



**COMMUNITY
HEALING
NETWORK**
SM
Building a Grassroots Movement for the
Emotional Emancipation of Black People

COMMUNITY HEALING DAYSSM TOOLKIT



valuingblacklives@communityhealingnet.org



www.communityhealingnet.org

#DefyTheLie
#EmbraceTheTruth
#FlourishWhileBlack

Reigniting Our Imaginations

**2019 COMMUNITY HEALING DAYS
OCTOBER 18, 19, 20**



Take a day to heal from the lies you've been told and the ones you've told yourself.—Dr. Maya Angelou, Founding Chair, CHN Board of Advisors

Our **vision** is a world in which all Black people have moved beyond surviving to flourishing, and are enjoying life in all its fullness, in body, mind, and spirit.

Our **mission** is to mobilize Black people across the African Diaspora to heal from the trauma caused by centuries of anti-Black racism, to free ourselves of toxic stereotypes, and to reclaim our dignity and humanity as people of African ancestry.



Community Healing DaysSM

The annual celebration of Community Healing Days was launched by CHN in 2008 to put “time for healing” at the top of the Black community’s agenda. We were inspired by the words of Dr. Maya Angelou to focus on healing from the “lie” that Black people are inferior.

The Purpose of this Tool Kit

Reigniting Our Imaginations is our theme for Community Healing Days 2019. Our purpose is to popularize and give shape to the wonderful idea of “Black Flourishing,” so that we can see ourselves in a whole new light by the year 2020. The prompts in this Toolkit are designed to help you host healing conversations and events on October 18, 19, and 20. The aim is to create opportunities to celebrate the humanity of Black people and to envision a future completely free of the lie— with our families, friends, and co-workers. Simplicity is the key. Feel free to organize healing conversations and activities for one, two, or all three days of the 2019 Community Healing Weekend.

Who Should Use the Toolkit?

People of African ancestry across the Diaspora.

Be Together

The lie of White superiority and Black inferiority was designed to divide and conquer. Whenever we come together to Defy the Lie of Black Inferiority and Embrace the Truth of Black Humanity, we engage in a truly radical act. Being together is the first important step toward healing. Be together.



Celebrate
Community Healing Days 2019
October 18, 19, and 20

Join us responding to Dr. Maya Angelou's
Call to Wear Sky Blue

To Show Our Collective Determination to
Turn the Pain of the Blues into the Sky Blue
of Unlimited Possibilities

[#communityhealingdays](#)

[#WearSkyBlue](#)

WHAT WOULD BE DIFFERENT ABOUT HOW WE SEE OURSELVES?

WHAT WOULD BE DIFFERENT ABOUT OUR RELATIONSHIPS?

WHAT IS YOUR DEFINITION OF BLACK HUMANITY?

WHAT ARE YOUR FAVORITE BLACK IMAGES IN MEDIA? WHAT'S MISSING?

WHAT DOES BLACK FUTURISM LOOK LIKE TO YOU?

What does Black Flourishing Look Like?
CONVERSATION STARTERS

DID YOU HEAR ABOUT THE VALUING BLACK LIVES SUMMIT?

WHITE SUPREMACY IS DEAD. YOUR FUTURE IS _____ ?

WHAT DID YOU LEARN AT THE VALUING BLACK LIVES SUMMIT?

IF BLACK PEOPLE COLONIZED MARS WHAT WOULD IT LOOK LIKE?

WHAT DO YOU LOVE ABOUT YOUR BLACKNESS?

ENVISION AN AFRICAN FUTURE... NOW DESCRIBE IT.

WHAT IS YOUR DREAM?

“We have a beautiful history, and we shall create another in the future that will astonish the world.”--Marcus Garvey

REIGNITING OUR IMAGINATIONS: MORNING

MORNING ACTIVITIES

1. A healing cup of coffee with a friend
2. Hop to IHOP with a friend
3. Share an uplifting quote via email, text, or social media using [#CommunityHealingDays](#)
4. Breakfast Circle (w/ blueberry muffins)
5. [Healing Walks](#): take a stroll with a friend or two before work.
6. Wear an article of clothing that is sky blue: tie, lapel pin or brooch, shoes, earrings, nail polish, a scarf, or a carnation (post pictures on social media with [#communityhealingdays](#), [#WearSkyBlue](#))
7. Wear sky blue in solidarity.
8. Your idea(s)

“Freeing yourself was one thing. Claiming ownership of that freed self was another.”—Toni Morrison



“We have a beautiful history, and we shall create another in the future that will astonish the world.”--Marcus Garvey

REIGNITING OUR IMAGINATIONS: MID-DAY / AFTERNOON

MID-DAY / AFTERNOON HEALING ACTIVITIES

1. **Healing chats** during a 15-minute break with a co-worker or two
2. **Healing Lunches**: picnic in the park or at a nearby restaurant
3. Wear an article of clothing that is **sky blue**: tie, shoes, earrings, nail polish, a scarf, or a carnation (post pictures on social media with **#communityhealingdays, #WearSkyBlue**)
4. **Healing Walks**: take a stroll with a friend and talk.
5. **Wear Sky Blue** in solidarity.
6. **Your idea(s)**



“And we are beautiful.”--Kwame Ture

“We have a beautiful history, and we shall create another in the future that will astonish the world.”--Marcus Garvey

REIGNITING OUR IMAGINATIONS: EVENING / AFTER WORK

EVENING / AFTER-WORK HEALING ACTIVITIES

1. Healing Happy Hour with friends
2. Healing Movie or Documentary Night
3. Host a Sky Blue Potluck where everyone brings food that is blue or contains sky blue in it. Example: blue corn chips with dip or blue sorbet.
4. Wear an article of clothing that is sky blue: tie, shoes, earrings, nail polish, a scarf, or a carnation (post pictures on social media with #communityhealingdays, #WearSkyBlue)
5. Healing Walks: take an evening stroll, or walk your dog, with a friend and talk.
6. Wear Sky Blue in solidarity.
7. Your idea(s)



“Things are working out...towards their dazzling conclusions.” –Ama Atta Aidoo

COMMUNITY HEALING DAYSSM

DEFY THE LIE. EMBRACE THE TRUTH. FLOURISH WHILE BLACK.



“Take a day to heal from the lies you’ve been told and the ones you’ve told yourself.—Dr. Maya Angelou, Founding Chair, CHN Board of Advisors

The annual celebration of **Community Healing Days** was launched by Community Healing Network in 2008 to put “time for healing” at the top of the Black community’s agenda. It was inspired by Dr. Maya Angelou’s call to “take a day to heal”—and is focused on healing from the lie that Black people are inferior. This year’s theme is ***Reigniting Our Imaginations***.

JOIN US FOR A HEALING CELEBRATION OF BLACK HUMANITY

- ❖ Healing Activity:
- ❖ Date:
- ❖ Location:
- ❖ Contact:

COMMUNITY HEALING NETWORK

COMMUNITY HEALING DAYSSM 2019: 30 SEC PSA

“Take a day to heal from the lies you’ve been told and the ones you’ve told yourself.” These words from Dr. Maya Angelou inspired the annual celebration of Community Healing Days to put time for healing from negative stereotypes at the top of the Black community’s agenda. Join us on October 18, 19, and 20. Wear Sky Blue to show your determination to turn the pain of the blues into the sky blue of unlimited possibilities. For more information, visit communityhealingnet.org.

QUICK TIPS FOR PROMOTING VIA SOCIAL MEDIA

1. Create posts on your Facebook, Instagram, or Twitter accounts and share them with your followers. Use the messaging in this Toolkit and your EEC materials for your posts.
2. Follow CHN on Facebook, Instagram, or Twitter and reshare our posts.
3. “Like” and/or comment on CHN’s posts on Facebook, Instagram, or Twitter.
4. Post pictures or videos of your healing activities on your social media platforms.
5. Use **#communityhealingdays** and **#WearSkyBlue** on all your posts.

COMMUNITY HEALING NETWORK

SAMPLE OF MAYORAL PROCLAMATION

SUPPORTING THE CELEBRATION OF COMMUNITY HEALING DAYSSM

WHEREAS, in July 2008, the House of Representatives of the United States adopted a resolution acknowledging that “African–Americans continue to suffer from the complex interplay between slavery and Jim Crow—long after both systems were formally abolished—through enormous damage and loss, both tangible and intangible, including the loss of human dignity, the frustration of careers and professional lives, and the long–term loss of income and opportunity;” and

WHEREAS, the House further acknowledged “the fundamental injustice, cruelty, brutality, and inhumanity of slavery and Jim Crow,” and apologized “to African–Americans on behalf of the people of the United States, for the wrongs committed against them and their ancestors···;” and

WHEREAS, in June 2009, the Senate of the United States also adopted a resolution acknowledging that “African–Americans continue to suffer from the consequences of slavery and Jim Crow laws—long after both systems were formally abolished—through enormous damage and loss, both tangible and intangible, including the loss of human dignity and liberty;” and

WHEREAS, the Senate further acknowledged “the fundamental injustice, cruelty, brutality, and inhumanity of slavery and Jim Crow laws,” and apologizing “to African–Americans on behalf of the people of the United States, for the wrongs committed against them and their ancestors···;” and

WHEREAS, in September 2008, the Community Healing Network issued a Call to Healing and Renewal urging all Black people to recognize the continuing harm done by enslavement and Jim Crow, especially through the creation and propagation of the myth of Black inferiority; and

WHEREAS, the Call to Healing and Renewal urged people everywhere to observe Community Healing Days, on the third weekend of every October, to celebrate healing for Black people and to focus on the work needed to overcome the myth of Black inferiority; and

WHEREAS, the United States House and Senate resolutions and the celebration of Community Healing Days promote the cause of racial healing, reconciliation, and justice; and

WHEREAS, [CITY/STATE] seeks to advance the cause of racial healing, reconciliation, and justice;

NOW, THEREFORE, I [NAME AND TITLE], do hereby proclaim the third weekend of every October, Friday, Saturday, and Sunday, as Community Healing Days, in [CITY/STATE].

COMMUNITY HEALING NETWORK

SAMPLE PRESS RELEASE FOR COMMUNITY HEALING DAYSSM

FOR IMMEDIATE RELEASE

October ____, 2019

For More Information:
Contact

_____ Announces Plans for Celebration of Community Healing DaysSM 2019
To Focus on Healing and Wellness in _____'s Black Community

(City, State) _____ will join with people in Black communities across the country and the world on October 18, 19, and 20, 2019, for the 12th annual celebration of Community Healing DaysSM by sponsoring INSERT DETAILS OF LOCAL ACTIVITY HERE. Launched in 2008 by Community Healing Network, Inc. (CHN), Community Healing Days is an annual observance, on the third weekend of every October, designed to put “time for healing” at the top of the Black community’s agenda.

Inspired by the words of Dr. Maya Angelou, founding chair of CHN’s Board of Advisors, “take a day to heal from the lies you’ve been told and the ones you’ve told yourself,” Community Healing Days are focused on healing from the lie that Black people are inferior. “With the rise of White supremacy and the persistent challenges to the integrity and humanity of Black people,” said Enola Aird, founder and president of CHN, “we must improve our emotional preparedness. This annual observance is aimed at raising awareness about how the lie continues to adversely affect us and our children, and how we can free ourselves and heal from it once and for all.”

This year’s Community Healing Days celebration comes on the heels of the 2019 Valuing Black Lives Summit held on August 20–22, 2019, in Richmond, Virginia, in observance of the 400th anniversary of the first recorded forced arrival of Africans in the United States. Participants in the Summit came together to declare their freedom from the lie— in order to draw the line between a past shaped by the lie of Black inferiority and a future defined by the truth of Black humanity.

According to Denyvetta Davis, chair of CHN’s Outreach and Community Engagement Committee, “We are continuing that work by establishing local organizing teams (OTs) across the U.S and around the world that will advance CHN’s mission.”

The theme of this year’s Community Healing Days celebration is “Reigniting Our Imaginations.” Local organizations will be hosting healing conversations focused on imagining a future in which Black people are able to flourish.

ADD MORE INFORMATION ON LOCAL ACTIVITY AND TWO APPROPRIATE QUOTES FROM LOCAL LEADERS

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COMMUNITY HEALING NETWORK

PLEDGES FOR TEXT AND EMAIL MESSAGES

DEFY THE LIE AND EMBRACE THE TRUTHSM

I pledge to act to:

- Honor our ancestors and our children
- Defy the lie of Black inferiority;
- Embrace the truth of Black humanity;
- Emancipate my mind and my spirit;
- Make “emotional healing” a priority;
- Build the movement for emotional emancipation in my family and community; and
- Wear Sky BlueSM to show my commitment.

ZULU PERSONAL DECLARATION

I

I am

I am alive

I am conscious and aware

I am unique

I am who I say I am

I am the value UQOBO [essence]

I forever evolve inwardly and outwardly in response to the challenge of my nature

I am the face of humanity

The face of humanity is my face...

COMMUNITY HEALING NETWORK

JOIN THE MOVEMENT

Take the Pledge to Defy the Lie at communityhealingnet.org or by texting IDEFY to 228-28.



CHN is addressing a global problem developed over the course of nearly 600 years.

In today's political climate, with increasing assaults on the well-being and lives of Black people around the world, this work is urgent.

We must be emotionally prepared to meet the challenges before us.

LEGAL NOTICES: *Community Healing Days, Global Truth Campaign and Tour, Defy the Lie, Embrace the Truth, Flourish While Black, Emotional Emancipation Circles, EE Circles, and all related Community Healing Network copyrights, marks and logos are copyrights and service marks owned exclusively and stewarded by Community Healing Network, Inc., and may not be used for any purpose whatsoever without CHN's written permission. Any use of these or any CHN marks must be accompanied by an SM superscript, together with a clear statement of CHN's ownership of the marks and a statement that such local hosts, organizers, and facilitators of Community Healing Days are independent of, and are not employees, agents, partners, joint venturers, or corporate affiliates of Community Healing Network.*