

WEEK 1: SATISFACTION

2020 LOVE-A-THON FOR JUSTICE
CALENDAR OF LIBERATORY PRACTICE



MONDAY: MEDITATION

Meditation is one way to train our attention and develop awareness. There are so many demands and distractions pulling us, and meditation can help us 'train' our attention back to the body and what we care about.

To begin:

Get comfortable (you can be seated, standing, or lying) and begin by finding a place of aliveness in your body—maybe a breath or sensation. If your mind wanders, gently bring it back to the breath or another place of aliveness in your body.

Sit for as long as you like. If you are new to a meditation practice, you may want to start with 3-5 minutes.

Read the passage below at the beginning and end of your meditation.

MEDITATE:

*be easy.
take your time.
you are coming
home.
to yourself.*

—Nayyirah Waheed

TUESDAY: REFLECTION

Words hold power. They can build us up or knock us down. Through writing, we can name the truth of our experiences, open up pathways towards healing, unlock our imaginations and tap into our longings. Use the prompt below as an inspiration and set aside 10-15 minutes to free write your response.

REFLECT:

Satisfaction feels like...

WEDNESDAY: CREATION

Our creations are possibilities we make real for ourselves and for the world. There are endless ways to practice creation.

CREATE:

What is something that you love to eat, and that brings you comfort and nourishment? Take some time today to make that meal (or order it from somewhere else). Sit down and allow yourself to slowly eat it—enjoying each bite.

THURSDAY: CONNECTION

What is something that happened recently in your life, or with someone in your community, that was good? What would celebration look like? Feel like?

CONNECT:

Plan a safe or virtual way to celebrate this win with someone else in your life. Let yourself really notice how celebration and satisfaction feels on you.

FRIDAY: ACTION

"The most common way people give up their power is by thinking they don't have any." —Alice Walker

It is important to celebrate our wins, no matter how small. Grassroots organizations have led the fights to re-enfranchise thousands of formerly incarcerated people, worked to educate people on the often violent and unknown histories of vicious judges running for re-election, and engaged in radical popular education on defunding police and ending the carceral system. Today we ask you to **identify a grassroots organization to uplift** that has been working in the trenches, in communities, that has helped to turn the electoral tide against the increase of fascism and right wing white supremacist violence.

Some Chicago-based organizations we are in relationship with who are doing this work include but are not limited to: **Westside Justice Center, Southsiders Organized for Unity & Liberation, Equity & Transformation, Southside Together Organizing for Power, First Defense Legal Aid, Organized Communities Against Deportations, Arab American Action Network, Chicago Alliance Against Racist and Political Repression, and Prison + Neighborhood Arts Project.** Learn about them, share their work, amplify the good they are doing, and if you can, donate.

"Activism is the rent we pay for living on the planet." —Alice Walker

SATURDAY & SUNDAY: REST & COMPLETION

Racialized capitalism—which drives and is driven by ableism—tries to convince us that our value comes from our productivity, that our worth is tied to profit. But we lift up an unapologetic truth offered by the Nap Ministry: **"Rest is a form of resistance because it disrupts and pushes back against capitalism and white supremacy."** Let's practice this resistance together.

Let the practices of this week metabolize in your being, returning to any practices you wish to revisit. Let them be nourished. Let them take root. And Saturday and Sunday simply practice what it is to rest. Enjoy the fruits of your week, care for your body and spirit. Maybe you will have a hot bath, a delicious meal, a restorative nap, a long catchup with someone you've been missing, or a solo dance party.

Practice what feels good to you. We'll see you Monday!