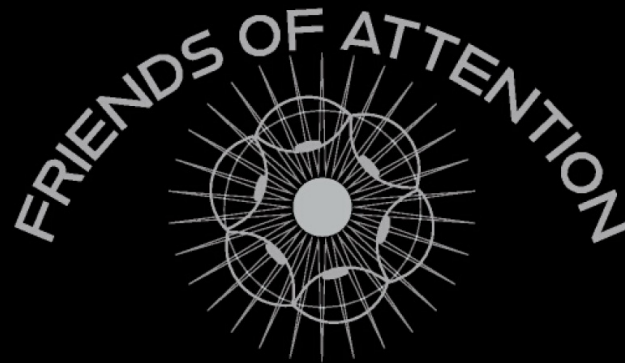


ATTENTION AND THE DISCIPLINE OF CARE



Guest: Eva Nagao

Chairs: Lane Stroud and Peter Schmidt

How do you maintain attention on a problem that is on a 500-year clock? (Abolishing prisons; climate change, etc.)

In this session we are focusing on attentional practices as a way to move from *overwhelmed* to *engaged* practices of collective care.

We want to think about *formal practices of attention* as part of the work of caring for the people, places, and things in a given long-term struggle – as part of the work of building our relationships, which build our communities, which make collective action possible.

The framework:

attention as care...

care as building relationships...

building relationships as building community...

building community as working towards collective action, and...

...collective action as the way to transform the world

**1st Breakout:
Thing**

What is a "Big Scary Thing" that attracts your attention? What is the quality of this attention (deep, fragmented, agitated, curious, etc.)? What is your emotional experience?

**2nd Breakout:
Place**

Imagine your block (or look out the window). In your daily life, what effects of your "Big Scary Thing" do you notice on your block? What is the quality of this attention?

**3rd Breakout:
Person.**

Imagine someone you love. How have you noticed this "Big Scary Thing" figuring in their life? What is the quality of this attention?