



We Govern: How Do We Go from Imagining A
World Without Violence to Building it?
Tuesday, December 8, 2020
11 AM-12:30 PM PT
2 PM-3:30 PM ET

TV: You can download the PowerPoint slides for this session here:
<http://www.preventconnect.org/wp-content/uploads/2020/11/WeGovern-December-2020.pdf>

TV: Experimenting, Learning, & Moving to a World Without Violence: An Introduction to the Resonance Network
<http://www.preventconnect.org/2019/06/experimenting-learning-and-moving-to-a-world-without-violence-an-introduction-to-the-resonance-network/>

Reimagining Gender for a World Without Violence: Art and storytelling led by Black organizers <http://www.preventconnect.org/2019/09/reimagining-gender-for-a-world-without-violence-art-and-storytelling-led-by-black-organizers/>

TV: Planting the Seeds to Build Communities: Stories of healing, connection, and prevention <http://www.preventconnect.org/2020/01/planting-the-seeds-to-build-communities-stories-of-healing-connection-and-prevention/>

(Re)Imagining a World Without Sexual Violence
<http://www.nationalsexualassaultconference.org/2020/07/25/reimagining-a-world-without-sexual-violence/>

TV: Text chat question: What is your vision for a world without violence?

SJ: One where everyone was free from fear

MG: I would love to be put out of a job. I want my job to be rendered unnecessary.

EA: A world where every child and family and community thrives

CCB: More schools with higher quality education.

KW: Everyone has their needs met and has the resources necessary to thrive

KM: Ubuntu

IO: Money that is not backed by the threat of violence.

AS: everyone has agency to choose their life and be their full selves

KJ: Mindful speech and deep and spacious listening

SM: Feeling safe to walk everywhere without any fear of someone hurting me.

AP: A world where everyone can live their best life!

DC: No more abuse in childhood.

KO: A world that where everyone's needs are met and exceeded.

AM: We take care of the most vulnerable populations and the environment.

AK: healthy, thriving communities.

KR: fair and just mediation.

SS: A world of kindness and empathy for everyone.

AS: Pro-active approach to conflict & communication. People feel safe speaking up, adding to community, etc.

TR: Peace.

I: One in which people are given teachings about how to be in conflict respectfully from an early age.

AC: Land stewardship by Indigenous Peoples.

MRP: No more prisons.

NC: education, housing, and healthcare for all.

AS: My vision is cooperative learning and teaching and acting. Mutual respect is the norm.

SA: everyone safe and secure and feed and sheltered.

SR: A world where everyone is valued just for being alive.

SH: one where communities are connected, inclusive to all, thriving.

RG: Safety, security, and respect for all.

JL: #LandBack

M: When people see themselves in others and love and respect themselves.

SE: Thriving families and communities.

LME: Autonomy for all and consent-based education from age zero on.

BE: access to land.

NB: One where every community member feels safe and is safe along with thriving and peace.

TVL: People feel supported and valued.

AA: Services for the incarcerated and perps to reform and break the cycle so that those in poverty and men can have support centers and help.

MU: A world where people are not stigmatized, we value people over materialism, and we welcome open, authentic discussion for healing...

MO: A world where we are all equal, one with Peace and respect.

PB: A world where everyone cares for each other and every child, every human being feels safe and loved.

ER: equity in opportunities.

KW: Reliance on each other (communities) and not the state.

DL: Restorative justice & community healing.

TR: A world full of safety, love, and ease.

AW: Freedom from fear.

SH: Families thriving in a healthy environment and learning healthy coping mechanisms to prevent childhood trauma and adult trauma.

BA: Families will be more unite.

DD: Abundance for everyone without asking.

DB: love, harmony, respect, safety, working together for the better good, egalitarian.

AF: In a world without violence I would not need to worry about whether families would have access safe places and resources for elders to meet the end of life with dignity and joy.

EB: A world where individuals are not discriminated against and victims of past violence do not have negative stigma.

NDT: a world where everyone is free from fear and allowed to be themselves.

IO: Opportunity to fulfill one's potential without threat of war, poverty, starvation.

KW: right relationship with planet, people, and community.

ASL: Where everyone makes choices on what benefits all, not just prioritizing themselves.

NB: Self-governing of communities.

CR: connection to past and future generations.

MC: A world where everyone is valuing the same.

DM: all children loved. all parents prepared. all parents have access to help and support. shared values knit is together.

TH: Where all people can access the healthcare, they need without worrying about discrimination.

NB: No police.

AA: services for male survivors of dv.

TR: No juvenile incarceration.

NB: No prisons.

MP: Healthy and equitable relationships between people, communities, the land.

BO: peaceful living, security, no more trauma and treatment.

AB: healing from colonization.

SM: Free up our energy to do so much more

LS: health insurance for ALL.

BM: Interdependence and Interconnectedness with love.

AA: reform for perps and help for poverty to break the cycle.

AM: Addressing violence at its core with a trauma focus first.

AC: No more debt.

CL: abolishing prisons and police.

IO: Recognition of the intrinsic value of all life.

AA: focus on living, not surviving.

JQ: Recognize and begin to heal the historical trauma our country has from colonization and white supremacy.

CL: investing in community and health.

BO: Long lasting and healthy relationships.

DP: Understanding of humanity!

BE: Reproductive justice — freedom to create the families we want, and abort when we choose.

NB: village builders.

LS: rebuilding without roots of oppression so that the damaging systematic elements are eliminated and replaced with just and equitable systems.

EH: More rights and protection for domestic violence survivors.

AC: Clean and free water.

PB: Peace and love experienced by all.

BE: we have the tools we need to be in principled conflict together.

CL: ending an extractive economic system and recognizing our symbiosis with the ecological system that sustains us.

PRY: respecting human rights.

BO: No more locked doors, alarm system,

TV: #WeGovern: <https://we-govern.org/>

ET: valuing children as gifts from the creator who must be treated with utmost respect, love and genuine care.

IO: Economic violence is a key part of all violence. It is either it directly, or amplifies it in other contexts.

SR: Mine disappeared trying to read the full answers.

SD: Loving this. Mutual Aid.

TV: The #WeGovern Principles are also listed on the #WeGovern website:
<https://we-govern.org/>.

AC: Thank you for the polling and sharing the results.

BW: They all resonated, really.

TE: <3 "I come from people of the long story".

AF: <3

AI: Ha ha! yessss

AF: yaaaasss! bougie aunties!

CL: Yes!!!

CH: yaaaasss high femme love

Y: Love my aunties! =)

NDT: Yas Bougie Aunties!!

TC: love :)

AB: YEEEESSSSSS!!!!

AJ: I come from the people who bake to share their love YES!! And I come from the people who adore Sarah Curtiss so much <3

L: +1 ^

BB: Loved that thank you!

AM: beautiful, thanks for sharing

TM: Sorry to have joined late. Clients in crisis...

S: that was such a beautiful way to explain who you are!!!

KL: Yes, we love Sarah and all her people!

MU: thank you so much for sharing... that was a wonderful, welcoming way to share your whole self.

VP: Namaste Queen.

CL: Thank you for that.

L: ☐ ☐ ☐

LS: stardust!!!

SM: These introductions are art.

AF: so beautiful

TC: Yes I agree Stephanie. I am so inspired!

CL: @Stephanie, agree

EB: Very well said

BM: Wow! Heartfelt thank you Sara, Me-Gyung, and Emanuel! So grateful for your poetic depth, whole wondrous selves!

KL: am super excited for this workshop! Simply Beautiful.

SH: thanks to all of you for sharing yourselves with us <3.

CR: Thank you for the heartfelt and most beautiful and inspiring introductions. Deep gratitude.

DP: We see you!

MU: Agreed with @Beckie - thank you all so much. what a warm and artful way to begin this conversation with our community.

BE: <333

VG: 🌟🌟🌟🌟🌟

M: You do have a beautiful voice! That warmed my heart.

TV: Chills!

L: YES! <3.

ED: ^^

CW: I am so grateful for this story.

NDT: ☺

CL: <3

LM: Thank you!

BB: Wow!!

SH: chills and tears...thank you Sarah <3

JR: Thank you

Y: THANK YOU!

DW: Wow.

LM: Wow thank you so much!

TV: Text chat question: What am I learning from the warrior grandmothers in my life?

KW: Thank you so much for sharing!

SA: Beautiful

SJ: Thank you for sharing!

CH: knitting blankets for strangers <3

DP: A different world is possible.

DD: The story is unfinished. And I play a part in it

EB: Omg being with the feeling of making sure ALL OF US are together to govern together

AC: Unconditional love

AH: Be fearless. Take care of others.

SJ: Faith and caring... kindness

LM: Feeding everyone!

NC: adaptability, resilience, the art of checking on your people.

KL: I have a voice. My voice is important! I am a healer.

KW: Keeping us fed!

AS: Doing a mural to honor them in our city!

AP: Food is love.

AC: Food is love.

TV: Sharing baked goods is sharing love.

AJ: See the gifts in each of us and do everything we can to create the conditions for people to step fully into their gifts.

LH: Believe in magic.

EB: Change takes patience.

CW: I am learning to be brave and braver in service of a world for all of us.

SM: Healing food.

ED: Moving to Love, Joy, and Spirit is the most radical thing we can do.

ET: such strength comes from our ancestors!

RA: Choosing joy is courageous

BE: Showing up with meals and power cords for someone who just moved is how we love and care.

SM: Strength, joy, unconditional love.

TC: perseverance.

SD: Grow food.

BO: I agree you have a beautiful voice. We all have the responsibility for peace and love for all.

SS: Speak up!

TE: All of our gifts are needed <3

JS: Family isn't limited by blood.

CG: have the backs of those you love

PB: To be Strong, and fear no one. Love your people unashamedly.

MB: Being unique and unapologetic.

DW: Family is what you make it.

M: Enjoy being pretty, but know that kindness makes you beautiful. Keep a song in your heart and eat strawberries!

CCB: Investing in our youth and elders.

MC: strength.

L: Connection.

S: We are treasures.

SR: Our ancestors put us exactly where we need to be.

MS: Breaking curses and trauma one generation at a time.

TM: Yell into the wind so your voice is carried far afield.

SH: welcoming the unwelcomed.

KW: The resilience of picking up your family and moving cross country for survival.

JM: I am my ancestor's wildest dreams--and I have a responsibility to share their stories.

AM: Legacy is important and knowing who we are will guide it.

BM: Even a brushstroke is breath, meditation, sharing with community.

PC: Fighting for what you believe is hard but it has rewards.

DB: breaking down the barriers.

LM: Tenderness is a root so deep and wild and alive, in us and in everything around us

BO: Be proud of yourself and your background.

CL: when we sing together, we heal together.

DW: Home is where you are & who you create it with...

SM: Make a chain - we all carry a part collectively.

IO: Humor is a strength.

I: even if I am afraid, sing anyway, cry anyway, risk comfort anyway.

BMS: Showing us our gift.... and how to be content and happy...that may not be in step with the world's norm

JMT: will there be a certificate of completion?

TV: Yes, a certificate of completion is available at the end of the post-web conference survey. You will receive an email with a link to the survey at the end of the web conference.

BO: your virtual background is amazing.

LM: We can't see ourselves, so that's what Zoom is for ;-)

MB: I love these stories—deeply moving and relatable. Thank you for sharing <3.

EB: It is amazing to think about that Care can end cycles of violence, even if we are those who cause harm.

AF: <3

SM: Beautiful; inspiring. Thank you.

TV: Text chat question: What are your own ways that you have practiced collective care and connectedness?

SH: thanks, so much for your sharing.

AS: nonviolent communication.

BO: Thank you very much this is amazing.

KL: Thank you Angela.

KW: Practicing radical compassion and empathy. To others AND myself.

S: Listening.

ED: Humor, gift giving, listening and telling stories.

CH: care baskets for friends of friends I hear about.

CG: cooking and eating a meal together.

TC: listening to others.

AF: Practicing grace and forgiveness with myself when I have caused harm has gone a long way in expanding my compassion for others when they do so. This feels

like an interruption of violence — beginning with interrupting my violent responses to myself.

EB: It's okay we all have technical difficulties.

CR: showing up for planning board meetings in my community (esp. re: land use decisions that are putting us at risk.).

AC: What are the ways I practice collective care or connectedness?

BMS: I turn to the arts...singing, knitting scarfs during conference calls for others, writing in a women's circle.

LM: Compassionate honesty.

SS: overthrow capitalism.

BM: Thank you Me-Gyung ☺ Fierce Beauty!

DB: learning, listening.

EB: Practice patience and understanding.

I: Non-violent Communication practice group and in daily life.

SH: trusting my chosen fam to support me...and reaching out to them for help rather than isolating.

S: empathy.

CCB: Beadwork.

DP: Safe housing for my loved ones.

MP: Accountability as an act of love- for self and others.

MU: connecting with caring people

JQ: Empathy, checking in, listening.

SS: Be brave.

KL: Music.

CL: cooking for myself and others, getting in touch with my body.

I: art making, smudging.

AM: Honesty and boundaries.

BE: Access to land and water.

EA: Storytelling spaces.

KL: Dancing.

SJ: learning from others and supporting others.

DD: I sleep.

EB: YES Empathy!!!!

KW: Recognizing that people, experiences, etc. are more nuanced than we think, so giving room for grace, radical empathy, and compassion is crucial.

MB: Being deeply connected to a village—either my people who make up my metaphorical village or the people who live close to me.

AL: Checking in with my family and loved ones.

AK: Feeding others.

SM: Art: Music, ceramics, beading.

M: make music, practice qi gong, snuggle my dog, walk with the trees.

CR: tending our home as a sanctuary.

KL: Yes, storytelling.

LA: empathy.

AC: Going slow.

TH: Getting a hug from a friend.

KL: Food.

S: knowing my neighbors.

GB: creating space for rest and slowness.

HG: Meditation and setting boundaries; even when it's uncomfortable, SELF CARE.

TM: quilting with a group of other women.

SM: Prayer.

CW: Daily practices that allow me to be and offer peace.

TE: Understanding, that when I cause harm to others, I also cause harm to myself—it means tending to the harm I cause myself with love and compassion so that I can show up with meaningful repair to those I have harmed <3.

NDT: truth, empathy, grace.

BM: Be in community who practice praise and belonging.

PB: Doing things for others and chatting with my close friends.

DB: a nice warm cup of tea and self-care.

JR: taking the time to be in my body and aware of my surrounding/ nature/ my position on earth.

LM: Sharing food, recipes, memes, book/movie suggestions. Only with consent!

EH: Knowing that everyone is being educated on empathy to others.

KW: Of thinking about how differently I would answer this question before the pandemic compared to now.

SM: walks.

BE: Healing to check my projections — presence and mindfulness to know when current conflict is not past harm.

S: my family.

AB: Baking, knitting, staying connected to myself, sewing, including others, walking/being in nature.

BO: listening, connecting with family and friends, laugh a lot and self-reflection.
CCB: Love this. This has been good "medicine" for me.

MG: Taking care of my skin and the act of washing my face is very calming for me.

AC: We are each other's harvest.

TH: Sitting with the walnut tree.

TH: Spending time with my cats.

JM: Cosign what Alexis said...

KW: Yep, yep, yep Alexis!

AF: My wholeness, freedom and wellbeing and yours are all tied together! -
Emanuel Brown.

SH: YESSS.

NDT: Yes!!

AF: PREACH!!! "Interdependence requires our autonomy!"

AV: YESSSSS!!!!

MU: yes. I love that.

MU: thank you for this metaphor!

AM: Interdependence yes.

KW: RIGHT.

AS: "The species in which peace and mutual support are the rule, prosper, while the unsociable species decay." - Pyotr Kropotkin.

BM: Yes! Thank you Emanuel! Interdependence inside our whole selves as well as among our community circles.

TR: I love that. Interdependence doesn't require you to sacrifice yourself.

LM: This is why interdependence is rooted in community connectivity and care and relationship building.

KW: Yesss!

KW: YES!!!

AN: Aqua energy ☺

KW: Preach it, Emanuel!

CL: wow i love that

VG: ☺☺☺☺☺☺

LM: Thank you!

SH: thank you!! <3

JQ: Thank you all so much

TV: Amazing, Emanuel!

LM: Thank you!

CR: Many thanks.

TV: Text chat question: What is one action you can take today to build a world without violence?

BB: What is the name of the place

KR: thank you

PB: Thank You Wow!

EB: Acorn Center for Restoration and Freedom www.acorncenter4freedom.com

SR: Thank you all!

AC: Practice the rigor of aligning my actions and choices with values.
KR: VOTE.

AN: Forgiveness in moving forward.

TM: Wear a mask in a very red state.

TV: Yes Angela ^^.

SH: remember to breathe and pause.

TV: *Me-gyung.

DD: Question my intentions.

CW: Hold space for people to be in loving connection with self and with each other.

ER: Focus on healing and interdependence.

DW: Defining my idea of self-governance.

AC: Interrupting punishment practice with myself and loved ones.

AK: Find new ways to build connection and interdependence in my community.

AL: Respect the land.

CL: getting clear on and naming my own boundaries, communicating them so that others can know how to best be there for me and i can realize how to show up for myself first so that i can show up for others.

ED: Love self and others with all my might.

CR: Hold compassion for myself and others on this journey.

M: Think about my ancestral wisdom.

S: Listen to others.

PB: Amen! Wear your mask regardless to the color of your state.

TR: Empathy and listening.

AJ: Think about where I have abundance I can share.

SM: Purchasing Power: Buy local, support Women Owned BIPOC and LGTBQ businesses.

DB: always being a kindhearted human being.

SJ: Releasing eh genuine me.

LM: Build accountable and authentic relationships with unhoused communities.

LM: Keep supporting children.

AC: @Pat love that.

JR: to not take things personally/ pause when I feel defensive.

AS: Participate in direct democracy with others.

BMS: I loved the idea relationship is the foundation. And offering comes from my abundance. The land is...

NDT: remembering that humans are human because it's hard to hate a human!

GB: budget for reparations-- financial/material and internal/emotional!

TH: Make additional donations to local community care funds.

RM: Great presentation!!!! Thank you.

LA: have compassion.

BM: Every move, action with peaceful practice and power of love.

AM: Loving others, meaning being kind despite their behavior because it reflects your effort to put forth goodness into the world and never know how much someone needed your kindness today.

LM: "Get brave".

JQ: Thank you for sharing these stories and practices.

NB: practicing self-love and self-compassion will help you love others.

JM: Dang, Sarah....that's deep.

TH: Keep challenging myself to connect meaningfully with people.

ET: I enjoyed the presentations thank you for sharing your introductions and expressing concern for the world. Thank you for sharing your positive energy. I loved how everyone connected to the world. I think it is very important to share this love and energy.

Y: Uff! Thank you so much for that!

TH: Much gratitude to all of the panelists!

SM: Thank you so much!!

EB: Failure is required for us to get there!

MG: Thank you to everyone! This was very inspiring.

LM: This was wonderful and so needed in both my personal and professional life. It's all interconnected!

NF: Thank you everyone for all these beautiful stories of inspiration!

BM: Gratitude and Love Onward, Emanuel, Me-Gyung, Sarah, David, Alexis, and all here!

MM: Thank you all so much, this was wonderful. Grateful to have shared this space with you all <3

KW: Thank you, everyone!

SH: deep appreciation for each of you

PB: Let's start one second at a time. One hour at a time. One day at a time, one week at a time. One month at a time. One year at a time. One person at a time. It will lead to one family at a time, and spread to one community at a time, until it goes to one State at a time, then one country at a time, to our world that we get to live i.

TV: #WeGovern: <https://we-govern.org/>

CR: Thank you, all, so much. Deep gratitude.

JM: Much love to you all.

SH: Thank you all.

NDT: fail fast to get back to the work

ED: Love and appreciation to you all. I'm brimming over with joy and possibility.

JR: definitely want to watch this again, so much amazing wisdom and food for thought to process.

AV: Thank you everyone! My soul was fed well! Much gratitude.

LM: where can we access the recording of this? (So we can watch 20 more times).

AB: So grateful. Miigwech. Thank you.

CL: Thanks so much for providing this space.

AH: Thank you for this reminder about a world without violence! And that it can happen!

AE: My soul is well after this. Thank you for this space and community. Love to you all.

TV: #WeGovern: <https://we-govern.org/>

AW: TU all. this was excellent

BO: thank you all for sharing your stories with us. I really enjoyed it.

VP: Thank you so much for this event

ET: Thank you for your positivity have good rest of your week! I enjoyed this very much.

CW: Thank you!!

EB: Thank you all for your listening, engagement and presence. You can learn more @blackevolution215 @acorncenter4freedom www.acorncenter4freedom.com www.emmanuelbrown.com