

# WEEK 5: CARE

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



## MONDAY: MEDITATION

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

To begin, get comfortable (you can be seated, standing, or lying) and find a place of aliveness in your body (maybe a breath or sensation). If your mind starts to wander, 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 poem below at the beginning and end of your meditation.

### MEDITATE:

*"We don't learn to love in a linear path, from self to family to friends to spouse, as we might have been taught. We learn to love by loving. We practice with each other, on ourselves, in all kinds of relationships."*

— adrienne maree brown

## TUESDAY: REFLECTION

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

### REFLECT:

*"Abolition is about presence, not absence. It's about building life-affirming institutions."*

— Ruth Wilson Gilmore

Keeping this wisdom from Ruth Wilson Gilmore in mind, imagine the **presence** of just 10% more care in your life. What would that look like, feel like, sound like, taste like?

## WEDNESDAY: CREATION

### CREATE:

Taking care of ourselves does not have to be time consuming, expensive, or require a lot of outside resources or support.

Make a calendar for yourself for a week (and if you are inspired, for a month) identifying one thing you can do to care for yourself each day. It can include things like: taking a hot shower or bath, listening to music that makes you smile, taking a walk outside, sitting down to eat and enjoy something you love, turning off your phone/internet for a 30 minute news break, or calling someone you have been missing.

You know best what care is for you—we invite you to create a plan to help make space for it.

## THURSDAY: CONNECTION

### CONNECT:

Trauma in all its forms breaks down our sense of care, safety, connection, and dignity. One way to begin to re-learn and re-build a sense of care and connection is being able to set boundaries. Boundaries can be healing when they help us to care for ourselves, what matters to us, and to take care with others.

Today, we practice. What are some things or people you need to say no to? What are some needs you have for others that you have been hesitant to request? Before the day is over, practice making **one clear request** to someone in your community to help you get your needs met. Practice saying **one clear no** to an incoming request. How did it feel? What more would be possible if you had a regular and clear practice of requests and declines?

## FRIDAY: ACTION

**Nearly 5,000 people incarcerated throughout Illinois Department of Corrections have tested positive for COVID.** Prisons and jails continue to be major hotbeds for the virus because you cannot social distance while incarcerated. COVID infections continue to skyrocket.

On Sunday, December 13 beginning at 2PM, please join Cassandra Greer-Lee outside of Cook County Jail Division 10 (2700 S. California in Chicago) to **demand mass release of all incarcerated and detained people to save lives and stop the spread of COVID in our communities.** Cassandra is the wife of Nickolas Lee, who was the first person to die of COVID in Cook County Jail.

Or take action remotely! **Call Governor Pritzker and demand mass release: 312-814-2121 / 217-782-6830.**

## 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. We lift up a truth from 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 week's practices metabolize in you, 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. We'll see you Monday!