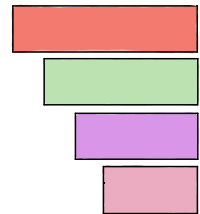




THE
ALL
TERRAIN
-Podcast-



EP. 32 DR. RUTH VALERIO

HOW DO YOU FACE CHANGE?

PRETTY BADLY at FIRST



WITH MORE TIME, INFO & EXPLANATION



I MOVE ON & GET ON WITH IT.

KICK AGAINST IT!



COMMUNICATION IS JUST SO IMPORTANT



WHAT ABOUT THE BIGGER CHANGES of CLIMATE CHANGE?

CHANGE IS HARD & PAINFUL, BUT WE HAVE LEARNT A LOT IN RECENT YEARS = WE CAN DO IT!



BEEN THINKING ABOUT THIS A LOT RECENTLY

HOW WE DEAL WITH CHANGE in a way THAT LEAVES US

ACKNOWLEDGE YOUR EMOTIONS 😞 😞 😱 😞

HOPEFUL & ENGAGED



READ THE PSALMS - THEY ARE FULL OF LAMENT & ANGER!

HOW DO YOU MOVE THROUGH SUFFERING?



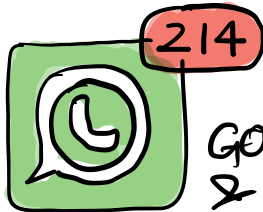
COMMUNITY IS IMPORTANT



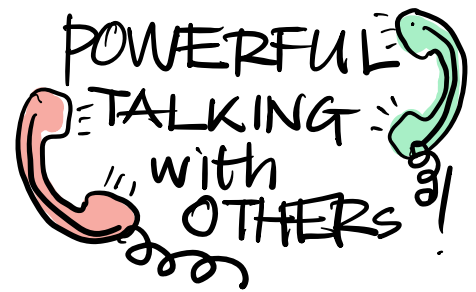
WE CAN VOCALIZE & NAME



OUR EMOTIONS WITH OTHERS



GOT A GREAT FRIEND & WE WHATSAPP EACH OTHER → Phone call!



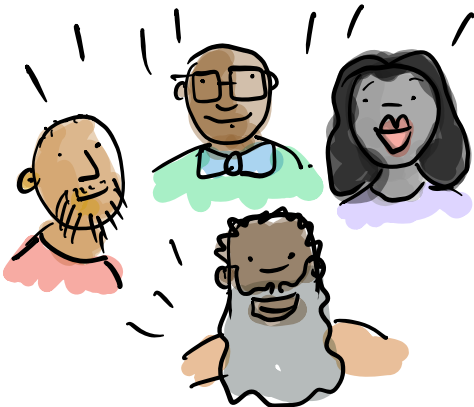
COMMUNITY CAN ALSO BUILD



POWERFUL MOVEMENTS for CHANGE!

PROVIDES

SUPPORT - AND - LEARNING



TAKING ACTION IS IMPORTANT & HELPS US NOT TO FEEL OVERWHELMED. WE CAN JOIN OUR VOICE WITH OTHERS TO CALL ON GOVTS/BUSINESSES TO MAKE CHANGES

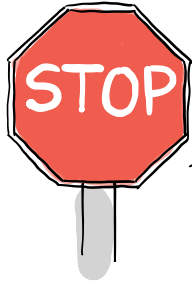
PERSONAL CARE or **SABBATH**

TAKING CARE OF
OURSELVES, SO WE
CAN TAKE BETTER
CARE of the WORLD



IT'S A
RADICAL ACT !!
& TRANSFORMATIONAL

WE NEED to



& BUILD RHYTHMS
INTO OUR LIVES -

I GET SO UPSET BY
DEGRADATION WE ARE
CAUSING TO NATURAL
WORLD - DISCOVERED
MY ANTIDOTE —>>>>

THERE IS BEAUTY all
AROUND US —

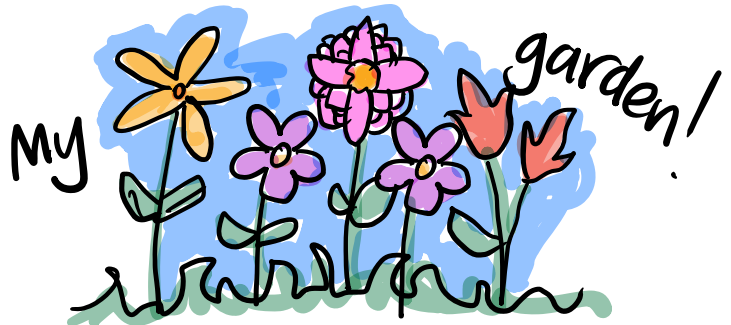


TAKING PHYSICAL
WALKS REALLY HELPS ME.

LOOK FOR
BEAUTY
HOPE



ECONOMY & ECOLOGY
AN INCREDIBLE NETWORK
OF AMAZING PEOPLE
DOING AMAZING THINGS



HOW DO YOU RECEIVE JOY?

DEFINITELY
THROUGH
MY
GARDEN



Prayer of
Blessing

THEY ARE SO PRECIOUS!
I DON'T WANT TO SEE
THEM DISAPPEAR!



TAKE CARE
of MYSELF

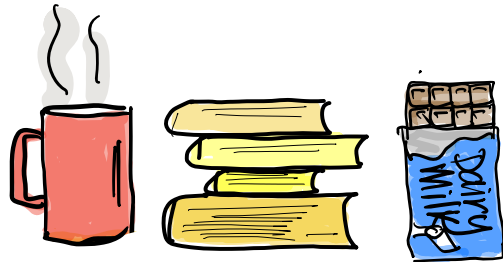
TAKE CARE
OF OTHERS



WORLD
GOD
HAS
CREATED



BIRTHDAY with
FAMILY & FRIENDS



SIMPLE THINGS.

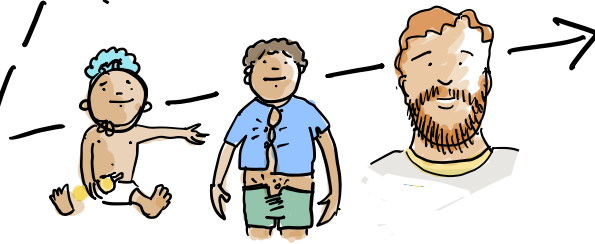
THIS IS NOT ABOUT
— BEING —
SELF CENTRED
but
OTHERS CENTRED

HOW DO YOU MATURE IN SERVICE.

I DON'T THINK THAT'S SOMETHING YOU CAN MAKE HAPPEN!

EXERCISE

SMALL CHANGES OVER TIME



YOU CAN'T MAKE A CHILD GROW UP —

YOU FOCUS ON

SERVING



DESERT MOTHERS & MONASTICS HAD PRINCIPLE of

SHOWING UP

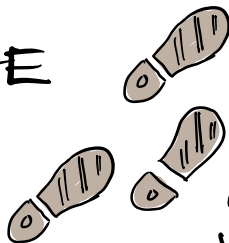
... being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus' PHILIPPIANS 1:6

'continue to live your lives in Him, rooted + built up in the faith as you were taught, and overflowing with thankfulness.'

COLOSSIANS 2:6/7

AS YOU DO THESE ACTS of SERVICE YOU WILL CHANGE

THE HOLY SPIRIT WILL BE WORKING IN YOU — IT'S ALL GIFT —



EACH DAY AS I WALK

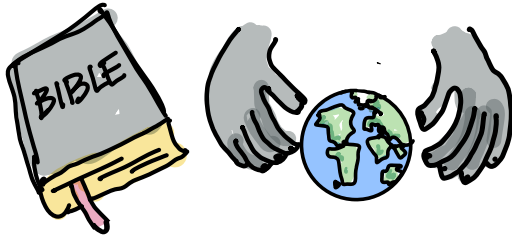
GOD WOULD KEEP WALKING WITH ME & I WOULD KEEP WALKING WITH HIM



HOW DO YOU
CREATE THIS
INTEGRATION?

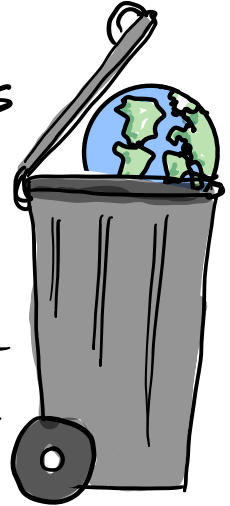
Thanks
but

GOT A LOT OF
LEARNING TO DO!



IN SCRIPTURES WE SEE
A GOD WHO CREATED A
WORLD & CALLED IT GOOD

THIS MEANS
THAT IT IS
NOT SOME-
THING IS
RUBBISH
& NOT JUST
GOING TO BE
DISCARDED

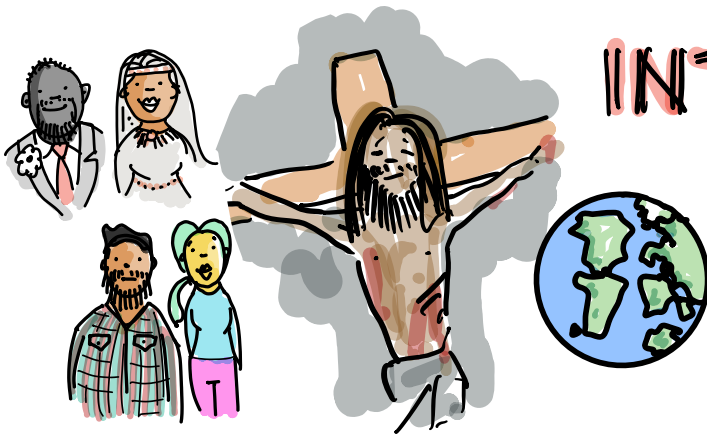


THE WORLD IS
INCREDIBLY **PRECIOUS**

I DON'T WORSHIP THE WORLD
BUT I WANT TO VALUE/CARE
FOR WHAT IS PRECIOUS TO GOD!

Isaiah 58

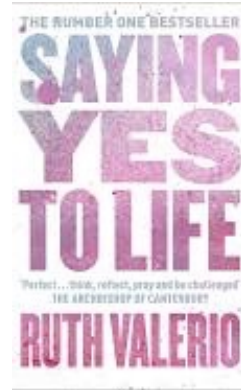
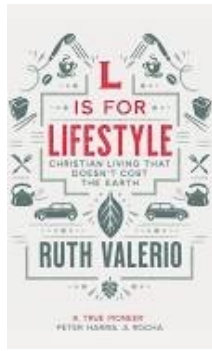
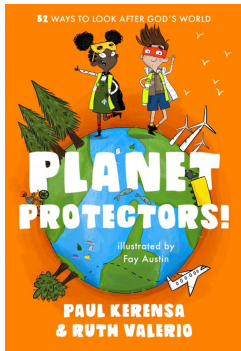
Spend
ourselves on
behalf of hungry
+ satisfy needs
of oppressed.



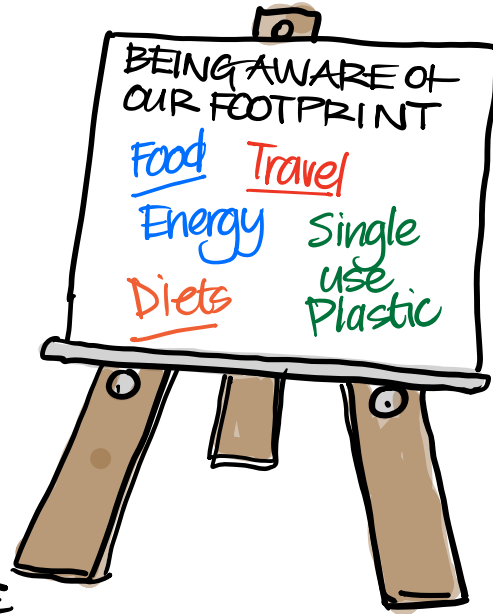
INTEGRATION

IN ALL AREAS OF
MY LIFE COMES
FROM MY
UNDERSTANDING
OF WHAT THE
CHRISTIAN
FAITH IS ALL
ABOUT! —

IN COLOSSIANS WE ARE TOLD
THAT JESUS DIED NOT ONLY
FOR HUMANS BUT TO RECONCILE
ALL THINGS ON HEAVEN/EARTH.



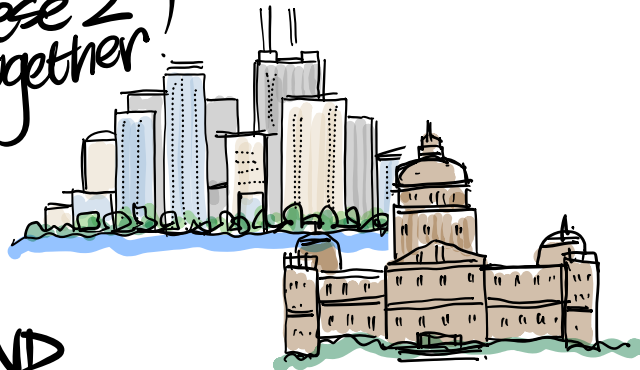
WHAT ARE THE WAYS WE CAN SHOW UP FOR THE WORLD?



BE MINDFUL HOW YOU LIVE & TO SAY NO TO SOME THINGS MEANS WE CAN YES TO OTHER THINGS.



Hold these 2 things together!



WE TRY TO LIVE PERSONALLY IN WAYS THAT ARE CAREFUL IN THIS WORLD!

AND

HOLDING OUR GOVERNMENTS & BUSINESSES TO ACCOUNT