

WEEK 4: RELEASE

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:

(In my sleep I dreamed this poem)

*Someone I loved once gave me
a box full of darkness.*

*It took me years to understand
that this, too, was a gift.*

— Uses of Sorrow by Mary Oliver

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:

in our own ways
we all break.
it is okay
to hold your heart outside of your body
for
days.
months.
years.
at a time.

— heal by Nayirrah Waheed

Think of a small example of healing or release you've experienced in your life. What does it feel like to remember that you can heal? What are one or two things you are healing from or wanting to release?

WEDNESDAY: CREATION

CREATE:

Begin a new poem or song about yourself. Use metaphors to describe the person you are and who will become. The prompts below may help as inspiration to get you started, but let your own questions take you where you need to go. From the heart, write or sing what you are compelled to...

- Who have you known yourself to be?
- What song are you tired of singing?
- Who do you want to become?
- What new words reflect who you are becoming?
- What helps you shift from what has already happened to what is possible?
- What needs to crack open and be released, so that growth can occur?

THURSDAY: CONNECTION

CONNECT:

Rituals are practices that can help us connect to one another and with ourselves. This week, we offer a suggested ritual for today that you can do solo (to connect with yourself) or with others in your pod if it feels safe to do so.

You will need:

- 1) a vessel (cup, bottle, bowl, etc.) full of water
- 2) a space that can get wet, either outside, or inside over a sink or a plant
- 3) 5-20 minutes

[Click here for the full
Ritual for Release.](#)

FRIDAY: ACTION

For this week we ask you to participate in sending holiday cards to people who are incarcerated. **Register before December 4 at bit.ly/1212cardparty** to join AFSC and Liberation Library for the Final 5 Campaign, where they will host a virtual program to learn about the realities of youth incarceration in Illinois and efforts to end it, as well as the impacts of COVID on youth incarceration and detention. Then spend time together while writing notes of solidarity to send to young people on the inside. **RSVP by December 4** and they will send you the cards and info needed to participate!

This virtual event is part of American Friends Service Committee's #FreeThemAll Week of Action from December 10-18. Visit afsc.org/FreeThemAll for more info!

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!