



**NCJW SACRAMENTO**

## Healing Huddles

## Healing Words

On the Sunday after the inauguration, NCJW sponsored a support group for women interested in processing the last few years of pandemic pressures, civic unrest, and mental anguish.

At these Healing Huddles we moved ourselves toward recovery by prioritizing our need for self care, processing our feelings, and identifying our needs.

We learned and practiced Non-Violent Communication (NVC). Founded by Dr. Marshall Rosenberg in the 60's, NVC has become a proven method for diffusing tensions in conflict zones around the world. Practicing empathy for oneself and others opens the door to a new way of relating and helps dissolve notions that pit us against one another.

Our ultimate mission was to confront the polarization of America. We looked specifically at the attack on Congress and the increased violence in our world, at the 70,000 people who still think the election was stolen, and at those who refuse(d) to practice COVID-19 prevention strategies.

Our next step is to work with *Braver Angels* (<https://braverangels.org> and [braverangelssac.com](https://braverangelssac.com)) The mission of *Braver Angels* is to heal the wounds between right and left, to restore trust, and to look for common ground and ways to work together with people with whom we disagree.

Uplifted by Healing Huddles, participants offer the following "Healing Words" for you, intended to inspire, nurture and motivate.

*Theodora Wilner*, Facilitator of Healing Huddles

*May the One who makes peace in the heavens give us courage and resilience to make peace amongst our communities, our nations, and our world.*

*May the anguished learnings of (last) year lead to building better access for people on the margins of community.*

*May the memory of (last) year spark a revolution within us to build a stronger, more just and loving world, and*

*May we know the privilege we hold of being alive.*

From "A Kaddish for 2020"

By Rabbi Lily Solochek, Kohenet Shamirah,  
Rabbinical student May Ye, Rabbi Emily Cohen,  
Rabbi Raysh Weiss, Rabbi Noam Lerman

*Submitted by Beryl Michaels*

# Healing Huddle Participants and Contributors to this Inspiration Guide



Not pictured: *Lori Hermann, Beryl Michaels, Donna Skelton*

## The Hill we Climb *by Amanda Gorman*

When day comes we ask ourselves,  
where can we find light in this never-ending shade?  
The loss we carry, a sea we must wade.  
We've braved the belly of the beast,  
We've learned that quiet isn't always peace,  
and the norms and notions  
of what just is, isn't always just-ice.  
And yet the dawn is ours  
before we knew it. Somehow we do it.  
Somehow we've weathered and witnessed  
a nation that isn't broken, but simply unfinished.  
We the successors of a country and a time  
where a skinny Black girl  
descended from slaves and raised by a single mother  
can dream of becoming president only to find herself reciting for one.  
And yes we are far from polished. Far from pristine.  
But that doesn't mean we are striving to form a union that is perfect.  
We are striving to forge a union with purpose,  
to compose a country committed to all cultures, colors, characters and  
conditions of man. And so we lift our gazes not to what stands between us,  
but what stands before us.  
We close the divide because we know, to put our future first,  
we must first put our differences aside. We lay down our arms  
so we can reach out our arms to one another. We seek harm to none and  
harmony for all. Let the globe, if nothing else, say this is true,  
that even as we grieved, we grew, that even as we hurt, we hoped,  
that even as we tired, we tried that we'll forever be tied together, victorious.  
Not because we will never again know defeat, but because we will never again  
sow division. Scripture tells us to envision  
that everyone shall sit under their own vine and fig tree  
and no one shall make them afraid. If we're to live up to our own time,  
then victory won't lie in the blade. But in all the bridges we've made,  
that is the promise to glade, the hill we climb. If only we dare.  
It's because being American is more than a pride we inherit,  
it's the past we step into and how we repair it.  
We've seen a force that would shatter our nation rather than share it.  
Would destroy our country if it meant delaying democracy.  
And this effort very nearly succeeded.  
But while democracy can be periodically delayed,  
it can never be permanently defeated.  
In this truth, in this faith we trust. For while we have our eyes on the future,  
history has its eyes on us. This is the era of just redemption  
we feared at its inception.  
We did not feel prepared to be the heirs of such a terrifying hour  
but within it we found the power to author a new chapter.



To offer hope and laughter to ourselves. So while once we asked, how could we possibly  
prevail over catastrophe? Now we assert,  
How could catastrophe possibly prevail over us?  
We will not march back to what was, but move to what shall be.  
A country that is bruised but whole, benevolent but bold, fierce and free.  
We will not be turned around or interrupted by intimidation,  
because we know our inaction and inertia will be the inheritance of the next generation.  
Our blunders become their burdens. But one thing is certain, If we merge mercy with  
might, and might with right, then love becomes our legacy, and change our children's  
birthright. So let us leave behind a country better than the one we were left with.  
Every breath from my bronze-pounded chest,  
we will raise this wounded world into a wondrous one.  
We will rise from the gold-limbed hills of the west.  
We will rise from the windswept northeast,  
where our forefathers first realized revolution.  
We will rise from the lake-rimmed cities of the midwestern states.  
We will rise from the sunbaked south.  
We will rebuild, reconcile and recover. And every known nook of our nation and  
every corner called our country, our people diverse and beautiful will emerge,  
battered and beautiful. When day comes we step out of the shade,  
afire and unafraid, the new dawn blooms as we free it.  
For there is always light,  
if only we're brave enough to see it.  
If only we're brave enough to be it.

## Articles

•**From Brokenness to Holiness: Engaging the Creative Mind to Heal the Wounded Will**  
<https://ritualwell.org/immersion/brokenness-holiness-engaging-creative-mind-heal-wounded-will>

•**How to reach people who are wrong**  
<https://www.nytimes.com/2021/03/03/opinion/progressives-conservatives-think-again.html?smid=em-share>

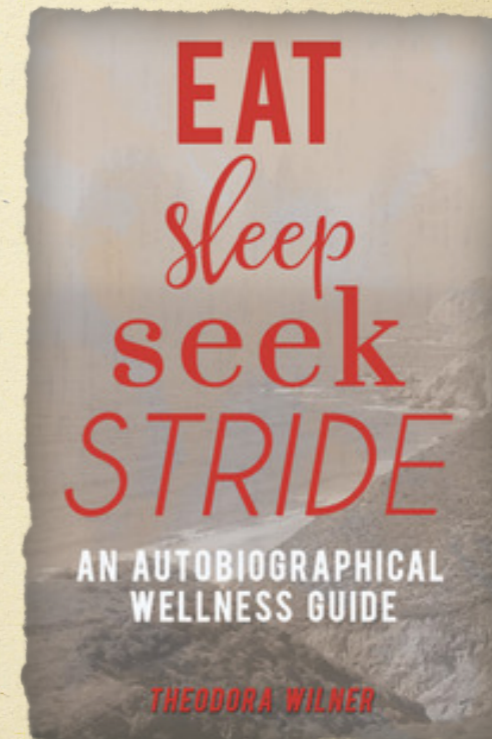
*Submitted by Betty Reuben*

## Healing Resources

1. **"Golden Bowls"** -- CD by Karma Moffett  
[https://www.amazon.com/Golden-Bowls-Karma-Moffett/dp/B0007A1FNO/ref=sr\\_1\\_2?dchild=1&keywords=CD+Golden+Bowls&qid=1611696011&sr=8-2](https://www.amazon.com/Golden-Bowls-Karma-Moffett/dp/B0007A1FNO/ref=sr_1_2?dchild=1&keywords=CD+Golden+Bowls&qid=1611696011&sr=8-2)
2. **"The Tapping Solution"**-- book by Nick Ortner  
[https://www.amazon.com/Tapping-Solution-Revolutionary-System-Stress-Free/dp/1401939422/ref=sr\\_1\\_1?dchild=1&keywords=The+Tapping+Solution&qid=1611696098&sr=8-1](https://www.amazon.com/Tapping-Solution-Revolutionary-System-Stress-Free/dp/1401939422/ref=sr_1_1?dchild=1&keywords=The+Tapping+Solution&qid=1611696098&sr=8-1)
3. **"A Good Day Starts with Gratitude"** -- Gratitude Journal by Pretty Simple Press  
[https://www.amazon.com/Good-Days-Start-Gratitude-Cultivate/dp/1976436184/ref=sr\\_1\\_1\\_sspa?dchild=1&keywords=A+Good+Day+Starts+with+Gratitude+journal&qid=1611696438&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyUVZFR09OTFM1SVA4JmVuY3J5cHRlZElkPUEwMDYxNDU4MkcwOFVOQTkzUE1aMiZlbnNyeXB0ZW50ZWRBZEIkPUEwMjg4NjYyMjYwRFFYT0VSUUUVZVYyZ3aWRnZXROYW1lPjNwX2F0ZiZlY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=](https://www.amazon.com/Good-Days-Start-Gratitude-Cultivate/dp/1976436184/ref=sr_1_1_sspa?dchild=1&keywords=A+Good+Day+Starts+with+Gratitude+journal&qid=1611696438&sr=8-1-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyUVZFR09OTFM1SVA4JmVuY3J5cHRlZElkPUEwMDYxNDU4MkcwOFVOQTkzUE1aMiZlbnNyeXB0ZW50ZWRBZEIkPUEwMjg4NjYyMjYwRFFYT0VSUUUVZVYyZ3aWRnZXROYW1lPjNwX2F0ZiZlY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=)

*Submitted by Donna Skelton*

4. **Insight Timer App** - 90,000 free guided meditations. "The largest free library on earth"



[https://www.amazon.com/Eat-Sleep-Seek-Stride-autobiographical/dp/1504348079/ref=sr\\_1\\_1?ie=UTF8&qid=1467669246&sr=8-1&keywords=Theodora+Wilner](https://www.amazon.com/Eat-Sleep-Seek-Stride-autobiographical/dp/1504348079/ref=sr_1_1?ie=UTF8&qid=1467669246&sr=8-1&keywords=Theodora+Wilner)

# Non Violent Communication (NVC)

Non Violent Communication, sometimes known as “Compassionate” Communication, was founded by Dr. Marshall Rosenberg in the 60’s and has become a proven method for diffusing tensions in conflict zones around the world. NVC is based on empathy for self and others. Identifying feelings and needs in oneself and others opens the door to a new way of relating and helps dissolve notions that pit us against one another.

## Template for communicating

“When you <objective summary of situation,> I feel <Feeling>, and I need <Need>. Could you please? <make request>”

### Partial Listing of Physical Sensations, Feelings, & Needs

#### Physical Sensations

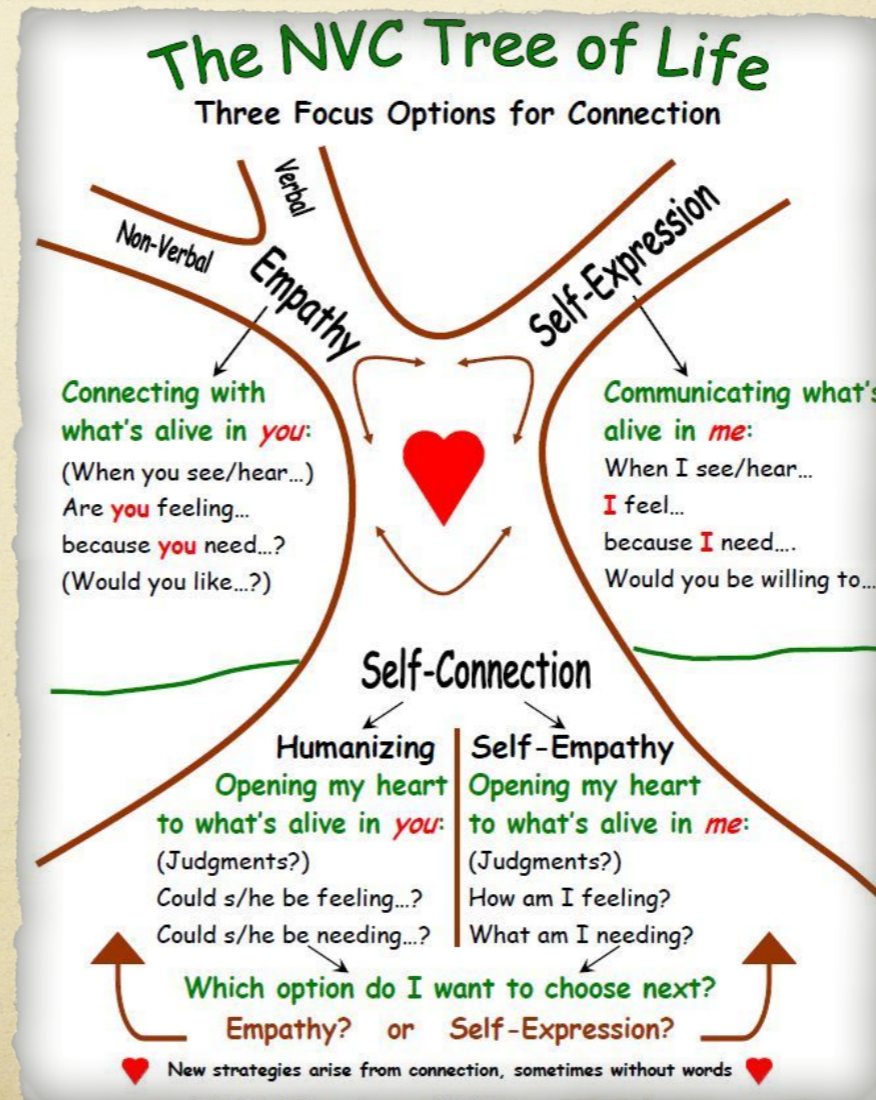
Crushing  
Sinking  
Suffocating  
Trembly  
Queasy  
Wobbly  
Weighed Down  
Bitter  
Disagreeable  
Unpleasant  
Uncomfortable  
Constricted  
Tight  
Tense  
Numb  
Disconnected  
Hard  
Heavy

#### Feelings

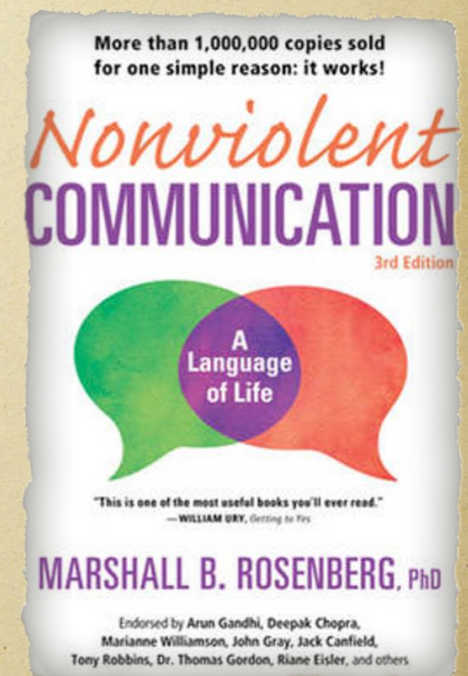
Impatient  
Disgruntled  
Frustrated  
Terrified  
Irrked  
Exasperated  
Disgusted  
Irate  
Angry  
Horrorified  
Insecure  
Troubled  
Helpless  
Overwhelmed  
Discouraged  
Dismayed  
Anxious  
Afraid

#### Needs

Physical safety  
Peace  
Protection  
Stability  
Ease  
Trust  
Support  
Compassion  
Consideration  
Empathy  
To be seen, heard  
To be understood  
Cooperation  
Mutuality  
Partnership  
Self Expression  
Belonging  
Kindness



Non Violent Communication Center  
[cnvc.org](http://cnvc.org)



Interview with NVC Founder, Dr. Marshall Rosenberg  
[bit.ly/rosenberg-youtube](http://bit.ly/rosenberg-youtube)

# Books, Links, TV, Videos

**Wherever you go, there you are**

by Jon Kabat-Zinn

*Submitted by Donna Skelton*

**The Brain That Heals Itself**

by Norman Doidge, MD

*Submitted by Lori Hermann*

**The Voice of Knowledge**

by Don Miguel Ruiz

*Submitted by Donna Skelton*

**See No Stranger**

by Valarie Kaur

*Submitted by Ellen Schaefer*

**Rating of media sources  
on a **Left** to **Right** continuum**

<https://www.allsides.com/media-bias/media-bias-chart#:~:text=The%20AllSides%20Media%20Bias%20Chart%20is%20more%20comprehensive,ratings%20are%20based%20on%20multipartisan%20scientific%20analysis>

*Submitted by Eileen Jacobowitz*

**Braver Angels**

[BraverAngels.org](http://BraverAngels.org)

[braverangelssac.org](http://braverangelssac.org)

**National Council of Jewish Women (NCJW)**

[ncjw.org](http://ncjw.org)

[ncjwsac.org](http://ncjwsac.org)

**The Sister District Project**

<https://sisterdistrict.com/volunteer/sacramento/>

*Submitted by Ellen Schaefer*

**The Greater Good Science Center**

<https://greatergood.berkeley.edu/>

*Submitted by Patricia Eisenberg*

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“Irresistible”  
written and directed by Jon Stewart  
on HBO Max

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“Hacking your Mind”

On PBS

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“The Social Dilemma”

On Netflix

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“Hamilton”

On the Disney Channel

“The Call to Courage”

by Brenee Brown

on Netflix

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“The Plot Against

America”

On HBO

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“Nomadland”

on Hulu

Former Minnesota  
teacher goes viral  
for combating  
political misinformation  
<https://youtu.be/qkqvH3nuDH8>

*Submitted by Lori Hermann*

## Excerpts From “Reality After Trump” by Charles Yu - Harper’s, Feb 2021

Donald Trump, his enablers, and the media have demonstrated considerable skill in building a fictional world. It’s a place that doesn’t have to be seamless, or rational, or even coherent. It just needs to be robust enough to convince the audience to believe in it.

The many Trump voters who inhabit this land of make-believe (not all Trump voters do) are not likely to abandon it just because their king has lost his crown.

For those in Trumpworld whom I know personally - I want to understand them. I am trying to see them as well-meaning, sincere people who just happen to be really into fan fiction. It has taken over their minds, their hearts, their lives.

To them, I want to pose 2 questions.

Why does your new land appeal to you?

What was it about reality that made you want to escape?

We will not get anywhere with frontal assaults. Get behind their lines, live among them, learn the language.

Differentiate between those controlling the narrative and those consuming it. Remember that the consumers include our neighbors, co-workers, friends and family.

Remember, the goal is not destruction but reunification. We don’t have to agree on everything, just that we are one country, not two.

It is painstaking work and it will need to be done at the personal, not national level. We can’t defeat a story with arguments. Only a better story will do.

## Affirmations on “Letting Go and Moving On” by Layla Delia- from [InsightTimer.com](https://www.insighttimer.com)

- We are on an empowering journey as we courageously walk through a new opening.
- I am willing to explore the unknown
- Wherever lower energies are stored in my body, I release them now.
- Any previous gaps in my energy field are now sealed.
- I no longer have use for dimming my light.
- With more and more ease, I shift out of all energy and perspectives that do not serve me
  
- Any power that has left me is now returning to me
- Being in my power is good for me.
- Taking care of myself is good for me.

# Spirituality

## A Kaddish for 2020

*We cannot count the losses of 2020.*

We lament the deaths of 2020. 1.8 million from the coronavirus. Deaths of healthcare workers, deaths of incarcerated people, deaths in refugee camps, deaths from homelessness during this pandemic.

We lament the deaths from police violence. Deaths of Black and Brown people. Deaths of trans people, murdered for existing.

*We cannot count the losses of 2020.*

We mourn time lost from family and friends. Cancelled weddings, funerals in isolation.

We mourn the loss of in-person education for our children and the socioeconomic barriers to education during a pandemic.

We mourn jobs lost, increased hunger and poverty. Evictions and unpayable bills.

*We cannot count the losses of 2020.*

We cry and we cry out.

We cry out against facism. Against white supremacy.

We cry out for stolen indigenous land.

We cry out for those whose voices have been silenced.

We cry out for the injustice of our race, gender, socioeconomic class, and location determining how we experience this pandemic.

*We cannot count the losses of 2020.*

We grieve.

We grieve the damage humanity has inflicted on precious Earth.

We grieve poisoned water, poisoned air, drought and erosion. Floods, hurricanes, wildfires.

*We cannot count the losses of 2020.*

We grapple with new phrases we've come to say daily: Unprecedented. New normal. Pivot. Unforeseen. Abundance of caution. Surreal. Isolation. Difficult. Mute & unmute. Technical difficulties. Silver lining. Streaming. Quarantine & shelter in place & Lockdown. Masks. Misinformation.

**May the One who makes peace in the heavens give us courage and resilience to make peace amongst our communities, our nations, and our world.**

**May the anguished learnings of this year lead to building better access for people on the margins of community.**

**May the memory of this year spark a revolution within us to build a stronger, more just and loving world.**

**May we know the privilege we hold by being alive.**

*By Rabbi Lily Solochek, Kohenet Shamirah, Rabbinical student May Ye, Rabbi Emily Cohen, Rabbi Raysh Weiss, Rabbi Noam Lerman*

## The People's Inauguration - Oath

I \_\_\_\_\_ (your name) do solemnly vow,  
that I will faithfully execute my role  
in healing, re-imagining and rebuilding our country,  
and will to the best of my ability,  
preserve, protect, and defend,  
dignity, justice, and joy for myself and for all around me,  
and that I will do so with love.

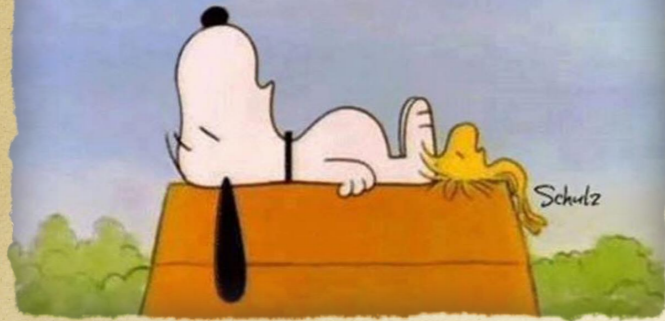
*From Unitarian Universalists*

*Submitted by Ellen Schaefer*

May God bless you with discomfort at easy answers, half truths, and superficial relationships so that you may live deep within your heart. May God bless you with angst at injustice, oppression and exploitation of people so that you may work for justice, freedom and peace. And may God bless you with enough foolishness to believe that you can make a difference in the world, so that you can do what others claim cannot be done. - *a Franciscan Benediction*



**Relax.**  
Nothing is under control.



## Quotable Quotes

“When a human being opens their mouth to speak,  
they generally want to be understood.”

*Oren Jay Sofer*

“I don’t wear masks for the same reason  
I don’t wear underwear. Things gotta breathe”

*Author unknown*

Three Wise Women would have asked directions, arrived on time, helped deliver the baby, cleaned the stable, made a casserole, brought practical gifts and there would be peace on earth.

*Author unknown*

“But no matter the medicinal virtues of being a true friend or sustaining a long close relationship with another, the ultimate touchstone of friendship is not improvement, neither of the other nor of the self, the ultimate touchstone is witness, the privilege of having been seen by someone and the equal privilege of being granted the sight of the essence of another, to have walked with them and to have believed in them, and sometimes just to have accompanied them for however brief a span, on a journey impossible to accomplish alone.”

*David Whyte—Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words.*

“Attention, taken to its highest degree, is the same thing as prayer. It presupposes faith and love. Absolutely unmixed attention is prayer. If we turn our mind toward the good, it is impossible that little by little the whole soul will not be attracted thereto in spite of itself.”

*Simone Weil—Gravity and Grace*

“The most precious gift you can give to the one you love is your true presence. So the first mantra is very simple: ‘Dear one, I am here for you.’”

*Thich Nhat Hanh—Fear: Essential Wisdom for Getting Through the Storm*

“When you reach out to those in need, do not be surprised if the essential meaning of something occurs.”

— *Stephen Richards*

*Most submitted by Patricia England*

Sometimes you have to  
let go of the picture  
of what you thought life  
would be like  
and learn to find joy  
in the story  
you are actually living.

original work by nichol martin martin  
findings on  
the brain an of mindfulness

*Submitted by Patricia Eisenberg*



*Submitted by Ellen Schaefer*

# Poetic Essays

## Lady Liberty is Weeping: A Prayer for Our Country

Lady Liberty is weeping for her children and refusing to be comforted  
She cries –  
Looking out at the city on the hill  
    overtaken by narrowness and violence by those who seek to mock her  
She has been breached  
the sacred steps of democracy trampled  
the hallowed halls defiled, looted.  
Lady Liberty is weeping for her children and refusing to be comforted  
Her flag waved by the very people who seek to destroy everything it represents  
Her marble cracks and crumbles as the flames of hatred and injustice are fanned  
Our house is divided –  
We pray it stands –  
stands for what we hope it can be  
    what it has never been but always tried reach toward  
    and what it has to be if it is to stand at all  
We weep and cry out our impassioned prayer  
God who is the shield of justice  
who implores us to spread peace  
We pray we are able to help our democracy stand  
to represent more fully one more person  
    to right one more injustice  
    to spread one more truth  
    to establish one more hour of peace  
We cry and we are not comforted but we are together  
We are not comforted.  
But we are re-dedicated.  
We will re-dedicate our country and its hallowed halls once again –  
    This time through the steadfast commitment to every ideal we dream of  
We will continue to bend our arc  
toward justice – toward honesty – toward truth.  
When the fire is out –  
We will raise the flag,  
Clean the steps.  
Repair the breach.  
And see our house stand, one house, one nation, in peace.

*By Rabbi Stephanie Crawley*

## Excerpts from "The paradox of our time"

...is that we have taller buildings but shorter tempers, wider freeways, but narrower viewpoints. We spend more, but have less; we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom. We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to our life, not life to our years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space.

We've done larger things, but not better things. We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice.

We write more, but learn less. We plan more, but accomplish less.

We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes.

Remember, spend some time with your loved ones, because they are not going to be around forever.

Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember to give a warm hug to the one next to you because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember, to say, "I love you" to your partner and your loved ones, and most of all, mean it.

*By George Carlin, after 9/11*



## Human Family

I note the obvious differences  
in the human family.  
Some of us are serious,  
some thrive on comedy.

Some declare their lives are lived  
as true profundity,  
and others claim they really live  
the real reality.

The variety of our skin tones  
can confuse, bemuse, delight,  
brown and pink and beige and purple,  
tan and blue and white.

I've sailed upon the seven seas  
and stopped in every land,  
I've seen the wonders of the world  
not yet one common man.

I know ten thousand women  
called Jane and Mary Jane,  
but I've not seen any two  
who really were the same.

Mirror twins are different  
although their features jibe,  
and lovers think quite different thoughts  
while lying side by side.

We love and lose in China,  
we weep on England's moors,  
and laugh and moan in Guinea,  
and thrive on Spanish shores.

We seek success in Finland,  
are born and die in Maine.  
In minor ways we different,  
in major we're the same.

*Submitted by Lori Hermann*

## Poems by Maya Angelou

### Continue

*My wish for you  
Is that you continue*

*Continue  
To be who and how you are  
To astonish a mean world  
With your acts of kindness*

*Continue  
To allow humor to lighten the burden  
of your tender heart*

*Continue  
In a society dark with cruelty  
To let the people hear the grandeur  
Of God in the peals of your laughter*

*Continue  
To let your eloquence  
Elevate the people to heights  
They had only imagined*

*Continue  
To remind the people that  
Each is as good as the other  
And that no one is beneath  
Nor above you*

*Continue  
To remember your own young years  
And look with favor upon the lost  
And the least and the lonely*

*Continue  
To put the mantel of your protection  
Around the bodies of  
The young and defenseless*

*Continue  
To take the hand of the despised  
And diseased and walk proudly with them  
In the high street  
Some might see you and  
Be encouraged to do likewise*

*Continue  
To plant a public kiss of concern  
On the cheek of the sick  
And the aged and infirm  
And count that as a  
Natural action to be expected*

*Continue  
To let gratitude be the pillow  
Upon which you kneel to  
Say your nightly prayer  
And let faith be the bridge  
You build to overcome evil  
And welcome good*

*Continue  
To ignore no vision  
Which comes to enlarge your range  
And increase your spirit*

*Continue  
To dare to love deeply  
And risk everything  
For the good thing*

*Continue  
And by doing so  
You and your work  
Will be able to continue  
Eternally.*

*Submitted by Chris Walker*