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Express Yourself!

Sunday at 3 PM Pacific

August 23rd 2020: The Power of Ecology and Firefighter Zen

Katelyn Darrow and Andrea Smith address climate change, Covid-19, and the ecology effects of what's happening in our world. Katelyn shares that a positive result of Covid-19 has been that nature is beginning to heal itself. Firefighter, storyteller, and author Hersch Wilson talks about how to stay safe during these horrendous fires and other disasters in the USA. His book Firefighter Zen tackles the value of life. Life is short, grab it, and live for today. He advises rising above the calamities to find joy in daily living because everyone suffers. Learn to be brave, asking oneself "what is t

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Featured Guest



Hersch Wilson

Hersch Wilson and his wife, Laurie, became volunteer firefighters in 1986. In his "real job" he is a writer, speaker, and consultant. He has worked as an organizational consultant, pilot, outdoor adventure trainer, professional dancer, and author. He writes for Backdraft magazine and other publications. Hersch Wilson is also a storyteller committed to explaining how First Responding can change how we see and experience our own lives. In the past twenty-five years, Hersch has worked extensively with leadership teams from a variety of organizations including Kodak, IBM Japan, Altria, The United States Postal Service, the CIA, Kraft Foods and Baxter Healthcare to name a few. He has co-written t

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