

Healing Justice Agenda

Rural Caucus and Strategy Session 2022

Following in the tradition of mutual aid, healing justice spaces are an opportunity to practice collective healing in political spaces, in our day-to-day work, and in moments that require a rapid response, like when ICE detains someone or people are displaced by a wildfire. We will have multiple opportunities throughout the day to participate in the healing justice space and related activities!

Anytime on Saturday: Visit the Healing Justice Space

Need a break from the agenda to get grounded? Stop by the Healing Justice Space for self-guided, creative activities including journaling, rally sign making, face paint and more! The Healing Justice space is available anytime you need a quiet moment to connect inward. It will also be sign making central for the rally at Redmond City Hall this evening! If you can't join us for the rally, you can still stop by and make a sign and we'll bring it along to share with those who can make it!

12:40 pm to 1:10 pm (Over Lunch): Community Singing Circle - Outside the Gym

Come celebrate, intend and thank. An ideal moment to let yourself be immersed in the beat of all our voices. We invite you to join in singing and/or listening in this safe space where everyone is free to contribute their own magic. We'll be sharing songs in Spanish, English and Sanskrit. No singing experience is necessary! Your voice is pure healing medicine and your presence is welcome.

1:20pm - 3pm Strategy Sessions I: Rooting Our Organizing in Healing Justice - Sanctuary

Although the last few years have been full of unanticipated challenges, we have also learned so much about building strong groups that are ready to meet whatever comes at us. With so much to do, it can be easy to forget about the things that sustain our work for the long haul, like joy, creativity, and a lot of snacks! We will brainstorm strategies for what makes a human dignity group nurturing, supportive, and joyful, while recognizing the struggles in our communities that have been exacerbated by the pandemic. Participants will leave this space with ideas for practical ways to fold healing justice into our day-to-day organizing. The goal of this session is to kick off a conversation you can take home and have with your established or newly forming group about how we want to be with each other and how we want to interact with our communities. We'll even provide you with an example agenda you can use!

3:00 pm to 3:15 pm (At the break between Strategy Sessions I and II)

Origami Crane Folding Lesson - Healing Justice Space

Karen will be teaching us how to fold paper cranes! Here's a note from Karen: "You never know how the connections you make will change your life. When I was in 8th grade, a Japanese exchange student taught me how to fold origami cranes. Over the years, I folded cranes to decorate my bedroom, my college dorm room, and eventually my children's nursery. My crane-folding took on a new dimension in 2016, when in a fit of despair, I set about folding ten thousand origami cranes. It is said that if you fold a thousand cranes, you can have a wish granted. Each thousand cranes that I have folded over the past six years has taken on a different theme – immigration, housing, mental health, safety for women and children, freedom from incarceration, health, and access to accurate information. I enjoy tying art in with activism and enjoy having beautiful images to put forth as we talk about challenging subjects. I am so happy to be connecting again at the Caucus and am looking forward to teaching people how to fold cranes."

3:00 pm to 3:15 pm (At the break between Strategy Sessions I and II)

Guided Singalong - Outside the Gym

Singing together in harmony is an advanced technology that brings us, almost instantaneously out of our heads, into our hearts, and in subtle but very real communication with all those around us. Within minutes we are a community, practicing the way of listening and simultaneously giving of ourselves. We become one voice. Each individual, unique voice is wholeheartedly welcome to join!