



Resiliency & Self-Care Newsletter Summer 2022, Issue 12

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IN A TIME OF DESTRUCTION,  
CREATE SOMETHING.  
A POEM. A PARADE.  
A COMMUNITY. A SCHOOL.  
A VOW.  
A MORAL PRINCIPLE.  
ONE  
PEACEFUL  
MOMENT.

— MAXINE HONG KINGSTON,  
THE FIFTH BOOK OF PEACE



One peaceful moment. Let's settle in with one deep breath in and out. For good measure, perhaps one more.

When times are challenging to our minds and spirits, take a moment to pause and notice where you might hold tension in your body. You might slowly roll your neck side to side, stretch your arms wide, clench and open your hands, or wiggle your toes to release tension.

Rage, anger, and sadness are natural reactions after a loss. It's how you then choose to channel those emotions into constructive actions and responses that can take you through the long haul.

I remember a conversation I had once with a mentor. It took me a while to reflect and put their advice into practice: "One piece of the puzzle. You cannot be all things to all issues. Trust that the justice work you and others are doing makes a difference, and do what you can where you are."

All justice work interconnects. If you feel overwhelmed, reflect on where your passions and talents intersect. Map out actions you are interested in that you feel you can sustain in positive ways. We are no good to anyone or any organization if we are spread so thin we snap.

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In the spirit of not spreading ourselves thin this season, below are resources from people whose work and topics we've explored in our newsletters over the years. Now feels like an opportune time to go further and deepen the conversation with these visionary folks.

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In host Krista Tippet's final weekly episode of the [On Being](#) radio program, she eagerly talks with adrienne maree brown about radical imagination for our times.

[adrienne maree brown: "We are in a time of new suns"](#)

Omkari Williams, sustainable activism trainer and host of [Stepping Into Truth](#) podcast, talks in-depth with authors and activists Shawn Ginwright and Kerri Kelly about their current books and hopes for moving forward.

[Shawn Ginwright and The Four Pivots](#)

[Kerri Kelly: Detoxing from America's Wellness Culture](#)

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Heather Booth, legendary organizer, trainer, and honored guest at the 2018 Virginia Organizing Grassroots Gathering, is one of the leading founders of modern organizing.

In her TEDx talk, Heather shares how she took the lessons from one of her earliest campaigns to help create the Midwest Academy and its guiding principles still used by grassroots organizers across the country today.

[If We Organize, We Can Change the World | Heather Booth | TEDx Pennsylvania Avenue](#)

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And as events this summer continue to unfold, at times they can feel relentless. Here are some readings for when it feels hard to persist:

[Poem by Ada Limón: Instructions on Not Giving Up](#)

## Human Stuff from Lisa Olivera: Keep going. Just keep going.

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If you are interested in a way to take action this summer, consider joining some of the “Summer of Democracy” efforts to register new voters and inform returning citizens of the restoration of rights process. Contact your local organizer to learn more and get involved.

Another helpful action you can take is checking in with folks already in your contact lists (friends, family, co-workers, and members of your faith community) about their voter status and how to create a voting plan.

Virginia Organizing has a great worksheet titled “[Each One Takes Ten](#)” to help keep track of who you might like to contact and the questions you can ask.

You can direct folks to the Virginia Department of Elections website and the Secretary of the Commonwealth’s Restoration of Rights website or phone number to learn more:

<https://www.elections.virginia.gov/>

Secretary of the Commonwealth’s office  
(804) 692-0104

<https://www.restore.virginia.gov/>

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Continue to breathe, ground, and act in ways that sustain you this season. You aren’t ever alone in your efforts. Reach out and check in with each other. And please, feel free to let us know your thoughts and what you want to see more of in our newsletters. Write to us any time at [info@virginia-organizing.org](mailto:info@virginia-organizing.org).

I like to leave you with some good tunes, so here are a couple of gems to remind us to uncover the gold and that it is always a good day to fight the system!

[David Wax Museum - Uncover the Gold](#) | ([Song Lyrics](#))

[Shungudzo - It's a good day \(to fight the system\)](#) | ([Song Lyrics](#))

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Until next time, all the very best from the Self-Care and Healing Justice team,

Ronna Wertman,  
Virginia Organizing member/volunteer  
Shenandoah Valley region

Meghan McNamara,  
Virginia Organizing Lead Organizer  
Portsmouth/Norfolk Chapters

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To learn more and consider a donation to support this work, please visit:

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

