

### **2022-2023 Touchstones Annual Theme: Regeneration**

The challenges of the last five years have left us numb, depleted, and dispirited as we face existential challenges including the rise of authoritarianism, political extremism, the threat to democracy, Covid, the persistence of racism, war in Ukraine, and lack of action on global warming. Regeneration can give birth to hope, nurture the spirit, renew compassion, cultivate wisdom, and return us to life stronger and more committed to the pursuit of justice. Regeneration puts life at the center of every decision and action.

<b>Month</b>	<b>Theme</b>	<b>Brief Description</b>
September	Awakening	Coming into awareness about life.
October	Awe	Seeing life as sacred.
November	Remembrance	Memory allows us to reflect on experience and deepen meaning.
December	Joy	The soul is here for its own joy.
January	Wintering	Valuing the fallow fields within and without.
February	Resilience	Learning to bend, not break.
March	Trust	Establishing, growing, extending & restoring trust.
April	Grief	Healing the wounds of loss.
May	Reconciliation	Making peace with self, others & with life.
June	Ritual	Making meaning of experience.
July	Play	Experiencing a lightness of being.
August	Activism	Living your values in service of justice.