



VIRGINIA ORGANIZING

Resiliency & Self-Care Newsletter Spring 2022, Issue 11

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Warm hellos and welcomes to you! A new season and a new edition of our newsletter is here.

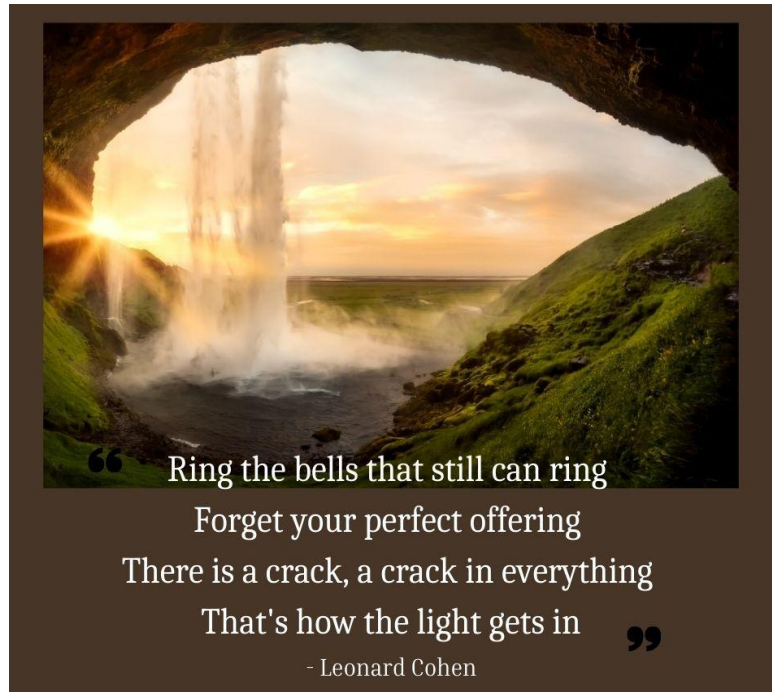
These uncertain times have felt like an endurance test none of us signed up for. The tensions between ever-changing public health guidance, corporate pressures to get back to business as usual, and [the efforts of people most impacted by the pandemic calling attention to who's being left behind](#) are real.

In the book “Emergent Strategy,” adrienne maree brown writes

about “moving at the speed of trust.” It’s a wise and well-understood strategy in trauma work, known as [titration](#). “Too much, too fast” is disruptive to the nervous system and the healing process. The past two years have been full of so many experiences and emotions we have yet to process. Going slow and making space to regularly check in with yourself and others are healthy strategies moving forward.

Below are resources to help create that space and community of folks feeling, thinking, and working like you. So please, come rest for a while. Dip your cup into this oasis of good reads and good thoughts to fill yourself with whatever you might need.

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For an introduction to the background and principles of healing justice, check out this conversation with organizer [Yolo Akili Robinson](#).

[Podcast: Marginalized Communities and the Healing Justice Model](#)

In this conversation with Kerri Kelly, founder of CTZNWELL, author Octavia Raheem reflects and connects with those who struggled with this “forced pause” during the pandemic.

“Now,” she says, “is no ordinary moment in time. Now is a place of startling individual collective endings. Now is the space before something else becomes. Now is both a promise and fulfillment of fresh beginnings.”

[Podcast: The Power of Pause: Octavia Raheem](#)

Shawn Ginwright asks what pivots we might take in this moment, as we sit between trauma and transformation, to reimagine justice and reimagine ourselves.

[Essay: Letting Go of Myths, Embracing Truths](#)

The [Othering and Belonging Institute](#) at the University of California, Berkeley, recently launched a multimedia project titled “Cultures of Care.” Care work has long been undervalued and made invisible. This project brings together artists, activists, and thinkers, and “celebrates people that practice collective care in unconventional and insurgent ways. Care is an essential, immediate, and practical way to create belonging.”

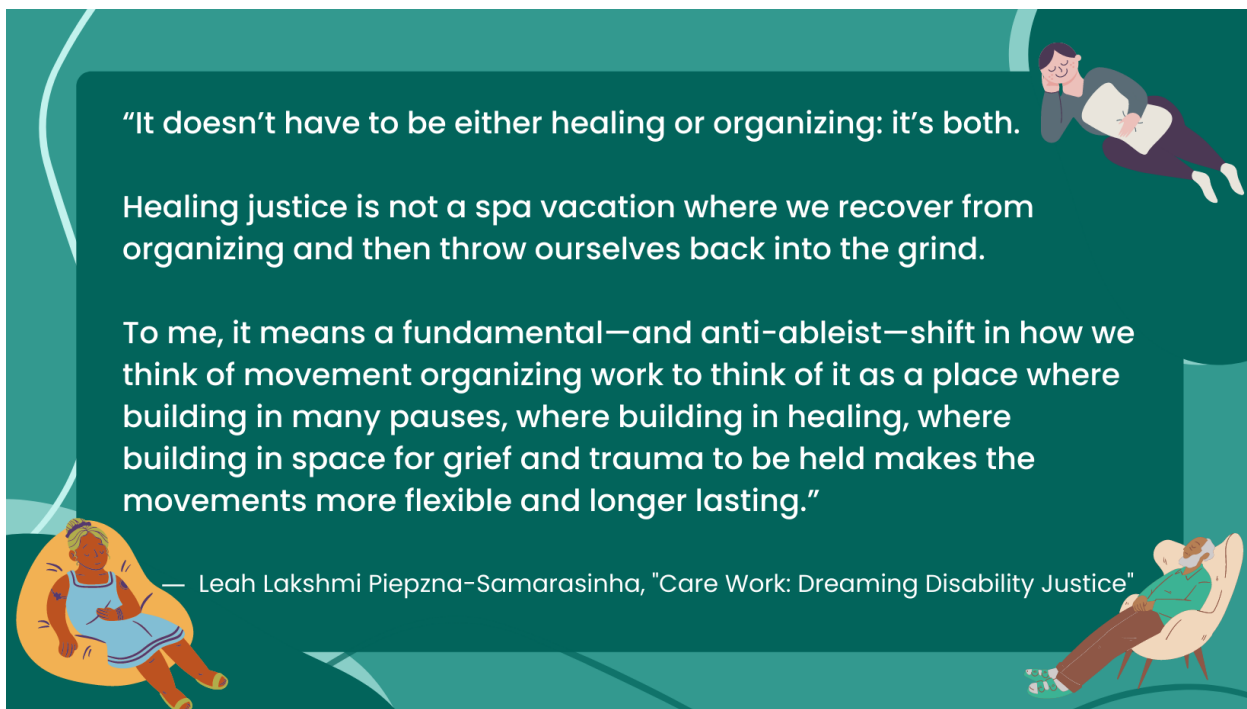
Check out the panel discussion launch and website with profiles, videos, resources, and more.

[Video: Cultures of Care Project Launch](#)

[CULTURES OF CARE, a project from the Othering & Belonging Institute](#)

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I've been reflecting on Talila "TL" Lewis' [working definition of ableism](#). TL closes it by stating, "You do not have to be disabled to experience ableism."

This newsletter emerged in 2019 from a collective sense of burnout and overwhelm among committed members and volunteers to help open up the conversation year-round on what we needed to feel sustained and supported in our organizing. I hope this is a resource you feel is useful, that brings you new ideas and new terms to explore each season, and helps you discern the part and role you want to play in your chapters and in this organization.

I remember a moment several years ago at the end of the annual Power Analysis, one of the last times leaders, board members, and staff met in-person at the Massanetta Springs Conference Center in Harrisonburg. It was a particularly rough time, and a time before we started having these conversations on resiliency and care. Someone started singing "Lean on Me." Soon most everyone joined in. It meant more than I could have realized.

[Lean On Me \(Bill Withers\) | Playing For Change | Song Around The World](#)

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We would love to hear from you. Please feel free to share your thoughts and feedback with us at info@virginia-organizing.org. What do you enjoy learning about? What other resources are helpful to you? What is accessible or not for you? What would you like to bring about self and collective care into Chapter work and how?

Until next time, [Sending You Light](#) for a warm, safe, caring season ahead!

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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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