

Below is a selection of resources we hope might offer you some respite and support over the next few months:

[Article: The Spectrum of Grief](#)

Zen teacher Koshin Paley Ellison shares advice on how to mourn and find peace in our new normal.

[Podcast: Grief in a Time of Not Knowing with Roshi Joan Halifax](#)

How may we engage with this time as a rite of passage? Because we won't be able to return to the landscape that we left, but to a landscape that is yet to be revealed.

Rest is essential for good health and a strong immune system. You are always worthy of rest. If you feel you might need a "nap intervention," enjoy a conversation and guided practice with Tricia Hersey, founder of [The Nap Ministry](#).

[Listen: You Are Worthy of Sleep Even in a Pandemic.](#)

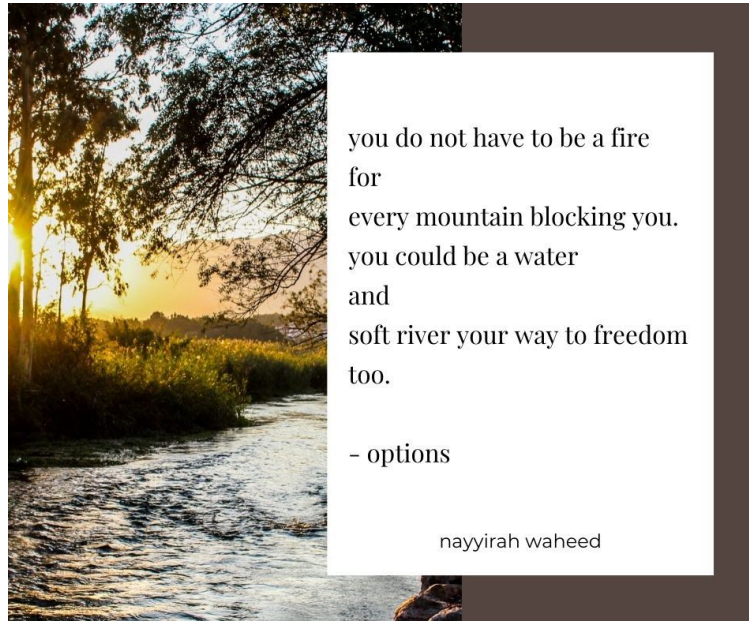
"On the latest episode of the Social Distance podcast, Tricia Hersey of the [Nap Ministry](#) joins James Hamblin and Katherine Wells to explain the importance of rest and how to get enough of it."

[Practice: The Perfect Nap](#)

"In this practice episode Tricia Hersey, aka the "Nap Bishop" and founder of The Nap Ministry, sets us up with a soothing recording to prepare us for THE PERFECT NAP."

[La Cura Podcast](#) provides a range of conversations and a community care series focusing on decolonizing Latinx health and reclaiming traditional healing.

[Public COVID-19 Resources for Deaf Community \(Updated 5.5.2020\)](#) provides a crowdsourced Google spreadsheet listing a wealth of resources for members of the Deaf community to stay informed, healthy, and connected.



We are a forest of beautifully diverse trees in Virginia Organizing. Each of us contributes important gifts and talents that make the whole incredibly powerful. With our strong roots connected in every corner of the state, we can support and sustain each other as we continue to work toward a more just Virginia for all.

Thank you for your commitment to self-care and community care. It is a lifelong journey and an intentional practice to “bend the arc toward justice.” As Andrae Hash shared in our most recent Online Learning Series workshop on Self Care & Healing Justice in Organizing, **“We heal so we can act and organize.”**

We hope you find these resources helpful in the months ahead. As always, please feel free to reach out and share your thoughts or suggestions on how we can make this newsletter useful and supportive to you.

We will get through this time, and remember, you are enough. Continue to breathe, stay connected, and rest. Until we can be together in person again, may you and your loved ones and our communities stay safe and be well.

Take care,

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and the Virginia Organizing Self Care and Healing Justice team:

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