

## *Community and Self Care before the 2020 Election*

### *30 Days of Practice & Reflection*

*Written by Liz Miller, Pastor of Edgewood United Church UCC*

#### **30 Days: Sun October 4**

Trade news networks for the Good News. Fast from political news (online, tv, radio, and conversations) for one day a week until the election. Read the Book of Esther for a story of courage.

#### **29 Days: Mon October 5**

What is your voting plan? If you haven't already, finalize when, how, and where you will vote. Call a friend to share your plan and ask about theirs.

#### **28 Days: Tues October 6**

*TUNE IN TUESDAY* - Listen to a favorite version of "We Shall Overcome." Before the Civil Rights Movement, it was sung by Southern labor organizers. What music helps you feel connected to movements that came before you?

#### **27 Days: Wed October 7**

Weigh the pros and cons of tuning into tonight's VP debate. How does your body feel during and after these debates? How does your spirit feel after? How would you feel if you abstained from watching?

#### **26 Days: Thurs October 8**

Where in your body does tension or anxiety manifest? Draw your awareness to that place in your body; place a hand there if you are able. Visualize sending comfort and healing from your heart to your hand to the place where tension lives.

#### **25 Days: Fri October 9**

Many US residents are not able to vote: persons with felony convictions, children and youth, immigrants and refugees who are not yet citizens. Choose one population and imagine what issues might be important to them. How might you consider their needs when casting your vote?

#### **24 Days: Sat October 10**

What does it mean to be a "sore loser?" Recall a time you felt like you embodied that phrase. What emotions did that experience evoke? How did you treat people around you? What would you change if you could go back or what would you do differently next time?

### **23 Days: Sun October 11**

Trade news networks for the Good News. Fast from news (online, tv, radio, conversations) for one day a week until the election. Read Matthew 5:1-12.

### **22 Days: Mon October 12**

What is a justice issue you care about? Research an organization advocating for this issue. Volunteer to help, make a \$\$ donation, or talk about their work with someone you know to help further their mission.

### **21 Days: Tues October 13**

*TUNE IN TUESDAY* -Listen to "One Voice" by The Wailin' Jennys on Youtube/Spotify/Apple Music. Reflect on the power you have as an individual, and how that power transforms when we join with others.

### **20 Days: Wed October 14**

Reach out to someone you disagree with but value having in your life. Let them know you why you appreciate them and what their relationship means to you.

### **19 Days: Thurs October 15**

Weigh the pros and cons of tuning into tonight's presidential debate. How does your body feel during and after these debates? How does your spirit feel after? How would you feel if you abstained from watching?

### **18 Days: Fri October 16**

Being able to mourn with our body and our words helps us tap into the fullness of our humanity. If it doesn't come easy, it's time to practice grief. Grab a tissue box, tap into your tears from your deepest heartaches and suffering, and find your way back to your humanity.

### **17 Days: Sat October 17**

Recall a memory when you witnessed someone winning with humility and grace. What did that look like in practice? How did it impact the people around them? How might you practice that in your own life?

### **16 Days: Sun October 18**

Trade news networks for the Good News. Fast from political news (online, tv, radio, conversations) today. Read Jeremiah 1:4-19. How are you called to build and to plant? Where do you get your strength?

### **15 Days: Mon October 19**

Read an article from someone with a different lived experience or who holds different identities than you. What might they be feeling this election season? What issues might they be grappling with? How might your values bump up against or intertwine with theirs?

### **14 Days: Tues October 20**

*TUNE IN TUESDAY* - Listen to “Ella’s Song” by Sweet Honey In The Rock on Youtube/Spotify/Apple Music. Say a prayer of gratitude for the leadership and strength of Black women activists and organizers.

### **13 Days: Wed October 21**

What was the first presidential election you voted in? How did it feel casting your vote? What has changed for you? If this is your first presidential election, how do you feel about participating in the democratic process for such a powerful office?

### **12 Days: Thurs October 22**

Weigh the pros and cons of tuning into tonight’s final debate. How does your body feel during and after these debates? How does your spirit feel after? What self-care can you practice tonight?

### **11 Days: Fri October 23**

Certain elected positions are nonpartisan. What values do you vote with when you can’t rely on a political party for endorsement? Write to one or more nonpartisan candidates in your precinct to ask how they reflect those values.

### **10 Days: Sat October 24**

When you think of civic engagement, who is someone that has inspired you? If you are able, find a way to thank them and share the impact they made. It can be as simple as including their name in a prayer of gratitude.

### **9 Days: Sun October 25**

Trade news networks for the Good News. Fast from political news (online, tv, radio, conversations) today. Read Matthew 22:36-40. How are you called to live out these commandments in the midst of conflict?

### **8 Days: Mon October 26**

Knowing our history is imperative to change our future. Google “ACLU a History of the Voting Rights Act.” Explore their interactive timeline as you reflect on how access to voting shapes our country for several generations.

### **7 Days: Tues October 27**

*TUNE IN TUESDAY* - Listen to “All You Fascists” by Woody Guthrie (Billy Bragg if you have a punk rock spirit or The Bootstrap Boys if you like more twang!) Turn up the volume, sing along, and dance out any nervous energy in your body.

### **6 Days: Wed October 28**

Connect with a young adult in your life (your pastor knows a few if you need an introduction.) Ask about their concerns, hopes, and questions for this election. Actively listen and try to only add your own experience or stories if they are directly requested. If you are a young adult, practice the same with an elder.

### **5 Days: Thurs October 29**

Change starts at home - send a message to your Mayor or City Council introducing yourself and sharing one thing you love about your community, and one hope you have for its future.

### **4 Days: Fri October 30**

Check in with your body today. What needs tending? How does the state of your spirit impact your physical body? How might you offer your body care today by resting if is tired or moving if it needs strengthening? How might you *embody* love, starting with yourself?

### **3 Days: Sat October 31**

Reflect on a time in life when you had to be stronger than you thought possible. What gave you that courage? Who were your sources of support? What sources of resiliency do you have today?

### **2 Days: Sun November 1**

Trade news networks for the Good News. Fast from news (online, tv, radio, conversations) today. Read Micah 6:1-8. How might you answer God's call for justice, kindness, and humility?

### **1 Day: Mon November 2**

It is likely we will not have the final election results for quite some time. What is your care plan in the coming days and weeks? How will you fill the liminal space - the time in between - with love and hope?

### **Election Day: Tues November 3**

Today is going to be a surge of emotions, resist any impulse to go through it alone. Connect with your people. Call a friend. Write to someone you trust. Attend a local or virtual prayer vigil with your faith community.