

Welcome

Collective Recovery

Session 3 of 3

2-3:30pm Thursday August 20th, 2020

Please sign in using the link in the chat

WE Run Brownsville

To us, Collective Recovery is *an ongoing process of remembering who we are and reclaiming how we are being in our bodies.*

What are we FOR? We are for the building of intentional spaces of belonging for Black and Brown women to support collective and individual healing from white supremacy and toxic masculinity through the ownership of our physical, mental, emotional and spiritual wellness.

How we're doing collective recovery: Our "active activism" advances an empowered resistance to a negative external narrative and co-creates a message of resilience and liberation.



What collective recovery means to us: Creating a (virtual) beloved community where everyone has what they need to show up as fully present and authentic as possible.

2020 Survival Tip Sheet:
Provide support to the collective to center the experience of healing.

Magical Bag of Care:
Listen: *The Miseducation of Eunice Waymon-Nina Simone & Lauryn Hill Remix Project* [Link](#)

Read/Remember/Recite:
"Won't You Celebrate with Me?" Lucille Clifton [Link](#)

Dance: "AS"
by Stevie Wonder [Link](#)

Music City

To us, Collective Recovery is

*Reflecting back to bring us
forward &
Gathering, sharing stories
and music*



Remembering Rosa Organizing Team - a group of musicians, educators, organizers (connecting UofO, Ebenezer Baptist Church, Orange Public Schools, and more) who work together on Remembering Rosa, an annual, tri-lingual, intergenerational singing celebration of histories of liberation, organizing, and the power of coalition and collectivity.

What are we FOR?

- For the people
- For music as a necessary and transversal expression of life and culture , and a way of bringing everybody together
- Intergenerational spaces for remembering, learning, respecting and connecting

How we're doing collective recovery: Remembering

Rosa brings church choirs and school choirs in Orange NJ together, to remember those who have struggled for us, before us, and to recognize the ways in which we stand on their shoulders. Collectively coming together to **remember the past and move forward and progress** in human relations, **honoring the legacy our ancestors have left us**. We reach across silos and differences and tend to the conditions that allow the space to be **welcoming of all races, ethnicities, generations, and cultures**. We invite civic leaders, activists, and artists to share stories of the work happening in Orange today, and the ways in which we are each day realizing a better future collectively.



Ideas for Emergence and Expansion:

- How many people are participating. Getting to gather with so many people from different places.
- That some of the smallest things you do make an impact, that the smallest acts are contributing towards our collective recovery.



2020 Survival Tip Sheet:

- Committing to cultivating time and space with your teams, groups, communities. Being intentional about connection.

Magical Bag of Care:

Resources you want to share

- Music as self care. Music as collective recovery. "Music absolutely conjures space, demands space, makes space.
- For us to grief, to bear witness, to celebrate and to imagine!"

Healthy Orange

Healthy Orange is a growing coalition of dedicated stakeholders working to transform Orange, NJ into a healthy city focused on lifelong learning. A learning city is a healthy city.

What are we FOR?

We are for creating and sustaining a “culture of learning” in Orange. It involves many steps -- so we are for urban infrastructure, wide buy-in, safe streets, stable homes, employment for all, strong schools.



To us, Collective Recovery is:

- A goal of **repairing community injuries and traumas**, the reestablishment of vibrant connections, to provide a stable foundation for health
- **And a process of working with** many organizations and people to mend the social fabric
- Very difficult because of the **pre-existing challenges** and all that's going on in the opposite direction now

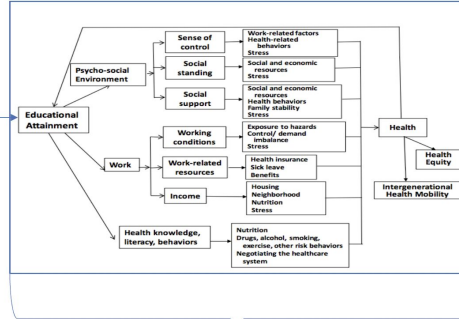
How we're doing collective recovery:

- **Supporting a positive and connected narrative** around lifelong learning and resources to do so
- **Providing health information**
- **Leading campaigns** to promote health in the face of COVID-19
- Finding ways to **pull everybody together**
- **Partnering with local organizations** on specific projects to advance our collective missions.

**We can get to health, if we can get to education.
There are lots of pitfalls in getting to education.**



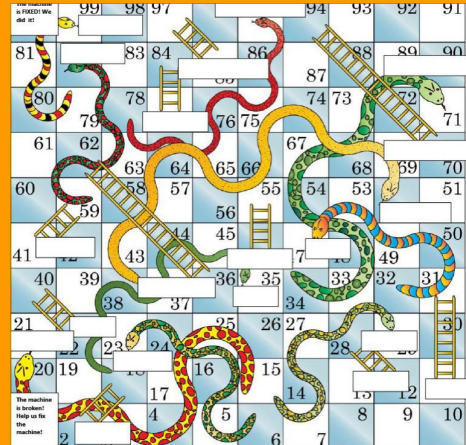
Getting to education is organized in "series" – we have to do each of these things. If any one of them is not working, then education falls apart. This is how Christmas tree lights works.



Getting from education to health is organized in "parallel" – there are many pathways from education to health, and we benefit from each of them. This is how the outlets in your house work.

Ideas for Emergence and Expansion:

A number of Healthy Orange partners have attended the workshops who haven't been super involved in regular meetings - hoping this can be nurtured into more regular attendance at regular meetings.



2020 Survival Tip Sheet:

- Find common cause and
- Remember the children!

Magical Bag of Care:
Resources you want to share

Mask campaign (HOC [website](#), [instagram](#)) and [mask video](#), [Collective Recovery Panel](#), and [ACEs video](#)

One way to think about disaster -- more snakes, fewer ladders

Create a Healthier Niagara Falls Collaborative

To us, Collective Recovery is to

Remember, connect, respect

and learn.

Understanding we are only as well as our neighbors. Being able to identify trauma and triggers within our community – being able to voice our feeling on those issues and converse our way into actionable solutions that lead to growth and understanding. Don't do what comes naturally – being open to unknown allies and ideas that may better help to serve the greater community. Embrace being uncomfortable with self and others.

BE INTENTIONAL <<

What are we FOR?

Upliftment and empowerment of the community as a whole. To engage residents, meeting where they are and building upon the assets we currently have.



Collective recovery looks like a passenger train. Moving along ever so slowly, it is always determined to move forward despite any obstacles to meet or arrive at its final destination.

2020 Survival Tip Sheet:

I would encourage anyone in this work to be their authentic self. To remain optimistic when it appears to be absent from the space. We are in a cataclysmic time in regards to health, politics, employment, education, etc – Despite adversity we must persist. Find ways with others to keep hope alive (meditation/prayer).

Speak truth to power.

What surprised you?
Covid has stalled us.

Luna Stage

What are we FOR? Raising ALL our voices; hearing ALL our stories. Understanding our history, and sharing our hopes and dreams so we can collectively imagine our future

To us, Collective Recovery is

*creative, connected communities collaborating and making change,
building a future that works for everyone*



How we're doing collective recovery:

Virtual Classes For All: Pay-What-You-Wish creative programming for kids, teens and adults—all virtual, bridging communities, inviting engagement. Ranging from 10-Minute Play workshops for adults to 4-week filmmaking workshops for kids...to solo show creating workshops inviting collaboration and listening across our country. To support schools and families doing remote school, we are building Play In Your Pod programs to accompany academic subjects.

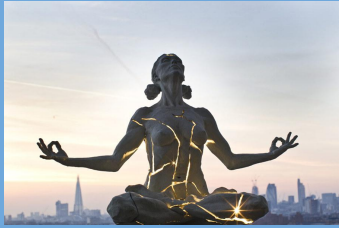
Voting Rights Programming: We feel that turnout and participation in this upcoming election is vital, and are commissioning/creating 14 interconnected pieces exploring suffrage, suppression, apathy and activation, focused on getting people to register and vote by mail. Projects include a 50 Days/50 States Dance Party for historic non-voters, teen video projects, 6 short Zoom plays, and a “concept album” of songs about voting thru history.

American Voices Series: 5 powerful solo shows inspired by personal experience, performed on Zoom with “dinner and a show” conversations (and in person when it is safe to do so)

Play All Day: A day-long Zoom festival of short plays written by the Luna community, performed on the shortest day of the year (Dec 20)

Ping Chong Collaboration: Working with narrative theatre artists Ping Chong & Co to create a performance (either virtual or in person) inspired by local stories from Orange, NJ.





Ideas for Emergence and Expansion:

Small scale, we have (finally!) started figuring out how to work with local orgs we are long-overdue to partner with (U of O, the HUUB)

I've google-stalked Kenny and want to ask his perspective on our Voting Writes project (I'm putting it here so I have to reach out!)

I would love to offer Luna's skills at story-telling, facilitating workshops and events around creativity, or whatever un-sticking/connecting playmaking can provide to other orgs at this moment (and always)

2020 Survival Tip Sheet:

*"Do the next right thing."
(yes, it's from Frozen 2)*

For what it's worth...it's never too late, or in my case too early, to be whoever you want to be. There's no time limit. Start whenever you want. You can change or stay the same. There are no rules to this thing. We can make the best or the worst of it. I hope you make the best of it. I hope you see things that startle you. I hope you feel things you never felt before. I hope you meet people who have a different point of view. I hope you live a life you're proud of, and if you're not, I hope you have the courage to start all over again.

F. Scott Fitzgerald

National Audubon Society

To us, Collective Recovery is *ensuring people have the resources they need always but especially when times are tough*

What are we FOR?

Protecting birds and their homes.

Inform, engage and inspire people of all ages and backgrounds to become environmental stewards and take actions that help birds and their habitats in their communities.

How we're doing collective recovery:

Partnering with other orgs to see how the work we do can meet their needs. Trying to share the joy of birds with a wide range of people.



What collective recovery means to us: giving people the tools they need to advocate for their community and the spaces they share with birds. Helping people feel comfortable in the outdoors.

How can we best create a beautiful and functional native garden that attracts diverse bird species? Write or draw your answer in the space below.

Take Climate and environment into account

Local Plant species

FRAGRANCE GARDEN AT CHEST LEVEL FOR IMPAIRED

Redesign what a beautiful garden looks like

help to keep it clean

Teach people. Need list of plants to keep insects and birds.

Create a more diverse ecosystem on gardens no more monoculture!

- more open + range can tropical plants
- pollinators
- seed's plants

2020 Survival Tip Sheet:

Find what makes you happy and do it. If it's birding, hiking, painting, watching funny movies or baking. Lean into the thing that makes you happy and do it however you can.

Magical Bag of Care:

<https://www.audubon.org/joy-of-birds>



Citizens' Public Health Literacy (CIPHER),

To us, Collective Recovery is *restoration/ creating opportunities for equitable access to public health knowledge.*

Citizens' Public Health Literacy (CIPHER), a Mailman School of Public Health student organization working to dismantle the barriers of higher education institutions through accessible knowledge and resource sharing as well as an online public health curriculum. We partner with community members and organizations to assist with their programs however they see fit and evaluate their needs during the current pandemic. Our team includes Dhruvi Chauhan, Peter Scheer, Ayseha Godil, Matthew Stolman, Brennah Fallon, Ginger Tissier, Michelle Rufrano, and Robert Fullilove.

What are we FOR?

Knowledge and resource sharing, public health education for the masses, building and repairing relationships with the communities surrounding Columbia University

How we're doing collective recovery:

In our discussions (weekly Journal Clubs and Seminars) with one another, analyzing and debriefing as a unit, pursuing storytelling and narratives of others.



What collective recovery means to us:

Collective recovery means coming together after shared experiences of trauma and hurt to find creative ways to uplift and advocate for narratives that are often unheard.

Ideas for Emergence and Expansion:

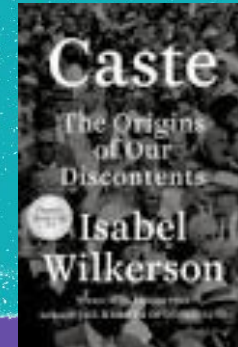
We're cultivating connections with many community-based organizations through our community needs assessment team, and will eventually disseminate our curriculum with their help through them to the people they serve. *Examples of CBOs?* We are also implementing initiatives to give aid to CBOs for what they need that cater to our students' strengths, such as a grant writing center that will help the CBOs through grant-writing processes.

2020 Survival Tip Sheet:
Be open, be kind, listen.

Magical Bag of Care:
<https://www.decipherpubhealth.org/>

Part of our goal is to gather public health knowledge and make it more accessible, many of the resources we have gathered can be found on this website and our curriculum will be ready hopefully by the end of 2020.

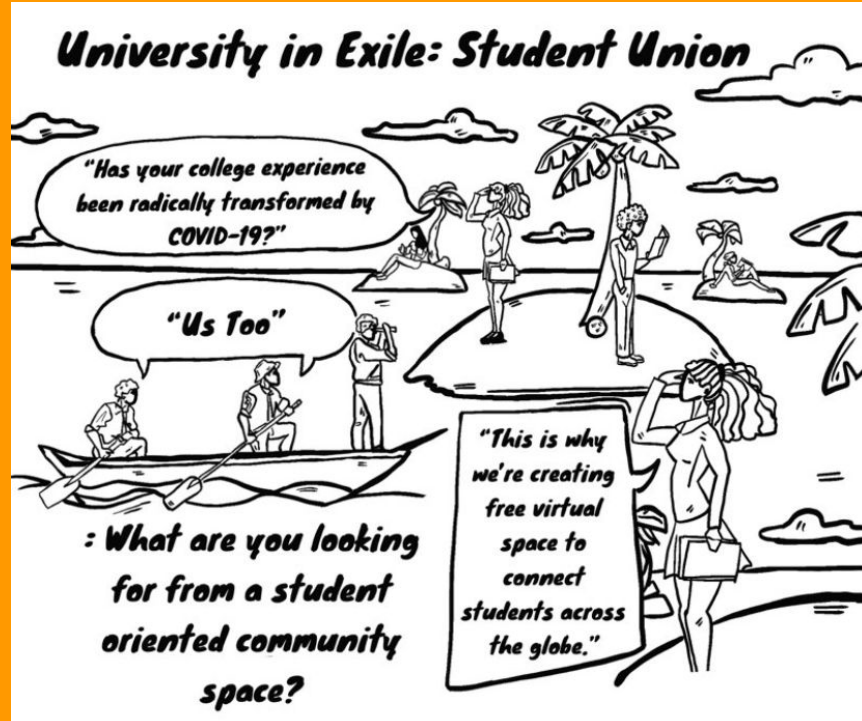
Also reading
this book now:



University in Exile: Student Union

To us, Collective Recovery is *connecting the islands!*

Mission Statement: University in Exile is a public space for students to meet, interact, and organize. We aim to foster connections between isolated students during the COVID 19 pandemic. While the typical college experience has been disrupted, we want to cultivate connections not just around coping and surviving but around inventing new ways of being together.



Graphic Collaboration with Amonnie!

What are we FOR?
Connecting college students with each other while isolated during the COVID-19 pandemic.

How we're doing collective recovery:
Creating a sense of connection despite a disjointed/ isolated semester to come
Holding space
Being understanding
Hearing different perspectives

Ideas for Emergence and Expansion:

What surprised you? Who do you want to meet? What connections are you cultivating?

- *Meeting a student you wouldn't have otherwise known*
- *Cultivate connections not just around coping and surviving but around inventing new ways of being together, finding new territory, discovering new things*

2020 Survival Tip Sheet:

What's your tip for someone else to do this?

Stretching and adapting your reach

Magical Bag of Care:

Resources you want to share

Chloe Ting 2 week shred!

Fantasy World master list of resources on how to dismantle systemic racism

Pfw.guide (link)

Good Shepherd Justice Peace and Integrity of Creation

To us, Collective Recovery is

Communion

What are we FOR? Authentic relationships that allow space and care for healing while recognizing and being aware of social justice issues. Together we are called to speak out, gather information and connect with people to advocate for what is just. Our focus areas are racial justice and Housing policy, care for homeless (outreach and shelter) and climate justice.



How we're doing collective recovery:

Remembering:

Inspired and guided by the 400 years of inequality movement- we met to plan some way to remember and observe 400 years of inequality in our neighborhood. We researched the history of our neighborhood and our parish. We told each other stories- perspectives of what place we are from and how we viewed our cities, our church, our families....

Learning:

We had learned that the parish has never held a gathering or event to honor Dr King, or any African American. We watched a documentary together on our parish history that showed us how deeply racism is ingrained into the parish life as the neighborhood was changing from mostly Irish to Puerto Rican, Dominican, African American. Some members of JPIC remember this time, and shared their stories of what the parish was like then and also experiencing discrimination when looking for housing in Inwood in the 1950's and 1960's. ...

Respect:

For each other's viewpoints, respect for our faith- we look to an example of who we are called to be- Someone who was born a homeless, Jewish refugee and was tortured and killed by the state, like so many black and brown men & women. ...

Connect:

We connect to one another, the parishioners and non-parishioners. Connect through faith- simple, deep and unifying directive of "love of neighbor." By acknowledging we the people are the church we will continue to practice this and welcome ALL. ...



2020 Survival Tip Sheet:

- **Start where people are...**we all are at very different places, perspective and understanding.
- Example- *We don't agree with many things the church does, we also know WE are the church. We want to set the table so that we draw all people into the discussion so we are learning grace, but also firm in vision. We know that we have to start where people are at and walk with them.*
- *We went in and **met each other with honesty.** We didn't know what to expect, or thought we could do much but we approached with humility.*
- **Centered and grounded in intention** from where we came from- not just one of us did this- it was all together and bringing and it did truly felt that the spirit was with us.
- So helpful to have a structure to follow- we used 400 Years inequality materials from the website and brought in our rituals of beginning gatherings with meditation, prayers, songs
- We created rituals of acknowledging one another and checking in with one another.
- Not one person did the work on their own, we honored each other's role – everyone brought their selves and it creates a pretty rich abundance of experience, depth and leadership



Magical Bag of Care:

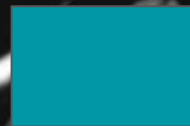
- *Open Door International Theater group- travel to communities and involve the people in making connections between how they are feeling, larger policies and telling their story through acting.*
- Anti racism Know Justice Know Peace retreat by Jesuit Posts and our Retreat
- <https://thejesuitpost.org/2020/08/mundane-racism-know-justice-know-peace-a-jesuit-antiracism-retreat/>

Ideas for Emergence and Expansion:

Cultivating connections with a local 501 C3 (Altagracia Faith and Action) – that is an umbrella social justice group that works to connect uptown faith communities. We would join forces in social justice work. We may look to restructure – how we are organized as a group, continue to outreach to the community that may not be parishioners but are involved in social justice in the neighborhood. Connect more with Washington Heights Inwood interfaith clergy coalition.



Collective Recovery



Thank you