

## APPENDIX C

### REFERENCES AND RESOURCES

#### Introduction

“It is in everybody, and if we could see it . . .” Thomas Merton, *Conjectures of a Guilty Bystander* (Image Books: 1968).

“All the religions of the world . . .” Mahatma Gandhi

#### PART ONE—CHAOS

“There is a pervasive form of contemporary violence . . .” Thomas Merton, *Conjectures of a Guilty Bystander* (Image Books: 1968).

Song: U2, “Tryin’ to Throw Your Arms Around the World”

#### Holes

\*Author’s Note: This event that starts my story is a tragic situation that represents years of hardship and struggle in a marginalized community. There are racial and socioeconomic differences between me and the people involved in this event. There are also resource, educational, and economic disparities between the communities I was raised in and the communities in which these people reside. And that inequity to me is injustice. Although this event was the catalyst for my work and the context in which I continued on the journey of my activism efforts, my intention for this book is to give you a front-row seat to my life during this time, as I chased “doing good.” It is not my intention to underplay the challenges of people living in these high-stress circumstances, nor it is my intention to overplay my own.

#### Walls

\*Author’s Note: Gary Mason, of Rethinking Conflict, was heavily involved in the Good Friday Agreement of the Irish Peace Process and continues to teach, facilitate and mediate to establish peace and reconciliation, in the Irish context as well as in the U.S. and Middle East – [rethinkingconflict.com](http://rethinkingconflict.com).

#### The Summit

“like a pure diamond, blazing with the invisible light . . .” Thomas Merton, *Conjectures of a Guilty Bystander* (Image Books: 1968).

#### Two-by-Fours

Song: Jackie Hill Perry, “Woman”

### **Treadmill to Nowhere**

\*Author’s Note: Regardless of any research or relationships I have with people on the “margins,” I do not have the right to think I understand the plight of individuals and communities that experience poverty and oppression. I do not and *cannot* have the answers. Experiences, stories, relationships, and community have helped me see more clearly. Yet to say that I am fully awake is simply irresponsible and ignorant. How can I be fully “awake” when I continue to be outside of their reality? Yet I do believe we all have a hand in trying to make our society a more just and equitable one.

That is why, as we completed our research, we developed a model that strengthens communities from the inside out, fostering collaborative efforts within and outside of the community. Grassroots efforts need support from law and policy makers for sustainable change to occur. Yet outside efforts not initiated by the people affected by these efforts will not create transformation, and can damage the dignity of the people within the communities and perpetuate the disempowering model that creates dependency. Everyone has assets. When those assets are discovered and given a platform, then outside voices and resources can support those assets. That’s when community transformation can occur.

The research project final report was published in 2009 and can be found on [servingwithdignity.com](http://servingwithdignity.com).

*Serving with Dignity*, the curriculum that we created based on the fact that the culture of service was broken in Central Florida, is now an internationally-used curriculum for people who want to engage with their own community or support another. For more information, visit [servingwithdignity.com](http://servingwithdignity.com).

The Neighborhood Opportunity Index utilizes data from indicators of health and stress. It can be found at [growopportunity.org](http://growopportunity.org).

Leadership Foundations, [leadershipfoundations.org](http://leadershipfoundations.org)

### **Tornado Sessions**

“A god can do it. But tell me how . . .” Rainer Maria Rilke, *Sonnets to Orpheus* 1, 3

Songs: Mumford and Sons, “Hopeless Wanderer” and U2, “Running to Stand Still”

### **The Well**

Songs: Alanis Morissette, “Losing the Plot” and Indigo Girls, “Pushing the Needle Too Far”

## **PART TWO—STILLNESS**

### **General Resources**

Center for Action and Contemplation, [cac.org](http://cac.org)

Contemplative Outreach, contemplativeoutreach.org

Cynthia Bourgeault, *The Wisdom Jesus: Transforming Heart and Mind—A New Perspective on Christ and His Message* (Shambhala: First American Edition, 2008).

Phileena Heuertz, *Pilgrimage of the Soul: Contemplative Spirituality for the Active Life* (IVP Books: 2017), and *Mindful Silence: The Heart of Christian Contemplation* (IVP Books: 2018), phileena.com.

Jonathon Stalls, Walking Artist, intrinsicpaths.com

Barbara Holmes, *Crisis Contemplation: Healing the Wounded Village* (CAC Publishing: 2021)

Transforming Center, transformingcenter.org

## **Integration**

“Hell is the place where nothing connects.” T.S. Eliot, *Introduction to Dante’s Inferno*

## **Body**

Bessel van der Kolk, M.D., *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* (Penguin Publishing Group, Reprint edition: 2015)

## **Mind**

Eckhart Tolle, “to be aware of little, quiet things . . .” @eckharttolle (Twitter)

Daniel Goleman and Richard J. Davidson, *Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body* (Avery: 2017)

## **Heart**

“That means for every 10 things . . .” Mary Dwyer, *Welcoming Prayer: Consent on the Go* (Contemplative Outreach, LTD: 2014)

Thomas Keating, *Invitation to Love* and *The Human Condition*

## **Spirit**

“I have come . . .” Jalāl al-Dīn Muḥammad Rūmī

## **PART THREE—MOVEMENT**

“Movement makes richest sense . . .” Pico Iyer, *The Art of Stillness: Adventures in Going Nowhere* (Simon & Schuster: 2014)

## **The Ordinary**

“Heaven does nothing . . .” Excerpt from “Perfect Joy” by Chuang Tzu, translated by Thomas Merton, in *The Way of Chuang Tzu* (New Directions Publishing Corporation: 1965)

“I lied and said . . .” Brittin Oakman, “Anxiety Doesn’t Knock First” @b.oakman (Instagram)

## **Expanding My Tent**

“The effectiveness of action . . .” Thomas Keating, *Open Mind, Open Heart* (Bloomsbury: 2006)

## **Resilience**

“A true practitioner . . .” Thich Nhat Hanh, Kaira Jewel Lingo, *We Were Made for These Times: Ten Lessons on Moving Through Change, Loss, and Disruption* (Parallax Press: 2021)

## **Transcendence**

“(Our) concern with the imperative . . .” Howard Thurman, “Mysticism and Social Action,” cited in Alton B. Pollard III, *Mysticism and Social Change: The Social Witness of Howard Thurman* (Peter Lang Inc., International Academic Publishers: 1992)

“The very highest and most inclusive . . .” Abraham Maslow, *The Farther Reaches of Human Nature* (Penguin Group: 1993)

“There is something in every one of you. . .” Howard Thurman, “The Sound of the Genuine: Spelman College Baccalaureate Address,” 1980.

## **Epilogue**

“In parting, I would like to give you . . .” Yongey Mingyur Rinpoche with Helen Tworikov, *In Love with the World: A Monk’s Journey through the Bardos of Living and Dying* (Spiegel and Grau: 2019)

“In returning and resting...” Isaiah 30:15

“throw off all that hinders...” Hebrews 12:1

“with perseverance on the race...” Hebrews 12:1

“so that the lame may...” Hebrews 12:13

“Get your hands dirty . . .” Elias Chacour with Mary E. Jensen, *We Belong to the Land: The Story of a Palestinian Israeli Who Lives for Peace and Reconciliation* (Harper San Francisco: 1990)

\*Author’s Note: My family and I were hiking Grandfather Mountain in North Carolina one summer when we came upon a man and five young boys, dressed in what looked to be Amish clothing. We asked them

how far they had hiked that day, and they told us about eight miles so far. When we asked the father the condition of the trail, he responded with a gleaming smile, “Well, it was ruckety for sure, but you can make it!” We didn’t make it, but we did love his word “ruckety” and it has been a family word ever since. It paints the picture well of a path that is difficult, filled with jagged rocks and unexpected obstacles.

Song: U2, “Walk On” (9/11 Tribute)