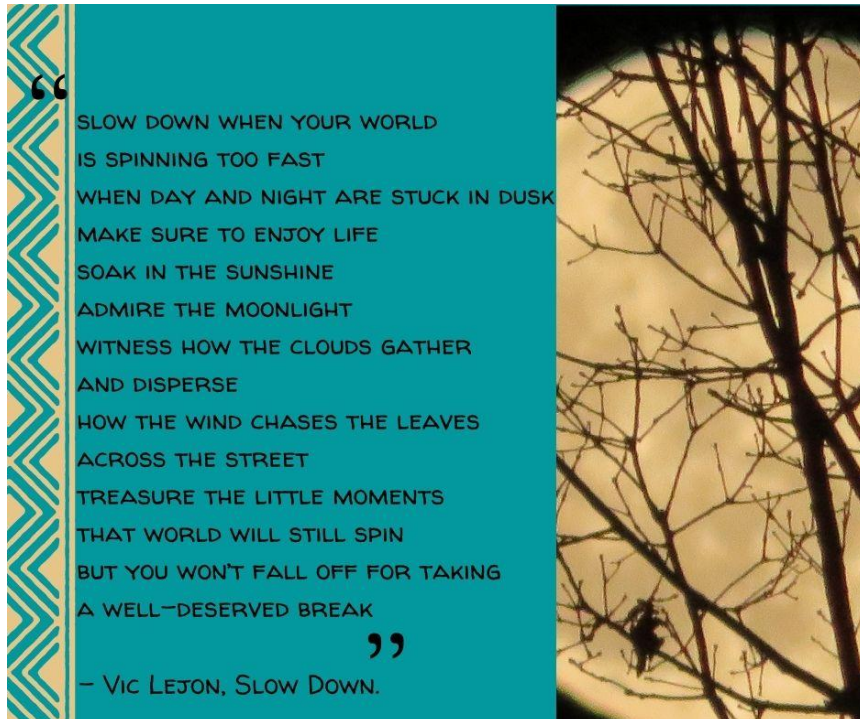




Resiliency & Self-Care Newsletter Winter 2022, Issue 10



Hello, and welcome! The calendar pages keep turning, and here we are, the year 2022! Important dates on the calendar give us something to look forward to. But I'm sure that, like you, the days (let alone weeks!) are getting harder and harder for me to plan.

It takes a lot of energy and effort to plan as we head into another uncertain year. We want to do the right thing. We want to follow community health

updates. We want to follow the rules and take the best careful action in our daily routines, and continue to find ways to help make the world a better place for all of us.

The start of a new year is when we look forward and back. January is, after all, named after [Janus, the Roman god of beginnings and endings](#). I find that remembering certain kinds of anchors and constants help when time feels too blurred. After the dark, the light returns. The wheel of life keeps clicking forward, and each season comes again.

Below are some collected resources to help navigate this new season and year, with reflections, ideas, and new dreams to consider. Please feel free to take a little break from the outside spin to settle in and explore.

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Allison Schultz, a coach and facilitator with [Reboot](#), shares a reflection practice to help clarify goals and find balance in important areas of your life.

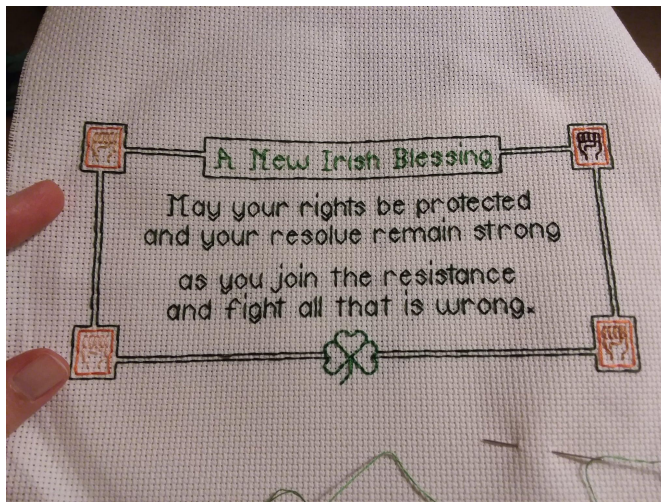
[Exercise: The Wheel of Life](#)

[Omkari Williams](#), a coach, trainer, and host of the [“Stepping Into Truth”](#) podcast, shares tips to feel more supported and sustained in your activist journey.

[Interview: 8 Tips for Accomplishable Activism](#)

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I found the work of Omkari Williams and Sarah Corbett last fall through a search on activism for introverts. I wanted to find supportive, honoring ways to unwind and express concerns. If you are an activist and quiet and crafty, too, you might enjoy adding craftivism to your toolkit!



[TEDx Talk with Sarah Corbett: Activism Needs Introverts](#)

[Craftivist Collective: The Art of Gentle Protest](#)

(Cross-stitch project completed by yours truly. Pattern credit: @BadassCrossStitch)

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The reflections below don't shy away from how challenging 2021 was. Organizers in various fields share deeply about loss and grief, cycling between hope and despair, reassessing priorities, and finding space to dream.

[“Letting Go: Wisdom From Our Grief” by adrienne maree brown](#)

[“Elder to Ancestor” by Amoke Kubat](#)

[“End of 2021 Reflections” by Nikki Marín Baena](#)

[“Decolonizing Our Dreams” by Samir Doshi](#)

Nikki Marín Baena shared in her reflection: “I want us to love each other and our people in a way that means that even if we never win another campaign again, we will have undone capitalism’s brutal work inside each of us individually and its damage to our ability to build community. I want that because I know it will heal us, it already has healed us, but also because the truth is that I think that’s what it takes to change the conditions enough to ACTUALLY win the campaigns anyway.”

These have been some heavy, complex times. With the recent passing of [bell hooks](#) and seeing the shares online and in other media about her work and legacy, I hope more of us create space to reflect on how we can each act, strategize, and organize from a reservoir of love going forward.

[PBS NewsHour video: Remembering bell hooks and her enormous legacy](#)

“The moment we choose to love we begin to move against domination, against oppression. The moment we choose to love we begin to move towards freedom, to act in ways that liberate ourselves and others. That action is the testimony of love as the practice of freedom.”

-bell hooks



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We hope you find our newsletter resources useful this season. Please feel free to reach out to us with your thoughts and ideas at info@virginia-organizing.org. We value all that you do and give of yourselves. Your time, energy, support, and presence matter. Until next time, stay safe, take good care and stay connected with each other!

All the very best from the Self-Care and Healing Justice team,

Ronna Wertman,
Virginia Organizing member/volunteer
Shenandoah Valley region

and

Meghan McNamara,
Virginia Organizing Lead Organizer
Portsmouth/Norfolk Chapters

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<https://virginia-organizing.org/>

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