



## *Taking America Beyond The Legacy of Enslavement*

To our CTTT-RVA family, friends and partners

*There is nothing like a global health crisis to remind us we are all  
one family, one humanity and one race.*

Therefore, after much debate on how we could safely gather while being mindful of the current public health challenge, Coming To The Table-RVA will be cancelling all public gatherings and events slated for next week, the duration of March and thereafter until further notice. Please see the following message from our leadership team:

We just want to say that **we love you all** and want you to stay well. So here are a few things we want to share with you:

- For all events and especially when food is being served,
  - **Wash your hands** when you arrive and after eating or using the restroom (always!)
  - Use **hand sanitizer as a back-up** in between hand washings
  - **Avoid touching your face**
  - Rather than shaking hands or hugging (it's just for awhile, not forever!), **bump elbows or use "Namaste" or jazz hands when greeting**
  
- **If you are not feeling well, please STAY HOME** and if you are a part of a vulnerable group, or live/work with someone who is, you may want to consider staying home from large gatherings in particular and keep your distance from others when in a group until public health authorities tell us otherwise.
  
- If you find yourself feeling anxious or worried about any of this, try practicing calming techniques such as mindful breathing, prayer, meditation, or phoning a friend, family member or clergy who is a non-anxious presence in your life. Spending a little time in nature or with a pet and away from TV or social media

each day can really help! Call one of our fabulous facilitators or members of the leaders circle of CTTT-RVA for support.

This is a **constantly evolving public health situation**, so please check in with us via email [info@comingtothetable-rva.org](mailto:info@comingtothetable-rva.org) or by looking at our website [www.comingtothetable-rva.org](http://www.comingtothetable-rva.org) prior to leaving to participate in our events, to be sure they are still occurring, or to see if there is some modification announced.

We are in the process of crafting other ways to “gather” electronically to keep our CTTT family members informed and engaged in social justice topics such as online forums with links of interests and Zoom Meeting conferencing.

### **AND we are interested in hearing from you!**

Many of us are using this time for great reflection, asking the big questions and deciding how we can make a difference in small ways. Last night on the stage at Martin Luther King Jr Middle School at an event sponsored by Initiatives for Change and Richmond Public Schools, social justice advocate [Fania Davis](#) said,

*“We all are responsible for creating conditions for change.”*

This is our question to you - how are you *creating conditions* for the change you want to see in the world? In your communities? We are hoping you will take time to interpret the quote and share your response with us (and hopefully allow us to share it with others) at [info@comingtothetable-rva.org](mailto:info@comingtothetable-rva.org)

Thank you and remember we are in this together! Wishing you abundant health.....

Asé!



CEO of Programming  
Coming To The Table-RVA