

Greetings!

Hey, Congress!



Hey, We the People!

"Hey, Congress! Pass Voting Rights . . . or Violate the Constitution" is the title and subject of Frances Moore Lappe's article, and the central theme of this month's newsletter. Lappe asks "What is a 'Republican form of government' that is guaranteed in Article IV, Section 4 of the Constitution?" She writes, "Typically, 'republic' is defined as a polity in which 'citizens have the supreme power,' expressed through representatives they elect."

How many of us feel that we have "the supreme power" of what goes on in this country? If we don't, we need to DO SOMETHING. She writes, "Confident in knowing the Constitution is our foundation, even the timid among us can call our representatives, imploring them to stand up for voting rights and our embattled republic—as they stay true to their oath of office."

"Time is running out for protecting our democracy. And, note well: No matter what one's central passion—be it the climate crisis, universal healthcare, extreme economic inequity, and more—democracy is the tap-root solution essential to progress"



Stories, insights and action for a world that works for all of us

~ ~ ~

Justice is what love looks like in public.

Cornel West

~ ~ ~

Favorite Resources

[Yes! magazine](#)

[The Optimist Daily](#)

[350.org](#)

[Climate Reality](#)

[Project](#)

[The Small Planet](#)

[Institute](#)

[Local Futures](#)

[Network of Spiritual](#)

[Progressives](#)

[Desert Rose Press](#)

[VirginiaMudd.com](#)

~ ~ ~

[Future Crunch](#)

Our Democracy is in Crisis

An Open Letter in Defense of Democracy



Writers, academics, and political activists who have long disagreed about many things agree on this: **The future of democracy in the United States is in danger.** “Liberal democracy depends on free and fair elections, respect for the rights of others, the rule of law, a commitment to truth and tolerance in our public discourse. All of these are now in serious danger.” [Read the letter here.](#)

"Every Day is January 6 Now"

“In short, the Republic faces an existential threat from a movement that is openly contemptuous of democracy and has shown that it is willing to use violence to achieve its ends. . . . Whatever happens in Washington, in the months and years to come, Americans of all stripes who value their self-government must mobilize at every level — not simply once every four years but today and tomorrow and the next day — to win elections and help protect the basic functions of democracy. If people who believe in conspiracy theories can win, so can those who live in the reality-based world.” — NYTimes Editorial Board



"Our democracy is at stake"

"In the Declaration of Independence, this nation's Founders declared it "self-evident" that governments are legitimate only if those they govern consent to them. If lawmakers take it upon themselves to ignore the will of the voters and themselves decide who will hold power, we will have lost the ability to consent to our government. And that government will be far more extremist than polls suggest the vast majority of us want. . . . As Congressman John Lewis (D-GA), who was beaten almost to death in his quest to protect the right to vote, wrote to us when he passed: 'Democracy is not a state. It is an act, and each generation must do its part.'" —Heather Cox Richardson
Richardson, a professor of American history, publishes "Letters from an American," a chronicle of today's political landscape with an historical perspective. An excellent daily writing we always read. [Learn more and subscribe here.](#)

What if bad news wasn't the only news?



Do you know about Future Crunch?

It's a newsletter / blog that comes out twice a month with international good news stories. Here's what these folks published on the last day of 2021: ["99 Good News Stories You Probably Didn't Hear About in 2021"](#) Topics include: Global Health, Conservation and Regeneration, Peace, Energy, Animals. Try this out. Subscribe if it hits the spot. It's an uplifting newsletter to balance the media's obsession with bad news.

Good Information, Stories & Resources



Farm to Hospital Food at the UC Davis Medical Center

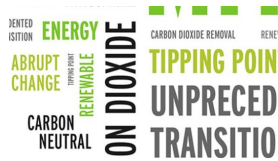
This farm-to-table chef has plans to serve only healthy, organic food sourced from within 250 miles of the three hospital locations in the Sacramento area, with a range of custom menus for all diets, served around the clock to meet the dining preferences of the medical center staff, patients, and visitors who collectively consumed 6,500 meals a day there.



What Can I do?

This seems to be the most frequently asked question when it comes to taking action on climate change, democracy, or other important issues. Here are good resources I have found:

Covid changed things but [read his story.](#)



Climate Jargon

This helps define key terms about climate terms like carbon neutral, tipping point, drawdown, mitigation and others. [Read here.](#)



Protections for three National Monuments reinstated & expanded

The US government is reinstating environmental protections for three major national monuments ripped away by the Trump administration. The Bears Ears National Monument and the Grand Staircase-Escalante in Utah, and the Northeast Canyons and Seamounts off the coast of New England, America's first marine monument. These will all have their boundaries restored. [Read here.](#)

Democracy

[Chop Wood, Carry Water:](#) This is a daily actions newsletter that comes out 5 days a week. Subscribe to get a short, encouraging email in your inbox each weekday. It'll tell you how you can *make a difference in your democracy.* For example, here are links where you can contact your Congresspeople:

[Find your Senator](#)

[Find your Representative](#)

Another good place to get active is: democracymovement.us

Climate Change

I featured this in last month's newsletter. It stands out for straightforward, easy things to do. [100 Things You Can Do to Help in the Climate Crisis](#)

Wisdom for Our Time



In 2022, we should all do more and worry less. No amount of worry will alter the outcome of events in 2022—but our actions will. Worry is inevitable (and healthy), so my new year's resolution is *not* that we should stop worrying. Rather, it is that we should shift the balance in favor of a bias to action and away from an impulse to worry. —Robert Hubbell
Hubbell publishes "Today's Edition" which provides daily news, hope and perspective on current newsworthy issues. We always read this and

Heather Cox Richardson's "Letters from an American." Both are more worthwhile than mainstream media news. [Learn more and subscribe here.](#)

Toe-Tapping Music, Mesmirizing Images



Imagenes del Mundo

*Wishing everyone a fulfilling February
Virginia / Gibi*



My Column

"Doing Democracy" looks more deeply into the threat to our democracy.

