

Greetings!

## *It's Time to Take a Stand*



### **Take a Stand for Democracy**

**One person confronting many powerful forces** captures the essence of taking a stand. If we are to combat the forces of autocracy and preserve what we have of our democracy, millions of us, with our unique actions, must take a stand.

**Our democracy is what's at stake in the midterm elections.** The Democrats must hold the majority of the House and Senate. One can find fault with Democrats, but they will not sabotage the voting process as Republicans are doing. Voting is a right and a responsibility and each of us must do what we can to ensure voting is accessible to all.

**Below you will find many resources to guide your actions.** There is great strength in numbers. We must be those numbers who stand for open and free elections. We must be those who stand for democracy, and fight for it. We must be the ones to stand with this gutsy woman pictured above.



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

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*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](#)  
[Future Crunch](#)  
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[Desert Rose Press](#)  
[VirginiaMudd.com](#)

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## **Taking a Stand for Democracy**

**"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”  
Frances Moore Lappe’



**“What have we done to democracy?** What have we turned it into? What happens once democracy has been used up? When it has been hollowed out and emptied of meaning? What happens when each of its institutions has metastasized into something dangerous? What happens now that democracy and the free market have fused into a single predatory organism with a thin, constricted imagination that revolves almost entirely around the idea of maximum profit? Is it possible to reverse this process? Can something that has mutated go back to being what it used to be?” --Arundhati Roy



### Can I Vote

The National Association of Secretaries of State have put together a nonpartisan website to help eligible votes figure out how and where to vote. This includes: Finding out if you are registered; how to register; where your polling place is.

[Here is the website.](#)



### Democracy's Peril and Promise: Let the Ukraine Crisis Awaken Action

"Autocracy in all its forms has proven to be fixed on the immediate well-being of the minority in power, with utter disregard to the welfare of the citizenry and a healthy environment. . . .Whether it is a brutal dictator or the climate crisis that has our attention, only with a democracy do we feel empowered to confront the problems of our time." This article by Frances Moore Lappe’ and Max Boland also includes links to excellent websites that tell us where to go to DO SOMETHING FOR DEMOCRACY! [Read it here and explore.](#)

## News, Stories, and Positive Resources



Sen. Mallory McMorrow

### Taking a Stand

Michigan State Senator Mallory McMorrow was accused by another senator of "grooming kindergartners for sex" because she walked

out of the Senate during a "prayer" that attacked LGBTQ students. McMorrow came back with a fiery speech, "I know that hate can win only if people like me stand by and let it happen."

[Watch this and be inspired to take a stand.](#)  
[NPR asks her to expand on her position.](#)



### Elder Climate Action

This is a national, non-profit collective of senior citizens who are concerned about their children, their

grandchildren, and the world that they will be leaving us. They have chapters all over the United States, and we can support them by

### Chocolate for your spirits

I posted these last month and want to leave them in place because these days we all need more chocolate!

reasons  
to be **cheerful**

["Reasons to be Cheerful"](#) is a non-profit educational group that reports good news. One example is "[How Oregon is Converting Poop Into Heat.](#)"

The **Optimist** daily

The ["Optimist Daily"](#) offers a variety of

joining in their efforts or donating.  
[Check out their website here.](#)



### A little humor...

We need to balance the barrage of negative news with things that make us smile, laugh, feel uplifted, happy, peaceful, content. This isn't easy these days. Those of us who live in

New Mexico have been under the threat of fire and the suffocating clouds of smoke from a fire that is 250,000 acres and growing. Many have lost their homes and many of us have been on the brink of evacuation. It's been seriously stressful. What really gets to me, aside from the fear and worry and heartbreak, is that this didn't have to happen. Corporate and government leaders are playing war and politics while our planet burns. **It's time for us to take a stand. For Life. For Earth. For love.**

interesting and useful articles, some personal, some planetary.



["Chop Wood, Carry Water"](#) by Jessica Craven offers a daily positive action we

can take to promote positive legislation before Congress. She invariably has an upbeat introduction to her action for that day.

### FUTURE CRUNCH

["Future Crunch"](#) reports every other week on positive stories from around the world we will never hear about. Always uplifting to browse the list.

## Wisdom for Our Time



I am not an optimist, because I am not sure that everything ends well. Nor am I a pessimist, because I am not sure everything ends badly. Instead, I am a realist who carries hope, and hope is the belief that freedom and justice have meaning—and that liberty is worth the trouble.

--**Vaclav Havel**, Dissident, former President of the Czech Republic.

### Live Videos of Jelly Fish



Be mesmerized and enchanted by this live "performance" of Pacific Moon Jellyfish at the Monterey Bay Aquarium, 7 a.m. - 7 p.m. pst.

*Wishing everyone a hopeful and active month of June  
Virginia / Gibi*



### My Column

#### Taking a Stand

I reprint a portion of a post by Bruce Berlin, ["The Struggle for the Soul of America"](#) about taking a stand.

**May peace prevail on Earth**

