Co-Counselors continue to expand their use of RC theory and practice in the wide world—and are being encouraged to do so even more, given the climate crisis and COVID-19. We hear from parents in Nigeria, from a Native person raised Black, about the Francophone Africa Project, and much more. For the July Present Time, we need your articles and poems by May 18, and changes to the back-pages lists by May 26.



Lisa Kauffman and Katie Kauffman, editors 719 2nd Avenue North, Seattle, Washington 98109, USA • publications@rc.org

CONTENTS

Counseling Practice—3-16 Reaching Many People's Minds, Tim Jackins, 3-4 Discharging "Unbearable" Distress, Wendy Ganz, 5-6 A Wonderful Gift, Steve Brown, 6 Overeating, Health, and Weight, Marya Axner, 7-8 A Topic Table on Sleep, Kelly Johnson, 8 From The Benign Reality, Harvey Jackins, 9-10 Anecdote, Rob Venderbos, 11 Would Like Help with a Parenting Issue, Anonymous, 11 Being Flexible with a Young Person's Sessions, Anonymous, 12 Bringing a Limit, H—, 12

Leading "Mental Health" Liberation, Janet Foner, 13-16 Teaching, Leading, Community Building-17-32

Responding to COVID-19, Tim Jackins, 17-18 Supporting the West Africa Francophone RC Communities, Marion Ouphouet, 19 More on the Francophone Africa Project, Ellie Putnam, 20-21

Why I Want to Teach RC and Am Ready to Do So, Aurora Levins Morales, 22 Flexible RC Teaching, "Mabel Red," 22

A Young People's Workshop in Nigeria, Aaliyah Ejeh, Hadassah Omomaro Ejeh, and Treasure Chikwado, 23

The Most Revolutionary Movement That Has Ever Come Along, Harvey Jackins, 23 Bringing RC to a Church Community, Christine Marie, 24

Sharing RC Tools at Three Evening Meetings, Marilyn McEnery and others, 25 Workshops, Playing, and Building the RC Community, "Mngani," 26

Functioning Well at Non-RC Events, Harvey Jackins, 26

Learning from Workshops in Northern Uganda, Pamela Haines, 27

A South, Central, and West Asian Workshop, Amin Khoury, 28

A Report from the Re-evaluation Foundation, Mike Markovits, 29

A Summer's Garland (poem), Sojourner Truth, 29

A Mini-Workshop for a Class of Young Adults, Corinne Jager, 30

A Class on COVID-19, Kathleen Hamilton, 31-32

Wide World Changing-33-60

The Climate Emergency, Diane Shisk, 33-34

"We Cannot Eat Money," Susanne Langer, 34

The Moment We Have Been Waiting For, Raha, 35 Women and Care of the Environment, Tresa Elguera and Lori Leifer, 36

Protecting the Climate Movement from Anti-Jewish Oppression, Billy Yalowitz, 37 Día Cinco en la COP25/Day Five at COP25, Patricia Ibarra, 38-41

Contradicting the Patterns of the Rigid Economy, Pamela Haines, 42-43

The Revolutionary Point of View, Harvey Jackins, 43

A Wonderful Climate Leaders' Workshop, Adrie Rose, 44

Planting Five Hundred Trees in a Catholic Parish, "Marbropa," 45

"What a Handy, Concise, and Useful Publication!" Brian Lavendel, 45

Building the Relationship Is Key, Anonymous, 46

Our Goal Is to Plant a Thousand Trees, Phil Rose, 46

Talking with a Self-Proclaimed Climate Denier, Alma Soongi Beck, 47

Asking Leaders to Mention the Climate Crisis, Nancy Faulstich, 47

Climate Songwriting and Leadership, "Song Writer," 48-49

Neighbors Meet about Climate Change, Roland Saher, 49

Slavery, Colonization, Genocide—and Climate Change, Eric Toensmeier, 50-51 Taking Climate Action, Phil Rose, 32

Responding to the Climate Emergency, Bill Darnell, 53

The Ripple Effects Go Beyond What We Know, Rachel Landsberg, 53

Attending a Climate Change Workshop via Satellite, Ugochukwu Joseph, 54

Reflections on War, Onii Nwangwu-Stevenson, 54

Interactive Art at a Listening Project, Eurhi Jones, 54 Listen to the Voices of Iranian People, Azi Khalili, 55

Movements and Policies, Eric Toensmeier, 55

Anti-Semitism in the Current Period, Diane Drezel Balser, 56

Addressing Climate Change and Racism Together, Russ Vernon-Jones, 57

It's Time to Win (poem), Harvey Jackins, 57

A Culture Shift on the Climate? Pamela Haines, 58

A Big Win, "S.M.," 58



Remember to Read Existing Issues of RC Journals, 65

Allies to Muslims/Aliados a los musulmanes, Stephanie Abraham, 66-68

Native People Raised Black, Kerrie Johnston, 69-70

Thoughts about Being Mixed Heritage, Mary Toutonghi, 71-72

About Draft Policy Statements, Harvey Jackins, 72

Contemporary Women's Issues in England, Belinda French, 73

A Parents' Workshop in Nigeria, Alfred Asika, 74

More from the Parents Leading Parents Workshop, Zainab Musa, 75 Appreciating the Parents Leading Parents Workshop, Marshall Ifeanyi, 75 Finding My Voice as a Female Ally to Large Women, Sonal Sheth, 76-77

Experiencing Fat Oppression "from Both Sides," Anonymous, 77

Being a Female Ally to Large Women, Joy Kroeger-Mappes, 78

We Are a Sisterhood, Barbara Harwood, 79 Proud of Being Jewish, "Miriam," 80

White Protestant Women, Beth Edmonds, 81-83

Winning Allies, Harvey Jackins, 83

RC on the Internet-84-87

Information Coordinators—88-89

Publications—90-97, 99-102

Translation Coordinators—98

CDs-103-104

Posters, Hankies, and T-shirts-106

Ordering information—107

Present Time and RC Teacher Update Subscriptions—108

Reference Persons for Organized Areas-109-112

International Reference Persons, International Liberation and

Commonality Reference Persons, and the Re-evaluation

Foundation—113

Teachers in Developing Communities—114-118 Re-evaluation Counseling Contacts—119-120

Workshops—121-122

Index-123



APPRECIATIONS

Layout: Anthony C. Robles, Katie Kauffman Typesetting: Katie Kauffman, Valerie Jaworski Editing: Lisa Kauffman, Katie Kauffman

Proofreading, shipping, and other help: María Magdalena Aranda Delgado, Barbara Boring, Beth Edmonds, Teresa Enrico, Hugh Geenen, Mary Hodgson, Gary Hollander, Gordon Jackins, Tim Jackins, Truus Jansen, Valerie Jaworski, Katie Kauffman, Lisa Kauffman, Sooja Kelsey, Will Loving, Sandra McDonald, Marion Ouphouet, Gale Picker, Ellie Putnam, Anthony C. Robles, Rachel Wilson Rodriguez, Jayne Schauer, Sara Schwabacher, Diane Shisk, Dvora Slavin, Hayden Wright

Cover photo: Katie Kauffman

Art and photography: Lance Cablk. Damien Cook, Sue Edwards, Stan Eichner, J. Eisenheim, Alan Epstein, ES, Maura Fallon, Carol Fontein, Marc Goldring, Bess Herbert, Yuko Hibino, Tim Jackins, Kirsten Johnson, Cynthia Johnston, Holly Jorgenson, Lyndall Katz, Katie Kauffman, Lisa Kauffman, Sooja Kelsey, Christine Marnane, Sandra McDonald, Elena Moses, Victor Nicassio, Nicola Ossher, Margie Doyle Papadopoulou, Jo Perry, Ellie Putnam, Anthony Robles, Pam Roby, Diane Shisk, Ilana Streit, Kaisli Syrjänen, Mary Thompson, Eric Toensmeier, Rob Venderbos, Wytske Visser, Lisa Voss, Sky Yarbrough, Sue Yoshiwara



PRESENT TIME (ISSN 0889-2490) is published quarterly in January, April, July, and October for \$20.00 for a one-year subscription, \$40.00 for a two-year subscription, and \$105.00 for a five-year subscription inside the USA; and \$30.00 for a one-year subscription, \$60.00 for a two-year subscription, and \$155.00 for a five-year subscription to other countries, including postage, by Rational Island Publishers, Inc., 719 2nd Avenue North, Seattle, Washington 98109, USA. Periodicals postage paid at Seattle, Washington. POSTMASTER: Send address changes to PRESENTTIME, 719 2nd Avenue North, Seattle, Washington 98109, USA.