

Therapists for Social Responsibility
Minutes
September 11, 2005

We had 35 people attend our last TSR meeting/presentation on September 11th. It was a very intense and educational afternoon!

The Friends Meeting House was a wonderful location. Thank you so much Elsa for helping us arrange it. We walked in through a path of brilliant magenta zinnias into what felt like a safe and sustaining meditation center. We hope to continue to have our general meetings there. (NOTE: our next meeting will be there, on Sunday, October 16th - 3rd Sunday - from 2 to 4:30. Please calendar in the date and time and plan to come.)

Mary Williams brought an abundant feast for our snack, and is willing to be our resident chef. Many thank yous!

Elisabeth Bower continues to offer CEUs to those requesting them. Thank you Elisabeth!

Geophysicist-activist Leuren Moret spoke on the effects of radiation. You will have a chance to see her on Media Edge, on Access TV, in October, as our local media group We The Media videotaped the program. Thanks so much to Randy and Andy for their sensitive presence. They also interviewed Leuren afterward and will be showing the movie "Beyond Treason" which she is in on access TV. We will let you know when it will be on and TSR will also have copies of the program if you would like to buy or borrow one.

Below are people's responses to these three questions, which made up the remainder of our meeting:

1. What are the emotions you have been experiencing?
2. How are you staying present, hopeful and involved in these difficult times? and
3. What Actions do you recommend we take?

EMOTIONS

Hard time not going into collapse

Frustration!

Mixed between hope and despair, chain yanked
back & forth

Shocked at racism

Shocked that people are viciously ignorant

Hopeful people are waking up

Concern, disappointment

Despair, sadness, fear, anger, rage

Country deteriorating

Anger at arrogance

Time frame is short

Eye opener – evil

Overwhelmed, vulnerable

Depressing-- we are facing unpleasant times

Hopefull--diseases conquered, positives in young people

HOW TO STAY PRESENT, HOPEFUL AND INVOLVED

Being politically active- the alternative: doing nothing is worse

Keep talking and organizing

College campuses are important to organize

Read Shauna's emails about things working, groups organizing, actions to take.

Listen to other enthusiastic involved people

Listen to people bravely doing things

Being around nurturing supportive peaceful people.

Find a way to make a difference.

Being involved, taking action!

Encouraged by Cindy Sheehan, helps refocus

Admit the truth in order to fix it

Hope that we are awakening and a shift is happening

Watch Jon Stewart on Comedy Central and Bill Maher, HBO

Do Therapist for Social Responsibility work

Wake up!

Get together in small groups

Therapists can do wonders

Remembering that we all are taking responsibility

Read things that are hopeful

Spiritual practices

Inner development

Group consciousness is growing

Change is rooted in consciousness

We have to march; we can't stand around brooding

Watch political inspiring movies: Iron Jaws – Women's suffragette movement; Bush's Brain; etc.

Work on relationship with God

Keep taking action

Work with art, spirituality

ACTIONS!

Join NGOs like TSR that will help our world

Join Peace Action

Active with Vets for Peace (George Main) on anti-recruiting

Bring National Guard and all troops home

Pledge to call Assembly persons

Black box voting—get easily hacked machines outlawed in voting

Letters to Congress

Town Hall meeting with other groups to support our community

Decide which of the TSR subcommittees to be active in.

Write articles from a therapists perspective for CSCSW newsletter
and Therapists Speak Out

Supporting legislators who have a model, to bring troops home and to protect us

Acknowledgement letters to those putting themselves on the line

Contribute funds to organizations you believe in

Make a family plan for disaster

Educate ourselves

Educate ourselves on radiation issues in this country: Radiation Exposure Compensation Act

Go to Saturday nights protest on Broadway and 16th St, 6 to 8:30 and other events

Join with other peace and action groups in this area

Figure out how to communicate with people who are conservatives

Listen to people who are wise and courageous and learn from them

Participate in grassroots political movements

People to people activity

Do one thing or more a week

Read your political email, forward to others

Get people talking

Letters to editors

Check into our Associations around Patriot Act

Begin organizing at Social Work Dept at CSUS

A famous person to come speak at colleges, organize within CSUS SW dept. Therapists for Social Responsibility presence at CSUS (student group)

Find ways of influencing High School students or earlier—6th graders targeted by recruiters!!

Support alternative media

Newsletter to parents.

Topple the theocracy!

If you would like to add to any of these ideas, please email them to me. At our next meeting we will work together on implementing some of them.

We have created six major subcommittees of TSR. Please see which you most resonate with and be prepared to connect with other like-hearted therapists at our next meeting to take action. And let's enjoy being in community as we help create a more peaceful, just and sustainable world!

The six committees, with people who are co-chairing but NEED YOUR HELP are:

Outreach/education (Marilyn Perry)

Patriot Act (Shauna Smith)

War/peace (Ray Bacigalupi)

Environment (Sue Bollig)

Family/Child (Mary Williams)

Clinical Issues (Elisabeth Bower)