

"Language alone protects us from the scariness of things with no names. Language alone is meditation."

"There is no time for despair, no place for self-pity, no need for silence, no room for fear. We speak, we write, we do language. That is how civilizations heal."

-Toni Morrison



"I think writing really helps you heal yourself. I think if you write long enough, you will be a healthy person. That is, if you write what you need to write, as opposed to what will make money, or what will make fame."

-Alice Walker

The mural, located on the old spring shop building at 704 S. Washington Ave., in south Fayetteville, AR was created by local artist Octavio Logo

WRITING OUR OWN LIBERATION

Join us for an hour to check in with yourself through journaling, writing, and maybe doodling as a liberating process.



Our why:

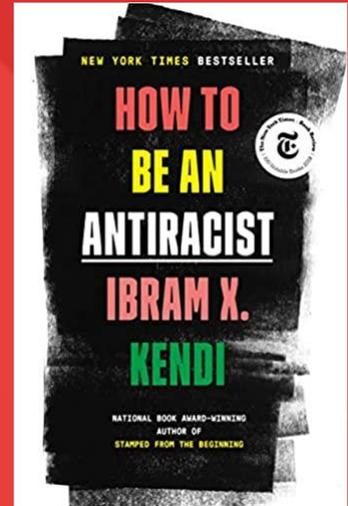
- Come together as a community to learn from and support one another.
- Acknowledge the pain, the helplessness, and the anger we might be feeling.
- Continuous learning, sitting in discomfort, and healing.
- The systemic inequality and racism rooted in 400 years of history.
- To address the urgent need to support each other by holding space.



Writing is a very personal act--we find truths that we may have not recognized before and that can be scary.

With that in mind, here are some reminders about how to navigate this space:

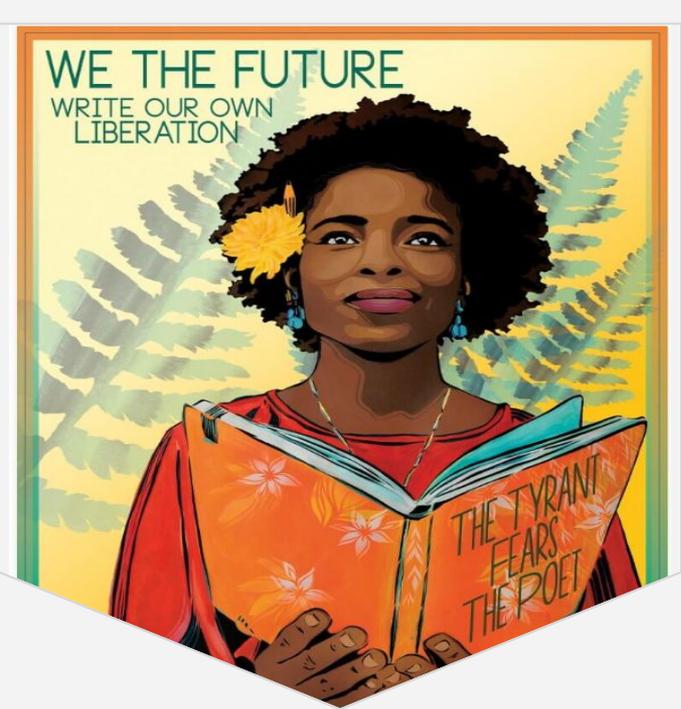
- Honor the context of this space as *anti-racist*. Ibram X. Kendi writes:
 - ◆ “... being an antiracist requires persistent self-awareness, constant self-criticism, and regular self-examination.” (23)
 - ◆ “To be an antiracist is a radical choice ... requiring a radical reorientation of our consciousness.” (23)



- Share only if you feel led (breakout rooms)
 - ◆ Product or process -share what you wrote OR share what it was like to write

- Respond to others using these frames:
 - ◆ “I liked the part / sentence you wrote that said ...”
 - ◆ “Can you explain the part where you wrote ...”
 - ◆ “Do you mind re-reading the part / sentence about ...”
 - ◆ “Thank you for sharing.”





QUICK WRITE:

Why are you here?

What is the connection between writing and liberation?

Why should the “tyrant fear the poet?”

7 minutes

WRITING OUR OWN LIBERATION

The Healing Power of Writing

Writing allows us make sense of things.

When we don't know what to do, putting words on paper feels tangible.

...

When we don't feel like talking, writing lets us speak in a solitary way.

The page is a never-ending space for depositing our concerns and fears and hopes.

Melissa Tydell



“Every evenin', I have a by myself meetin'”

-Emcee Cappadonna on the album *Ironman*, in the song “Iron Maiden,”

Let's take some time for a **meeting with ourselves**. (15 minutes)

Write. Sketch. List. Unplug your mind & write from the heart.

- Your fears
- Your agency
- Your accomplishments
- What scares you? What angers you?
- What makes you feel secure? What comforts you?
- What helps you cope?
- Your support system
- Your ideal world
- Your hopes



BREAKOUT ROOMS:

**SHARE
RESPOND
LISTEN
APPRECIATE**