

*From the Foreword to  
being... here... now...:*

*“At the time of publication of this **padkos** booklet, the fierce urgency of now could not be more compelling. Nor could the suffering and profound fatigue that so many people are experiencing be more heart-rending. ...*

*This beautiful booklet ... supports our desire to be connected, to be present as human beings, bringing our attention and our love to a world in need of repair and healing. ...*

*We make a path forward by paying full and careful attention with all our being. We listen. We ask another question, and another. We learn to forgive ourselves and each other for the clumsiness of our efforts... . The ways in which we encourage and care for each other now, offer their own rewards, providing glimpses of possibility – of the life-affirming, transformative ways of being and doing that are generative of the hope that so often eludes us.*

*In these pages, I have found a timely treasure, **padkos**, delicious and nutritious food for the ongoing journey”.*

Molly Kane



Molly Kane has, in her own words, “lived and worked with people and organizations around the world dedicated to struggles for justice and the protection of life and dignity”. Most recently she was Executive Director at The Council of Canadians (2019-2020), and her prior work has included: Inter Pares; ETC Group (Action Group on Erosion, Technology and Concentration); L'Entraide missionnaire; Canadian Catholic Organization for Development and Peace; Pambazuka News; and Association for Women's Rights in Development (AWID). She was also researcher in residence at the Centre interdisciplinaire en développement et société (CIRDIS) at the Université du Québec à Montréal (UQAM), and visiting adjunct professor at Queen's University (Kingston, Ontario) in Global Development Studies.



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MARK BUTLER