

**The Mindful Warrior Project**  
**Meeting Summary**  
**Meeting Date: Jan. 16, 2021**

On Jan 16, 2021, the MWP Stewards Group meet again to refine plans for 2021 and the January MH Community Meeting, at which the Mindful Warrior Project is to be featured. This summarizes the planning meeting's discussion and outcomes.

**Reaction to 2021 Proposed MWP Activities:**

The 2021 proposed activities had broad support by those present. However, we were cautioned to extend the timeframes to avoid moving through important content too quickly. The activities are intended to ground us in common language, understanding. Activities will support gathering our community, engaging in mediation, contemplation and discussion of core concepts and practices. The proposed revised activity list and time frames are:

January 2021	MWP will be discussed @ January 2021 MH Community Meeting
March 2021.	Launch MWP - Message the Community and Begin Promoting Activity
March - July	<i>Shambala: The Sacred Path of the Warrior</i> Study Group
August - Nov.	Margaret Wheatley's <i>Warrior's Song Line</i> Study Group
Monthly in 2021	MWP Stewardship Group Meetings/ Action Teams to: <ul style="list-style-type: none"><li>• Facilitate Study Groups and Practice Efforts</li><li>• Plan Warrior training/ Identify our resources within the community</li><li>• Craft and manage strategic communications within MH re: MWP (e.g., Newsletter, Social Media, On-line Forum)</li><li>• Create a business plan and draft funding proposals to support the effort</li></ul>

**Mindful Hawaii Members Offer Specific Support**

- “Level I” Warrior Training: Dean Nelson, Jay, and Arlene offered to lead a one-day retreat, a mini “Level One” Shambhala training. Date TBD.
- Outreach/ Communications/ Newsletter Support: Jenny Picciotto

**Reaction/ Refinement of Core Values to Guide this MWP Effort**

The following values or principles have been identified as important to this effort. The MWP Stewards' group will prioritize/refine a core set of values to shape the effort and MH actions.

- Grassroots
- Organic
- Inclusive and Diverse
- Intergenerational
- Centers personal commitment to practice and self-presence. If we are not doing the work, we cannot share our presence with others. That to me must be foundational.

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Too many people get distracted with 'helping others' and forget that they must do the inner work.

- Faith-based and Secular, alike
- Structured enough (A shared vision/ plan, achievable goals, ways to engage and help)
- Shared leadership
- Empowerment of members
- Respect, ownership, sustainability
- Moves at the right speed, not too fast and not too slow.
- Works through challenges and conflict in a way that “walks the talk” of mindfulness.
  - Love, making room for the other
  - Gentleness and kindness,
  - Emulating kindness, humbleness, and aloha
  - Love and aloha
- The interconnectedness of all being
- Being of service to others, giving your essence
- Deep listening

**Moving Mindfulness into Community: Institutions & Systems of Interest to MH Members**

When asked about social settings, issues and institutions that members hope to reach with the message of Mindful Hawaii, the following areas of interest were identified.

Mental Health	Jerome Bautista, Deb Marois,
Healthcare/ Hospitals	Jerome Bautista, Diane Lee Pilla, Dean Nelson
Family Support in Health Care	Jenny Picciotto
Youth / Youth Development	Deb Marois, Roger Epstein,
Public Schools/ Education	Aaron, Richard Hennesy, Dean Nelson
Higher Education	Helen Stewart
Party Politics	Arleen Garcia-Herbst
Governance/ Leadership	Arleen Garcia-Herbst, Dean Nelson
Understanding Trumpism in Hawaii	Helen Stewart
Seniors/ Elders / Homebound	Peggy Perkinson, Jackie H
Community Organizations	Peggy Perkinson,
Environmental Justice/ Climate Change/ Natural Resource Management	Liz Kashinsky, Lila Edwards
Ecopsychology/ Man’s Connection w Nature	Liz Kashinsky, Lila Edwards
Interfaith/ Churches/ Spirituality	Dean Nelson,
Criminal Justice/ Prisons/ Policing	Jaynine Nelson, Deb Marois

Resources and Info Shared During the Meeting:

1. 8 Quotes by Amanda Gorman, <https://www.hercampus.com/culture/news/inauguration-poet-amanda-gorman-quotes>

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2. The “Keep Going On” Song: The Bengsons. <https://g.co/kgs/tQJn2D>
3. Clayton Naluai Interview: <https://youtu.be/nwlrF34mGI0>
4. Image of Northern Lights.  
<https://www.google.com/search?q=northern+lights+phoenix&sxsrf=ALeKk01M5TIysKvB3gkslPLeQKQADmSLQQ:1614023386225&tbm=isch&source=iu&ictx=1&fir=Gmiu maSP0-3CkM%252Coxaj66knTRvIwM%252C &vet=1&usg=AI4 -kRxeK-gyo5SyCiJ6aa19ip0ZmkK7A&sa=X&ved=2ahUKEwjf3uDUof7uAhWGFTQIHZc6D4EQ9QF6BAgREAE#imgc=Gmiu maSP0-3CkM>



- 5.
6. Every Friday Night is an Anthony de Mello Book Study Group led by Richard Hennessey. Everyone is welcome to the Zoom gatherings. Contact Richard at rhawareness@yahoo.com or 808 372-1219