



Who's ready for 2020?!

As we head into the next decade, many of us are already worn down, discouraged, and exhausted

and beyond. We are still feeling the freshness of the cries of "don't let this become the new normal!" from early 2017, while witnessing the bizarreness of it all come to pass. For many of us,

along with a sense of ease.

Healing Justice Podcast is building infrastructure to support the relational, emotional, and physical needs of folks committed to the work of social justice. HJP has curated the voices of leaders all over the world about how we can move through intensifying times with powerful focus, strength, grace, and victory. And the challenge of how to

prepare ourselves for 2020 felt deeply personal and political, emotional and tactical, spiritual and strategic.

That's why we at HJP reached out to Alicia Garza — principal at Black Futures Lab, co-founder of #BlackLivesMatter Global Network, and leader at National Domestic Workers Alliance and Supermajority — to guide us into the new year. Alicia partnered with HJP to create an audio/visual practice that is not just rooted in the individual, but guides us through articulating the political contributions we want to make in the coming year.

As Alicia shares in the podcast:

2020 is quickly approaching the 110s quickly

of our generation. For those of us who are working for social change, 2020 is an opportunity for a rematch, but it can also produce a lot of anxiety. There's a lot at stake with this upcoming election — not just for who is in the White House, but for the direction of this country for at least the next decade.

Anxiety, fear, sadness — those are all reasonable responses to a high stakes situation. What helps me navigate anxiety about the unknown, or the really scary things that are approaching, is to let my vision of being successful guide me towards what I actually need to do in order to be successful.



## Part 2: Writing Prompt

### Option One:

Think about what keeps you up at night or gives you anxiety. Now, imagine yourself feeling liberated, joyful, boundless with possibilities. As you begin a new decade and a new year, what might you accomplish in your wildest dreams? Describe the steps you would take to make this vision become your reality.

### Option Two:

Think about what makes you anxious or worried about living in America. Now, imagine yourself feeling free, safe, able to thrive. As you begin a new decade and a new year, what in your wildest dreams do you wish for your community or this nation? Tell us about the steps you would take to get you closer to realizing your dream.

## Guidelines

The writing guidelines below are intended to curriculum.

- Provide an original essay title.
- Reference the article.
- Pay attention to grammar and organization.
- Be original. Provide personal examples and insights.
- Demonstrate clarity of content and ideas.

Common Core State Standards:

This writing exercise meets several Common Core

and RI 9-10.2 for Reading: Informational Text. This standard applies to other grade levels. “9-10” is used as an example.



Our rubric should serve as a guide, not an unreasonable or rigid standard. You've probably encountered similar rubrics before, but here are two quick pointers for using ours:

	There is one clear, wellfocused topic. Main idea is supported by detailed information.	Main idea is clear, but the general.	Main idea is somewhat clear, but there is need for more supporting evidence.	
	Details are placed in a logical order and the way they are presented effectively keeps the reader's interest.	Details are placed in a logical order, but the way they are presented sometimes make the writing less interesting.		
	Formulates a thoughtprovoking, welldeveloped, and fairly original position on an issue.	Writer takes a clear position on an issue, though it is not developed fully.		
	and/or evidence that demonstrate understanding and insight.	Offers adequate – though perhaps vague or incomplete – supporting reasons and/or evidence.	Provides less than adequate or	
	Command of conventions exhibited. Creative word choice and varied sentence structure.	Correct use of grammar and conventions (for the most part).		
	Author's voice is strong and engaging. Draws reader in.	Writing attracts reader's interest. Author's voice shows engagement with the topic.		



After spending so much energy shrinking my personality, I hardly had time to look up and think about what I wanted to do. How do I get back to looking up and out into the world? I believe that this assignment has given me the chance to start doing just that. As I uncoil the past, undo the steps and remember the moments that quieted and contained me, stole my voice, and seized my





So, what in my wildest dreams do I wish for this nation? I wish for acceptance. I wish for understanding. I wish for kindness and an egalitarian mindset for all. I wish for the extinction of xenophobia and the predominance of support. I wish for a community in which I do not feel the need to prove I am not a threat, where my culture is not a trend, and above all else, where being me is enough. My wishes may seem far-fetched and on par with beauty queens claiming to want nothing more than world peace, but I am aware that I must make efforts on my own behalf and not simply put wishes out into the world.

dream by working with refugees and building bridges between them and other volunteers as both groups work together to create a safe space

belonging that I've craved for myself. I continue to make strides towards my dream by rejoicing in differences and staying open to immersing myself in new experiences without judgment. I continue











## “Can I Dream?” Maitreya Motel, grade 8

How do you dream in a nightmare? How do you solve a puzzle when half of the pieces have been stolen? I remember being barely twelve years old when the shooting happened at Parkland. My dad held onto me like I would vanish any second, sobbing while we listened to the news.

When you're 12 years old, you've thought about death a lot in theory, but rarely in a way that's grounded in reality. You normally aren't considering, “Oh, it could happen like this. Someone could have a gun and you could be in the bathroom at the wrong time. Someone could have a gun and your sixth-grade classmates could sneeze at the wrong moment. Someone could have a gun and shoot you. And you won't be able to say goodbye to your mom and dad or tell them how much you love them. When's recess?”

I guess kids used to dream about being movie stars and star football players and millionaires. Now, I look around and we're praying to make it through high school. And beyond that? Will the planet be liveable? Will our kids be okay? We want answers and guarantees. Are there any guarantees anymore? Our dreams are survival based. How much can you dream before waking up again?

But I do have a dream.

My dream is to have the luxury of dreaming.  
My dream is to live in a world where what matters

for us to be kids again instead of feeling like the future is on our shoulders. If I lived in this world, I could breathe again. Maybe, just this once, I'd get to sleep.