

# Active Hope Book Club

**Active Hope Book Club:** An empowering learning community designed to study the Work That Reconnects and strengthen our capacity to transmute our pain for the world into creative, resilient action

 **What:** A 2-month/7 session book study of *Active Hope: How to Face the Mess We're In with Unexpected Resilience & Creative Power* by Joanna Macy and Chris Johnstone

About the book: The challenges we face can be difficult even to think about. Climate change, the depletion of oil, economic upheaval, and mass extinction together create a planetary emergency of overwhelming proportions. *Active Hope* shows us how to strengthen our capacity to face this crisis so that we can respond with unexpected resilience and creative power. Drawing on decades of teaching an empowerment approach known as the Work That Reconnects, the authors guide us through a transformational process informed by mythic journeys, modern psychology, spirituality, and holistic science. This process equips us with tools to face the mess we're in and play our role in the collective transition, or Great Turning, to a life-sustaining society.



**Who:** Open to all community members who...

- Feel concerned about the many challenges facing our planet
- Long to make a positive impact on the world without burning out
- Are interested in learning more about Joanna Macy's Work That Reconnects
- Enjoy learning with the support and structure of community



**When & Where:** Two weekly options (location details provided upon registration):

- Mondays at Naropa University from 5:30-7pm. starting March 27 and completing May 7
- Tuesdays online from 5:30-7pm MST starting March 28 and completing May 8



**Led by:** Rachel Fryke, 3rd year Master of Divinity student and chaplain-in-training at the Joanna Macy Center for Resilience & Regeneration (longer bio below)



**Price:** No cost!



**The Commitment:**

1. Borrow/buy a copy of *Active Hope* (print, e-book, and/or audiobook).
2. Read 1-3 chapters a week (never more than 50 pages, usually less).

3. Show up with kindness and respect, discuss the book, and engage with interactive exercises. *Please plan to attend all seven sessions (and, of course, we understand if life happens!).*

✓ **Register here (registration deadline Friday, March 24):**

<https://naropauniversityscheduler.as.me/jmcr>

💬 **Please reach out to Rachel ([rachel.fryke@naropa.edu](mailto:rachel.fryke@naropa.edu)) with any questions about if this offering is a good fit for you.**

**More about Rachel:** Rachel Fryke (she/they) is a 3rd year Master of Divinity student at Naropa University and chaplain-in-training at the Joanna Macy Center for Resilience & Regeneration. A scholar-practitioner of Tibetan Buddhism and Earth-based spirituality with a background in peace studies, environmental education, and professional coaching, Rachel views spiritual development as fundamental to responding to the climate crisis and realizing a just and life-sustaining society. As a spiritual care provider, she aims to support her fellow humans to connect with their basic goodness and inherent wisdom; remember their belonging to the Earth; and act with kindness and compassion for the benefit of all life. She currently lives in Elizabeth, CO in community with her parents, cat, dogs, chickens, horses, and pine trees.