

30 DAYS OF LOVE

FORTIFYING THE MOVEMENT

WEEK FOUR: COMMITMENT & SUSTENANCE

SPIRITUAL REMINDERS

- The liberation of ourselves and of all people and the planet. There is no loftier goal. Remind yourself that is why you are in this work.
- Treat relationship building, maintenance, and conflict with deep care. They are the center of this work over the long haul.
- Be willing to step away from the work if you are hurting more than helping. Be willing to come back.
- Treat other leaders as though if they win, you win, we win.
- Root in a practice or a circle of practitioners (UU's engaged in Standing on the Side of Love as an example)
- Never be cavalier with other people's safety or dignity
- Never think you were the first one: the first one to struggle, the first one to give so much, the first one to fail, the first one to win.

'MAP OF LEADERS' MORNING MEDITATION

"I have always thought that what is needed is the development of people who are interested not in being leaders as much as in developing leadership in others." Ella Baker

It is easy to wake in the morning and just immediately to our own problems, questions, ego. When you get up in the morning take out a pen and write a list of 20 other leaders who you feel our collective success in liberation/social justice work is tied to. This could be locally, regionally, or nationally. Send each one salutations, repeating the phrase: "If you win, we win, I win."

LIVING ON THE SIDE OF LOVE

"To fight for Black lives now is to participate in radical hope. It is to battle for salvation on this Earth. It is to fight for life, for love, for justice. It is to demand more out of the first principle. It is to demand a more perfect faith." Kenny Wiley

For Unitarian Universalists 'Standing on the Side of Love' has been a rallying cry for faith in action. But what does living on the side of love look like when loving is hard, enraging, boring, scary? What are ways that you are living on the side of love in your daily life?

'WILLING TO BE TRANSFORMED' ANNUAL RITUAL

"I believe that we are not appointed leaders, rather through showing that our concerns and political will extend beyond our own individual lives and stories we are willing to be transformed in the work, and we earn the privilege to lead." Caitlin Breedlove

Being honest about our own willingness and capacity can be hard. Getting feedback can also be hard. This exercise is adapted from Southerners On New Ground (SONG). In a pair, each person takes turns asking each other: "Are you willing to be transformed in the service of this work?" If both people answer yes, then take turns suggesting ways that each person can transform and grow in the coming year to more deeply serve the work of justice.

BITERNESS PURGE RITUAL

"When we face pain in relationships our first response is often to sever bonds rather than to maintain commitment." bell hooks

Bitterness often stems from disappointment and pain in this work. Structures, organizations and people have deeply betrayed many of us, and let us down. When we do not purge that bitterness, it follows us into the work. We spread it to other people. In pairs, confidential partners take turns sharing bitterness they want to purge. The intention is not to vent. The intention is to let baggage go and move forward. After the purging, each person shares gratitude for the other for their willingness to trust, share and grow.

WHEN WE WIN ARTISTIC PRACTICE

"Social justice campaigns are battles of the imagination." adrienne maree brown

As we organize, we must continue to vision, dream and imagine what we are building toward. What it will mean when we win. Use this prompt for yourself or alongside others as the framing for your next art project. Grab your favorite supplies – pens, markers, paint, cloth, paper – and get dreaming.

Imagine yourself sometime in the future. You are walking down a familiar street in a place you know. What do you see and experience that let's you know that freedom & liberation has come? That reparations, equity and justice have been woven into the fabric of your interactions and your environment?