

Healthy Democracy News



Dear Friends of Healthy Democracy,

Our newsletter this time is relatively short, but with many links that may be helpful during these difficult times.

First, we just posted two new blog posts: one by program manager [Linn Davis](#), about his visit to witness France's national "Citizens' Convention on Climate" earlier this month, and a second one by executive director, [Robin Teater](#), on community, democracy, and what we might learn about both from this crisis. Check them out on our [website](#)!

Meanwhile, we realize things can seem a bit bleak these days. So the rest of the newsletter is just a few samples of some good stuff that is happening. Because boy, do we need it.

- Special episode of the podcast, [The Daily](#), called [Alone Together](#)
- [National Conversation Project](#)'s 300 partner organizations invite Americans to weave a stronger community, especially now, through their [#weavecommunity](#) project.
- [Weave](#), the social fabric project with [The Aspen Institute](#) is working to end loneliness and isolation and weave inclusive communities, by renewing America's social fabric
- [A recent article](#) from the [Portland Business Journal](#) mentions Dr. Glenn Rodriguez, the spouse of Molly Keating, one of Healthy Democracy's longest serving [CIR program](#) moderators.
- Local Portland-area artists and other groups sharing performances via livestream.
 - Check out the [Portland Baroque Orchestra](#)
 - A live [living room concert](#) with Beth Willis (she takes requests!)
 - An [Artslandia-hosted happy hour](#) with musician Charles Noble of the Oregon Symphony
 - A national [live concert benefit](#) for the First Responders Children's Foundation and Feeding America that aired on Sunday.

There's something out there for everyone, folks.

if you are looking for help or ways to be of help during this time, here are some resources you should be aware of . . .

- From the office of [Representative Greg Walden](#)
- From the office of [Representative Earl Blumenauer](#)
- Portland-specific [resources](#) from the online publication [Bridgelineer](#)

Stay connected and remember that you are not alone.

With gratitude and solidarity,
[Robin, Linn, and Kelly](#)

P.S. [Write to us](#) with your own examples of the good things that are happening out there and how you are witnessing communities coming together. We'll post them on our [Facebook](#) page!

Last but not least, some perspective shared in the remarkable words of UUC minister and poet, [Lynn Ungar](#):

Pandemic

What if you thought of it
as the Jews consider the Sabbath—
the most sacred of times?
Cease from travel.
Cease from buying and selling.

Give up, just for now,
on trying to make the world
different than it is.
Sing. Pray. Touch only those
to whom you commit your life.
Center down.

And when your body has become still,
reach out with your heart.
Know that we are connected
in ways that are terrifying and beautiful.
(You could hardly deny it now.)
Know that our lives
are in one another's hands.
(Surely, that has come clear.)
Do not reach out your hands.
Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love—
for better or for worse,
in sickness and in health,
so long as we all shall live.

Lynn Ungar
March 11, 2020



Healthy Democracy's mission is to elevate the voice of citizens and improve public discourse for the benefit of all voters.

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