

## Overview

- I. Introductions & Checkins
- II. Expectations
- III. Syllabus and Book List
- IV. Calendar
- V. Journaling
- VI. Questions

## Homework Due Week 2 Meeting-

PLEASE EMAIL TO WYNNE@WPNOD.ORG OR POST IN THE COMMENTS FOR Class 2

- I. Sign up for the Discord, WPNOD.Org, and be sure that Wynne has your email and phone number.
- II. Self Transcript (if not completed prior to first class)
- III. Find a stone outside, study it, write its description, be able to describe it to someone else so that they could pick it out of a pile of stones. Take a couple of photos of it, and upload them with your homework.
- IV. Bring 3 snack items with you to the next online class. One should be a fruit, one a savory snack like a cracker, and one should be chocolate or a hard candy.

### V. Start Journal

1. Doodling in your journal - Draw something, on a whim, and don't judge
2. Go outside for at least 10 minutes during the day time, take off your shoes, take a deep breath, make some observations. Write, draw, etc. Try to include information like what direction you are facing, what wildlife you saw, what you are smelling, what you feel.
3. Do the same thing at night, at least ten minutes.

### VI. Reading

- The Seekers Bill of Rights
  - -<https://www.amtrad.org/seekers-bill-of-rights>
- ABCDEF - Advanced Bonewits Cult Danger Evaluation Form
  - - <http://www.neopagan.net/ABCDEF.html>
- How to spot a terrible coven- Thorne Moony-
  - <https://www.patheos.com/blogs/oathbound/2015/04/how-to-spot-a-terrible-coven/>