



Autumn 08 NEWSLETTER

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1. NOTE FROM THE EDITOR - *Larry Butler*

Welcome to new members and we hope to meet you soon at one of our events. As you will see in the newsletter we are focussed on nuts & bolts – site search, legal & financial structures. Our intention was to be ready to buy land by the end of 2008 and we are almost there. We are forming a pioneer resident's group as well as a heart & soul group to deepen friendships and hone our skills in compassionate communication.

2. DATES FOR YOUR DIARY

Bodhi Events	Date: 2008/09	Location
Community Building Residential	12-14 Dec 08	Wiston Lodge, Lanarkshire
Compassionate Communication	21-22 Feb 09	Edinburgh
Other Events	Date	Location
Transition Glasgow – film night	5 December	Glasgow CCA
Climate Change March	6 December	Glasgow
Critical Mass Bike Ride	last friday in each month	5.30pm George Sq, Glasgow

For more information about these events see – Events in Detail.

3. CHAIRPERSON'S SUMMARY OF EVENTS IN 07/08 - Ratnadevi

The main emphasis this year has been on developing the first phase residents group for the planned eco village. There have been 2 residents group weekends, 2 daylong meetings, a large number of skype meetings, and an even larger number of emails. From within this 2 working groups have been formed : a site search group and a legal and finance group. Several other people have acted as advisors to these groups. A lot of energy has also gone into developing the partnership with SCI, formulating documents that state our shared aims.

So does this all mean that we are close to buying land? Yes and no. After several site visits we are getting clearer what the implications of different sites are and our criteria are becoming more refined. After researching 5 different legal models in great depth, we are also much clearer about which one to pursue. And there is money there, waiting to be spent on land once we have found the right one. However, the residents group has been undergoing some reconstituting, which according to GEN (Global Ecovillage Network) research is quite common in ecoprojects such as ours, when they are getting closer to realisation. Some consolidation is needed in order to progress confidently to the next stage, which is buying land within the coming year.

Continuing our educational programme in communication skills, we have held a number of NVC events, facilitated capably and generously by Claralynn Nunamaker. These have included a W/E in compassionate communication at the Phoenix Centre in Glasgow, a day on conflict resolution, and an introductory day in Fife followed by a weekend workshop. An ongoing NVC practice group under Claralynn's guidance meets monthly in Glasgow.

We have held two general bodhi development residential events at Wiston Lodge and planning another one for this December. All Bodhi members are welcome to join us in order to get to know the project and people better, and to contribute their skills and enthusiasm.

Last December bodhi held a day conference 'Our climate our Future', which was combined with a big climate change march. As before, we had a stall and run several well attended workshops at the Big Tent in Fife, and we contributed a stall at Wesak at the Tramway.

I would like to thank all the volunteers who have contributed to the project, starting with Pam Hill, our invaluable company secretary who works for us 2 hours a week. Claralynn has contributed her NVC skills very generously, as has Verene Nicolas. Mark O'Reilly, Judy Russell, Hamid & Leilani Van Koten and Paula Cowie have helped with the site search. Claire Martin, Lusi Alderslowe, Judy Russel and Steve James have done much research into legal questions. The directors have as usual carried the project forward through many meetings and much hard work. And finally, A BIG THANK YOU TO ALL OUR SUPPORTERS for all your financial support and encouragement through our the year.

4. Claire Martin - personal profile

I have been participating in Bodhi events (on and off) since finding out about the project at a weekend summer solstice retreat in 2005. I already knew Larry and Ratnadevi through various retreats and yoga classes, so they were my initial, and inspiring, contact with Bodhi. I've been involved in various working groups and pieces of work, and recently I became both a full member and a Director.

I have been a Buddhist for the last 13 years, and try to live in a way which aims towards the alleviation of the suffering of all beings. This sounds rather grandiose! In practice, for me, this means (amongst other things): trying not to cause suffering, either directly, in my conversations and interactions with others, or indirectly, through what I consume; trying to be generous, not just in a material sense, but also with my time and skills; being vegetarian; being "green"; choosing work which is involved in lessening suffering in the world...

I have been involved in issues surrounding environmental and social justice since childhood. This has taken me to various campaigns, projects, networks and jobs over the years. The aspiration towards mindful living and low impact environmental living embodied in the Bodhi project is something that I strongly value. I am also involved in the Network of Engaged Buddhists, which is another forum for seeking to realise the same aims, albeit with an explicitly Buddhist focus.

At the moment I'm retraining, from a background in international development, to be a lawyer. The process has been very uninspiring, but the end of the academic side is in sight, and in June 2009 I will be starting a traineeship with a law firm in Inverness. I'm only going to be working on family law, and I'm planning on specialising in child protection and responses to domestic violence. I hope to be able to use mediation and conflict resolution creatively in doing this.

With a definite plan to move to Inverness, it has become clear that I won't be a resident in the ecovillage, as one of the criteria is that it be located within an hour of Glasgow or Edinburgh. Often people ask me (and sometimes I ask myself!) why I spend time working on an ecovillage project that I'm not going to live in. For me, it's about the answer to the question "Yeah, but what's the alternative?" I would like to be able to point people in the direction of practical, people based solutions to the problems facing our world. I also think that the creation of an ecovillage will involve many more people than those who end up as physically resident, and I hope to support the ecovillage from afar. At the moment, I am offering my newly acquired legal skills, which may help in land purchase, contracts about land ownership, issues arising with charitable status etc., and I am also interested in development education, creating links between Scotland and the majority world, which might feed into the educational aspects of Bodhi.



5. THE CONNECTION CORNER - *Claralynn Nunamaker*

Giving full voice to joy

We often think of compassionate communication as a resource to use in difficult situations or conflicts, yet it's also very helpful when we want to express positive emotions. Rather than a simple "thank you" or "that's great," we can use the tools of Observation - Feeling - Need - Request (O-F-N-R) to explore our experience more fully.

After the recent US election, for example, I found myself reacting in familiar old ways, saying things like "Yippee!" "Yes!" and "It's great -- I can't believe it!" Certainly that conveyed the raw joy. Yet it did so without giving a sense of what was happening internally that gave rise to the joy.

Here was an opportunity to unpack a powerful experience using O-F-N-R. And it sounded like this: "Knowing Barack won, I feel so amazed and inspired because I really value having hope!" And also, "I'm feeling incredibly hopeful because I've been so longing for a shift!" The language of feelings and needs helped clarify (to both myself and others) what was creating that joy. It felt much fuller and richer than a simple, "Yes!"

That understanding can help us if we want to make a request of ourselves, a request that may support that beautiful, life-enriching need we've discovered is behind our emotion. For example, "Seeing the photos of hundreds of voters queuing, I'm feeling inspired and empowered because participation really matters to me." OK, I've figured out participation is one need that's active for me. What's the next step then? What's happening locally to get involved in? Finding something and following through on a request will support that life-enriching need for participation.

Then I remember reading about a proposal for an open-cast mine just down the road. That's perfect, and it doesn't take long to create request around that: "I'm asking myself if I'm willing to write a letter to my Councillor this week voicing my feelings and needs around the open-cast mine proposal." Small, positive and doable, and supporting that need for participation. It's easier and quicker to stay on the surface of the "Yes!" Yet with a little practice, it takes just a minute or two to discover the feelings and needs behind it. And when we take that time, we can uncover a deeper richness of our experience, a clearer understanding of our reactions, and possibilities for how we can contribute to well-being in our lives.

6. SITE SEARCH WORKING GROUP – Mark O'Reilly

The Bodhi/SCI Site Search Group currently consists of Judy (Edinburgh), Paula (South Fife) and Mark (North Fife). Because of distances and other commitments it is difficult for us to get together, so we have been conducting "meetings" by three-way phone link. We have looked at 12 different sites so far and have been in contact with various planners and agents.

We are operating with the criteria that were established at Stroove in May. The one that is proving most problematic at present is being within three miles from a station. There was a proviso that if that couldn't be met, an alternative would be to be within a 45-minute bus journey of a station. It's not ideal, as some rural buses run very infrequently, but if we accept it, it certainly brings more potential sites within our radar. We are working with a budget within £400,000. Other criteria include being within two hours of Edinburgh or Glasgow; bike-able, walk-able distance to the nearest town; positive relationship with local council.

Seg Gaskill from Glasgow has agreed to join the group, so I'd like to welcome her "publicly". We will meet face-to-face at Wiston. It's particularly good to have someone on the western side of the country, as so far there's been a strong eastern bias. There are many things we can only discover about sites by going to visit them, and sometimes the journeys are just too long. For that reason (among others) we would very much appreciate volunteers who would like to join the group. Even if you don't want to become a full member, we would very much appreciate it if you would be willing to visit a site that comes up in your area. Let us know by email or at Wiston.

7. FINANCE AND LEGAL WORKING GROUP UPDATE - Claire Martin

At the residential weekend in mid-September, the Working Group finally got a chance to catch up face to face, after lots of computer based research. What a joy to talk to each other over lunch, rather than be typing away and sending emails into the ether, often late at night! The research aspect has necessarily involved lots of internet sourced information, but this is now bearing fruit.

We agreed, as the Working Group, to recommend that Bodhi and SCI pursue some form of Industrial and Provident Society (IPS) as the legal structure which meets most closely the criteria drawn up at previous residential weekends, and this recommendation was supported by those at the weekend. The whole group agreed that it would be useful to hear more about the IPS structure at the upcoming residential weekend in December.

What we're working on now is consolidating our knowledge of the Industrial and Provident Society structure. We're pursuing new and existing contacts within other organisations which use the IPS structure, to find out about what has/hasn't worked for them in practice, and why. We're also getting more familiar with the framework of the IPS structure, so that we can make further recommendations to the wider group for how to best set one up.

It's been more fun than it sounds! As ever, if anyone would like more information, or has relevant knowledge to share, the working group would be delighted to hear from you. You can contact us through the Bodhi email address (info@bodhi-eco-project.org.uk).

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8.. EVENTS IN DETAIL

BODHI Autumn RESIDENTIAL – Building Community

12th to 14th December 2008 at Wiston Lodge between Biggar and Lanark

For all Bodhi Supporters, family & friends. This will be an Open Space Event where the agenda is created by the people who come. There will be workshops on Compassionate Communication for families, as well as an introduction to permaculture. Children are very welcome and creche facilities will be provided. Places are limited to 30 people so early booking is recommended. Please send a deposit of £20 and fill in the form below. As a charity we invite donations based on generosity – we estimate that the average donation needs to be about £100 – sliding scale £80 to £120 for Adults. Please make cheques payable to **“Bodhi”** and send to: **Larry Butler, 14 Garrioch Drive, Glasgow G20 8RS**

.....
I would like to attend the Bodhi Autumn Residential 12th to 14th December 2008

Name _____

Address _____

_____ PostCode _____

Email _____

Tel _____ Special needs such as diet or access: _____

Do you need a lift? Yes / No Can you offer a lift? Yes / No

If yes, how many seats? _____

COMPASSIONATE COMMUNICATION – Edinburgh – venue to be confirmed

Weekend workshop: Sat 21st & Sun 22nd February 09 9-30 am – 4-30 pm

Facilitated by Claralynn Nunamaker, trainer candidate in NVC. Information about Nonviolent Communication (NVC) can be found at the Center for Nonviolent Communication, www.cnvc.org). **Compassionate Communication** helps connect us with what is alive in ourselves and in others moment-to-moment, cutting to the heart of what we presently feel and need, and helping us to articulate that skilfully. The skills presented in this workshop are based on Nonviolent Communication (NVC), developed by Marshall Rosenberg. The focus is on enriching life and our sense of connection with each other as we are now. These workshops can be challenging, fun and can create a deep sense of connection.

Bodhi Eco-Project strongly values deep, effective and heartfelt communication and holds the development of such skills as a central criteria for full membership of the project and residency in our village. Bodhi supporters will receive a discount of £10 for the weekend. To become a Bodhi supporter, and to learn more about the project visit bodhi-eco-project.org.uk. **Recommended reading:** To get the most out of the weekend workshop attendees are recommended to read Marshall Rosenberg's book **'Nonviolent Communication: a Language of Life**.

Cost of weekend course:

For people without NVC experience: £55 / £45 for Bodhi supporters.
For people with some NVC experience who would like to use this as a refresher: £40 / £30 for Bodhi supporters.
Please bring food to share for lunch. Tea and coffee will be provided.

To book. Please make cheques payable to 'Bodhi'.

NAME:

ADDRESS:

EMAIL:

PHONE NUMBER:

CLIMATE CHANGE MARCH - Larry Butler
Global Day of Action: March in Glasgow, Saturday 6 December 2008

I'm going on the march and rally in Glasgow on Saturday 6 December, and I hope you may come too. It's part of a world-wide climate change day with the message for the politicians at the UN Climate Change talks in Poznan, Poland, that we want urgent action. We'll also be taking that message from those at the rally to Gordon Brown and Alastair Darling, both local Scottish MPs; and to our MSPs.

I'm going because I want a world in which we can live at ease with each other and with nature; and because I want life to be good for my children. And because I fear that the damage being done to the world may soon be too great.

There are some positive signs right now – the UK and Scottish Climate Change Bills, and the new President of the USA, are all aiming at 80% reductions in greenhouse gases by 2050. But any government trying to make that happen will face powerful obstacles. So I believe it can only happen if we make sure it does. We must start now to build up the pressure for action – we need solutions, and they have to be socially just.

I hope you will be able to come. If you can, bring a placard with your own suggestions about what needs to be done now.

(If you live in England there is also a march in London – see <http://www.campaigncc.org>). Below I have copied the basic information and the list of organizations already supporting the event.

Let's get our message to our politicians: ACT now ON CLIMATE CHANGE

JUST SOLUTIONS IN HOLYROOD, WESTMINSTER AND THE UN CLIMATE CHANGE TALKS

- Assemble: 12.30 at the Amphitheatre, Clyde Street.
- Rally: 2.00 pm at Glasgow Caledonian University

Scottish Climate Change Campaign, c/o P&J Centre, St Johns Church, Prince's Street, Edinburgh. Messages of support and enquiries to contact.sccc@gmail.com

Supported by:

Friends of the Earth Scotland, UNISON Scotland, World Wildlife Fund, Christian Aid, World Development Movement Scotland, Scottish Education and Action for Development, Justice & Peace Scotland, University and College Union Scotland, Eco-Renovation Network, Spokes, Transition Scotland, TearFund, Bodhi Eco Project

9. POEM: A LANGUAGE WITHOUT WORDS – by Cid Corman

As we speak
now to each
other there

is nothing
being said.
We know the

place the words
fall into :
silences.

Please send your contributions for next Bodhi newsletter by the 15th February 2009

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