others and the Creation in our lives and organizing work. It will also incorporate practices from Christian, Unitarian Universalist, Buddhist and other faith traditions.

The practice is geared towards white-bodied persons but open to all bodies and all faith traditions (or no faith tradition).

The Leaders:

Lise Hildebrandt is an Episcopal priest, musician, martial artist, and climate activist who lives in a Quaker-based community in Arlington. She is Interim Priest at St. John's, Gloucester and was a co-convenor of the Creation Care Justice Network in the Diocese of MA for 3 years.

Eileen Ryan is a climate and social justice activist, artist, active member of First Parish Watertown (Unitarian Universalist), and local organizer of Beyond Plastics. Both are members of Extinction Rebellion, Boston and both participate in the Embodied Antiracism Practice of Extinction Rebellion NYC.

To sign up, register at

<https://us02web.zoom.us/meeting/register/tZwvcuCrrTouG9CYnQyPpf4vEXb02AzrbvO3>