
EVENING LECTURE AND DIALOGUE

How Not to be Afraid: Seven Ways to Live When Everything Seems Terrifying

Friday, April 11th from 7:00-9:00pm

Vancouver School of Theology, Epiphany Chapel

Abstract

Growing up near the troubled city of Belfast, Gareth Higgins was schooled in suspicion, mistrust, and paranoia. Years after the Troubles ended, he wrote *How Not to Be Afraid*, identifying how fear feeds on stories of scarcity, negativity and othering. In the book, Gareth delves into the mechanisms of fear, as well as the quiet, immense strength of individuals and communities to resist these mechanisms.

Grounded in personal experience and expertise on violence, conflict transformation and trauma recovery, Higgins points to vulnerability as a strength to address seven common fears that plague each of us at some point in our lives. By examining fears of isolation, scarcity, violence and death, he invites us into habits of hope rooted in Celtic spirituality and the mysteries of love.

This event is co-hosted by the Vancouver School of Theology and supported by SSHRC. Registering by the early bird date of March 27 will give access to a lower registration fee. [Register here](#) or contact Michelle LeBaron at lebaron@allard.ubc.ca if you have any questions.

Gareth Higgins (Ph.D)

Peacemaker, Writer and Story Activist at the Intersections of Spirituality, Justice and Art



[Gareth Higgins](#) was born in Belfast in 1975 and grew up during the Northern Ireland Troubles. He now divides his time between Northern Ireland and the US. Gareth writes and speaks about the power of storytelling to shape our lives and world, peacemaking and justice, and how to take life seriously without believing your own propaganda. He has been involved in peacebuilding and violence reduction in Northern Ireland and helping address legacies of conflict. Gareth has a Ph.D. in Sociology from Queen's University Belfast and helped teach the world's first graduate course in Reconciliation Studies at Trinity College Dublin. He also helped found the *Wild Goose*, [New Story](#) and [Movies & Meaning](#) festivals. Gareth leads retreats in North America and [Ireland](#) and founded [The Porch Magazine](#).



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