



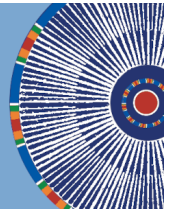
Constellation Burst

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January 2022

Environmental Resilience-building for a Climate Changed Future



Constellation Skyscape Vista

We pause as a new year begins, to look out with profound gratitude over the constellation of amazing people and projects which compose the Community Supported Enlightenment (CSE) Network, and the plant medicine-related circles affiliated with the African Diaspora Earthcare Coalition and Singularity Botanicals.

The constellation emerged as a response to the acute need for environmental resilience building as Earth moves ever-deeper into uncharted climatic territory.

The CSE creates space and offers resources to cultivate internal resilience building. The networked growing of plant medicine externally grounds the inherent resilience of distressed people as together we hone the skills to thrive in a climate changed future. Since the separation of internal and external is an artificial construct, there is neither background nor foreground. The two spheres of constellation work are actually one whole. Sociocratic decision-making, governance, and social technology is the malleable exoskeleton that frames that whole.

Gratitude for Three Groundbreaking Years

We offer our heartfelt gratitude to:

The people of Chester, Pennsylvania whose indomitable will, spirit, and magnanimous hearts in the face of *tremendous* adversity, inspire us daily and drive the work of the entire constellation.

CSE Practitioners Committed to a Life of Self-Transmutation whose steadfast engagement over the past three years reflects an awareness that deeply satisfying work on Self in service to/as the whole is an ongoing *practice*. Thank you for staying the course, showing up in meaningful ways, and serving in the CSE Re-

source Persons, Ethos & External Relations (EER), Solstice Artists Session, and Mycelium Heart Trust Circles.

Plant Medicine Growsites Around the Country in Vermont, New York, Ohio, Maryland, and Pennsylvania which include: Quaker meetings, Buddhist sanghas, community centers, Baptist churches, arboretums, intentional eco-communities, small farms, and tiny-house cooperatives. We offer admiration, respect and gratitude to our eclectic group of co-partners who recognize that together, we can make a substantial, appreciable difference in climate change vulnerable communities.

Our Distribution Design Team composed of our Branding Designer, Website Creator, Digital Products Designer, and Photographer. We are so fortunate to have this team of the most creative, superlatively resourceful design artists imaginable.

The Beloved Plant Realm with which we'd be wise to live in complete, conscious symbiosis. Each precious medicinal herb offers up its own signature property for our healing and wellbeing. Plants remind us of the true nature of evolution toward *living into* our wholeness as each nanosecond they change in response to every other

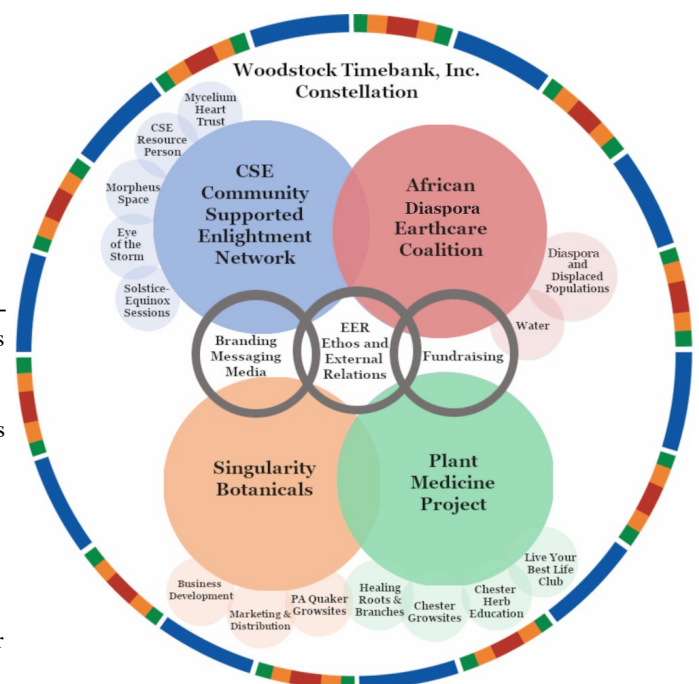
organism. They demonstrate that we have the capacity to imitate their adaptive and innovative responses to inexorable, incessant change.

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Chester Medicinal Herb Outreach: Trust & Authentic Relationship

It is a joy to work in Chester, Pennsylvania with allies, friends, medicinal herb growsite sponsors, residents, and community champions of plant medicine. A circle of Chester and Delaware County residents form a rotating team of African Diaspora Coalition

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Window Into Constellation Circles

CSE Resource Person circle

The purpose and goal of the CSE resource group is to provide support to CSE practitioners who, for whatever reason, are unable to participate in regular CSE groups, and who want to continue their affiliation with the CSE. There is no blueprint for this support, and the type of support is different for each practitioner. The CSE resource group meets to figure out how best to support the individuals as well as themselves, recognizing that the practice is ongoing and may change with every meeting. All the practitioners are at different places. The spaces we [the resource people] create must be big and malleable. We have to keep adjusting. We can't do the same thing with everyone. That has been what we have learned: we can't lock the practice down. At our meetings, we are asking ourselves "What works for this person? Where are we going?" We change as the people who come to us change. The work involves listening to where people are in their practice and how the practice is sitting with them, where they are struggling.

The CSE resource group itself has undergone changes recently, with some people rotating off and two new members entering the circle. One of the new participants has also become the group's facilitator. The facilitator was drawn to this work from her belief that being a CSE resource person is an opportunity to give back to the CSE community. She brings organizational and time management skills acquired from online teaching. Her goal is to facilitate the CSE resource group to help ensure that the meetings are nourishing, not burdensome or draining, for the members of the group. The meetings will start with CSE practice, as that is what connects the CSE resource folks to one another. The practice will be followed by a three-word check in, and the agenda will be set before the meeting starts. A major focus right now is trying to figure out how we structure ourselves. How are we? How can we shore ourselves up so we can give?

Healing Roots and Branches

This group is in support of herb grow sites located outside of Pennsylvania, including sites in Vermont, Maryland, New York State, and Texas. This is a relatively newly formed group, just two years old, which has undergone membership changes recently, with two people leaving the group and two more coming in and changing of roles within the group. There is a lot to learn about herb growing and processing, as well as about how the amount grown or harvested from the wild translates into the amount of needed product. There is a lot of trial and error. Meetings, starting in January and bringing together people from the different grow sites, will help spread the know-how as well as connect the people doing the work with each other. The new facilitator of the group hopes to bring more of the CSE practice to the herb growing practice, to deepen the relationship with the plants' spirits. She shares, "I feel very connected with the plants, I visit, I talk with them, I sit with them."

Mycelium Heart Trust

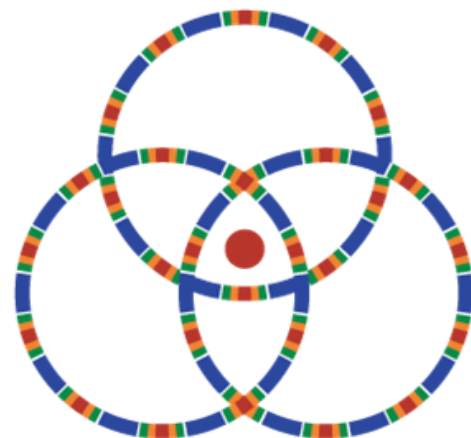
The Mycelium Heart Trust is a group of practitioners who are interested in conversations around leadership and transitions: How are we in transition? What needs to perish in a transition, what needs to be held, what needs to be strengthened? A part of the process is realizing that it is okay to be in transition, and that it takes time. The group members initially met each other through sharing writing by email, then by Zoom for the past several months. In November, they started rotating the position of facilitator.

One of the members states that "there is a larger intelligence which holds us and birthing the new holds us together." "We are vulnerable, and the larger intelligence allows us to be seen by one another." She finds that the insights received are in sync with what is going on in her work and personal life. The group, like many in the constellation, is in transition, with some people who have recently stopped coming to meetings, and it is not clear why. Hopefully, even the absence of those who are not coming might be enriching, both for themselves and for the group. Also hopefully, others who need the work will be able to find their way to the group.

Addendum: The Mycelium Heart Trust is Taking a Winter Break.

The Heart Trust's mission is extremely important in today's uncertain times. It has the potential to be a space where a resonant group of co-partners can stoke the energy of tremendous, purposeful innovative change that can ripple out through their respective movements.

Current and prospective new co-partners have been asked to take the next few months to contemplate how to refresh the circle and allow for the emergence of a Mycelium Heart



Sociocratic Aspirations

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(ADC) volunteers who help out at herb growsites and plan distribution events. We staff event-tables, and support each other as we spread the word about plant medicine as a means of potent environmental resilience-building and selfcare.

A robust 2021 menu of well received herb education opportunities (**below**) led to project expansion, deepened trust-building, and affirmation of plant medicine. They are:

Live Your Best Life Club: Monthly Senior Center Herbal Wellness Workshops

Through Chester “Live Your Best Life Clubs” residents become familiar with various medicinal herbs and “healing food-as-medicine” during on-site and virtual herbal wellness workshops, “tea & superfood tastings,” and small-group discussions. Additionally, weekly wellness consultations and herbal specialty formulas tailored to client needs are offered at various locations in Chester and online. These conversations have significantly deepened connection, relationships, and community-building in 2021.

Educational Herb Distribution Events

This year we made multiple Complementary Alternative Medicine (CAM) healing modalities accessible to distressed communities as part of our plant medicine distribution events which have become, “Natural Wellness Fairs.” The fairs frame herbal medicine as a key aspect of a spectrum of healing practices that can support a holistic lifestyle.

- **Juneteenth Wellness Fair (June)** included a variety of volunteer natural healing modality practitioners: A Reiki Master, Personal Trainer, Herbal Wellness Consultant, and an Aqua Detox Therapist.
- **Midsummer Wellness Fair (August)** included: A Prospective Quaker Medicinal Herb Growsite Workshop; Speaker Onaje Muid: Coordinator Delaware County Foundation Fatherhood Pro-

gram, and three Aqua Detox Therapists.

- **Veterans Day (November) and Gratitude Day (December)** herbal product distribution events both included education talks.

Community Service Organization Herb Education

Awareness of the African Diaspora Coalition’s plant medicine work in Chester definitively took root with our 2020 pandemic parking lot distributions, and word spread rapidly in 2021. As herbal medicine fans began to feel tangible, positive shifts in their health due to use of tinctures and teas, they became champions and shared their enthusiasm with their faith communities and the service organizations in

Collaboration with Higher Education Institutions

Integration of plant medicine as a sustainable, complementary selfcare option is also fostered by the mutual interchange between the African Diaspora Coalition, local colleges and universities.

Swarthmore College: PBS convenes weekly herbal wellness consultations and workshops for Swarthmore College staff. (*Predominantly Chester and some Philadelphia residents who are college employees.*)

- Environmental Services Department Staff
- Dining Services Staff

Workshops foster participants’ physical, mental, emotional and spiritual preparedness for a post carbon, climate-changed future. To that end, along with education about medicinal herbs participants are offered a user-friendly consciousness expanding toolkit which combines contemplative practices sharpened by cutting edge neuroscience (*self-guided neuroplasticity work*).

Swarthmore College Chester Semester Internship Program: The ADC educates even as it receives growsite and value added production assistance from several Chester Semester interns.

Widener University:

- Biology, Nursing, and Nature-Writing students visit Chester herb growsites for educational talks. PBS was honored to have been featured in a student-produced, “Chester Healer Profile.”
- The ADC Plant Medicine project is delighted to partner with Widener University’s Taylor Memorial Arboretum as a pristine and abundant medicinal herb wildcraft harvesting site.

Media

A CMP Radio program, soon to become an ongoing podcast, entitled “Wellbeing: A Holistic Healthcare Adventure” was initiated in November, and the ADC produced its first testimonial video featuring Chester plant medicine enthusiasts and our Harrisburg, Pennsylvania growsite sponsors.



Trust-building Map

which they work. Here (below) are successful 2021 educational events that arose as a function of satisfied plant medicine champions and word of mouth recommendation:

- Chester churches:
 - Temple Baptist Church: Webinar
 - Community Baptist Church: On-site Distribution & Consultations
- Chester Chapter: National Association of Black Social Workers: Webinar
- Chester Chapter: National Association of Negro Business and Professional Women: Webinar
- Men Who Care About Germantown: On-site & Webinar
- Phi Beta Sigma Fraternity: Webinar
- Alpha Kappa Psi Fraternity: Webinar
- Zeta Phi Beta Sorority: Webinar

Pennsylvania Quaker Friends Grow Medicinal Herbs & Move the Needle in a Meaningful Way



We are excited to welcome to the project constellation, a new circle composed of medicinal herb growsites sponsored by Pennsylvania Quaker meetings. The circle will convene for the first time on January 6, 2022.



State College (PA) Friends 2022 Growsite

Mid-pandemic, in August 2020, Pennsylvania Quaker meetings (congregations) were invited to have a *direct*, healing, and uplifting impact in distressed, climate change vulnerable communities of color. The African Diaspora Coalition (ADC) asked Quaker Friends if they wanted to demonstratively move the environmental resilience-building needle in locations where climate change and ongoing systems disruption are taking their most devastating toll.

Several meetings emphatically replied YES.

17 months later, Chester, Harrisburg, and State College (PA) Friends Meetings have become medicinal herb growsites. Yardley, Lancaster, and Southampton Meetings are moving Friends' avid interest in participating through the discernment process involved in growing plant medicine on meetinghouse grounds within the ADC

Network.

State College (PA) Friends 2022 Growsite

The operating goals of Pennsylvania growsites which are at a distance from the Eastern Pennsylvania hub are: 1) *Long term*: to replicate the Chester PA herb growing and herb education model in service to communities of color [specifically people of African descent], 2) *Short to medium term*: grow and supply the Eastern Pennsylvania hub with root crops exclusively, (which do not degrade in transit) for free distribution in Chester, PA until such time as the grow-site at a distance has: a) built-out and can sustain a local herb education program and, b) raised plant medicine awareness and developed a demand for medicinal herbs in local African American communities.

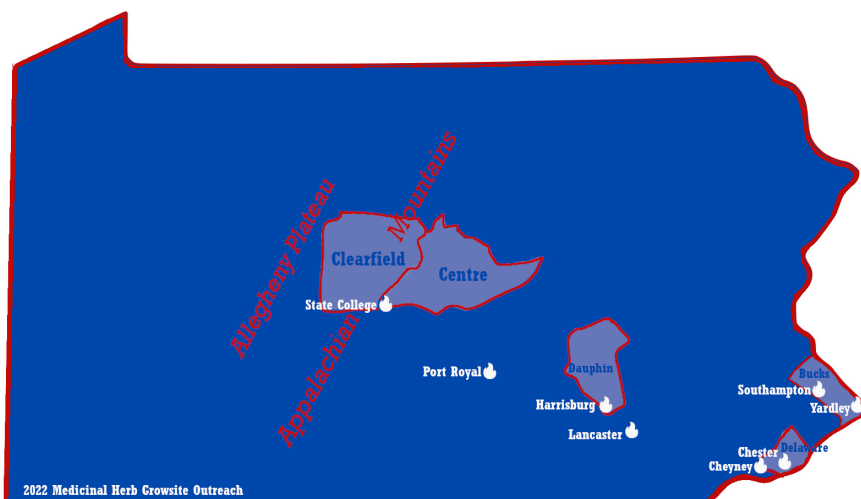
All local plant medicine initiatives are to be African American driven, collaboratively African American, or actively moving in that direction and to respond to the expressed needs of distressed communities. Initiatives

provide herb education in accordance with methods that are appropriate for local community circumstances. They grow herbs on the African Diaspora Coalition Plant Medicine list in sync with inventory needs.

Growers dedicate a portion of their land for use, gratis, in growing and/or wildcraft harvesting herbs for the Plant Medicine Project, as well as volunteer their labor. The ADC funds and/or reimburses growers for:

1. Seeds, plants, tools, small scale equipment within reason, raised bed infrastructure, and the cost of shipping crops to Eastern Pennsylvania.
2. The build-out of their local outreach, herb education and skills-building programs and events.

The new plant medicine growers can look forward to participating in a welcoming, sociocratic [Quaker-process-derived] egalitarian "power with" network of (f)Friends that *lives into* emergent governance and decision-making designed to flex, flow, and ride the tsunami of upheaval ahead. We are supported by a national community of kindred (f)Friends who constructively and proactively anticipate a post-carbon, climate-changed future.





Our applied organizing philosophy is grounded in *biomimicry*: the imitation of the systems, strategies and elements found in nature to solve human problems and human design challenges. At this juncture in history when we're keenly aware of the damage humans have done to our planet, we need look no further than to nature, of which we are part, for answers to many of the problems that we've created.

"Nature is a fluid entity that changes from moment to moment. The true form of nature leaves nowhere to be grasped. Nature has neither beginning nor end. When there is no front or back, beginning or end...there is only what resembles a circle or sphere."

~Masanobu Fukuoka

"When something has acquired a form it metamorphoses immediately into a new one. If we wish to arrive at some living perception of nature, we ourselves must remain as quick and flexible as Nature and follow the example She gives." ~Goethe

As we swell the ranks of a joyous, robust, resilient, and awakened remnant...

May we be safe.

May we be healthy.

May we know joy.

May we experience true happiness.

May we live a life of wellbeing.



2022: Upcoming Learning Opportunities

Herbs That We Grow: Online Workshop Series

January 10, 6:30 PM: Elecampane, Mullein, Grindelia, Ground Ivy: Respiratory System Support

January 24, 6:30 PM: Ashwagandha, Holy Basil, Nettles, Rhodiola: Adaptogens & Constitutional Support

February 7, 6:30 PM: Burdock, Dandelion, Red Clover, Echinacea: Detoxification

February 21, 6:30 PM: Ginkgo, Milky Oats, Rosemary, Periwinkle: Nervines #1 - Mental Clarity, Memory

March 7, 6:30 PM: Gotu Kola, Lemon Balm, Skullcap, Linden: Nervines #2 - Mood Enhancement

March 21, 6:30 PM: California Poppy, Passionflower, Valerian: Nervines #3 - Relaxation & Sleep

April 11, 6:30 PM: Bitter Melon, Motherwort: Diabetes & Hypertension

Sociocracy Workshops

January 4, 12:00-1:30 PM - Sociocracy Workshop I

January 8, 9:00-10:30 AM - Sociocracy Workshop II

Outreach & Medicinal Herb Distribution

January 9, 4:00-5:30 PM - Community Supported Enlightenment (CSE) Newcomers & Seekers Orientation

January 14, 5:30-7:00 PM: African Diaspora Coalition Sponsored "Educational Tea Tasting," at Atiya Ola's Spirit First Foods, vegetarian restaurant, 310 S 48th St, Philadelphia, PA 19143

2022 Natural Wellness Fairs, Chester, Pennsylvania:

- Spring Renaissance: Saturday, April 30
- Juneteenth: Saturday, June 18
- Midsummer: Saturday, August 6
- Harvest: Saturday, October 8

Live Your Best Life Club - Herbal Wellness Workshops, Chester Pennsylvania

- February 15
- March 15
- April 12

