

RUSTIN LORDE 2020

breakfast



H.E.L.P.

HAVING. EMPATHY.
LOVE & PATIENCE

MONDAY
JAN.20.2020
10AM

The Loudermilk
Conference Center
40 Courtland Street
Atlanta, GA 30303



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KEISHA LANCE BOTTOMS
MAYOR

January 25, 2020

Greetings:

As the 60th Mayor of Atlanta, it is my honor to extend a warm welcome to attendees of the *2020 Bayard Rustin/Audre Lorde Breakfast*. As a leading center of medical research, we thank the Southern Unity Movement for its service in convening this essential public health discussion.

We are proud of our legacy as the Cradle of the Civil Rights movement and to be home to so many LGBTQ Atlantans who make Atlanta such an exceptionally special city. Since 2018, our Administration has been committed to building on Atlanta's reputation as an inclusive and welcoming city that embraces and supports its LGBTQ community. With LGBTQ liaisons in the Mayor's Office and public safety departments, a 100 percent score on the Human Rights Campaign's Municipal Equality Index, and a 34-member LGBTQ advisory board, we remain committed, more than ever, to ensuring the quality of life for our LGBTQ community.

As we join you in the common pursuit to address the mental health concerns impacting our most vulnerable residents and communities, we are honored to celebrate both Bayard Rustin and Audre Lorde's impactful contributions and legacies.

On behalf of the people of Atlanta, I offer our best wishes for a successful event.

Sincerely,

Keisha Lance Bottoms



BOARD OF COMMISSIONERS OF FULTON COUNTY

FULTON COUNTY GOVERNMENT CENTER
141 PRYOR STREET SW
ATLANTA, GEORGIA 30303

NATALIE HALL
COMMISSIONER
DISTRICT 4

TELEPHONE (404) 612-8226
FACSIMILE (404) 61-0440
EMAIL natalie.hall@fultoncountyga.gov



Greetings

The 19th Annual Bayard Rustin /Audre Lorde Breakfast

January 13, 2020

Dear Friends:

On behalf of the Fulton County Board of Commissioners and the residents of District 4, it is with great pleasure that I extend a warm welcome and greetings to the organizers and attendees of the **19th Annual Bayard Rustin /Audre Lorde Breakfast** being held on Monday, January 20, 2019 at the Loudermilk Conference Center located at 40 Courtland Street Northeast in Atlanta.

The 19th annual event honors the lives of the late Bayard Rustin and Audre Lorde and the ongoing work of the LGBTQ+ communities and others committed to social change. The Rustin/Lorde Breakfast engages people through fellowship and dialogue to support the work of local activists. We proudly celebrate this year's theme: H.E.L.P.... Having Empathy, Love and Patience because in doing so we assert the values asserted in the words of Bayard Rustin – "If we desire a society in which men are brothers, then we must act towards one another with brotherhood. If we can build such a society, then we would have achieved the ultimate goal of human freedom".

Congratulations and thank you to all of the organizers, volunteers, and special guests. I look forward to continuing to play a significant role in supporting this event and this community for years to come.

Yours in Service,

Natalie Hall

Commissioner Natalie Hall, District 4
Fulton County Board of Commissioners



LGBTQ Advisory Board to Mayor Keisha Lance Bottoms Letter from the Co-Chairs

In 1966, Dr. Martin Luther King, Jr. said, "Of all the forms of inequality, injustice in health care is the most shocking and inhumane."

Mayor Keisha Lance Bottoms, her LGBTQ Advisory Board and her entire Administration stand in solidarity with the Southern Unity Movement's annual Rustin Lorde Breakfast and your efforts to shine a spotlight on the traumas impacting the emotional and mental health of African Americans in the LGBTQ community.

We know that suicide rates of queer youth, the murder of trans people, and the continued impact of HIV/AIDS and other diseases, all of which disproportionately affects LGBTQ people of color, must be addressed. Collectively, we know we have work to do. The Rustin Lorde Breakfast is helping to lead the way forward by convening mental health professionals to explore how having empathy, love and patience for ourselves is an important act of liberation as we continue the march toward justice.

The collaboration and discussions we have here today will help the LGBTQ Advisory Board as it makes its plans to amplify your calls-to-action.

In solidarity,

Pamela Stewart, Co-Chair

Ryan Roemer, Co-Chair



DARLENE HUDSON

CO-CHAIRS WELCOME

Greetings and a Hopeful New Year!

We are proud to welcome all to the 19th annual Bayard Rustin/Audre Lorde Breakfast. The two activists, for whom the Breakfast is named believed in freedom and devoted their lives to fighting for equal rights for all, especially LGBTQ people, the poor, and racial minorities who have all been historically marginalized.

Entering a new decade is generally a time to take stock of past accomplishments and to set goals for the future. Looking back I can say, clearly it was a bumpy decade. To me it started with a lot of unnecessary anxiety around Y2K only to have real reasons for fear and worry with the Iraq war in 2003 and the financial meltdown in 2007 where many lost their homes and financial stability with black and Latino communities hardest hit. Talk about anxiety!

We also saw unprecedented violence this past decade – at the hands of civilians and sometimes police - in our schools, places of worship, and places of entertainment, and streets with targeting of people because of race or religion, or being a trans person accounting for many senseless deaths. Of course, there were the highs or hopeful periods, like the 2008 election of President Barack Obama. Other victories



came too after long struggles, such as the Supreme Court ruling in 2015 that Americans have the right to marry who they love, and elections of many LGBTQ people, women and people of color to political office. Now we are faced with our worse fears with leadership in the White House who don't much care about anyone except the very rich and are intent on rolling back rights and protections that "we who believe in freedom", including Rustin and Lorde and our living legend Congressman John Lewis, fought so long and hard for. We also have a climate crisis that threatens our very existence! Anxiety and depression are at an all-time high – with good reason.

Many of us are already struggling day to day with unemployment or job insecurity, a lack healthcare or affordable healthcare, poor housing and unresolved past traumas and a whole host of other issues. It's enough to make you want to give up - but giving up CANNOT be an option. If anything, we have to continue to push ahead. However, it is imperative that we pay attention to our mental and emotional health otherwise we will suffer more.



To this end, the planning committee for the Breakfast thought it was important to address the issue of mental health this year by inviting speakers with expertise in this area to provide general advice. Many people are crying for, or in need of, mental/emotional health help and so we found our theme in the word H.E. L. P. Having Empathy, Love and Patience with each other. We hope these simple humanistic values will serve as a reminder that change also has to come from within and the way we treat each other. We are all going through something and at times need to seek out professional support and hopefully someone we can talk to about our feelings – which can also be therapeutic. Healing will of course not come overnight and does take commitment and consistency. We are fighting to bring about a just society – to quote Bayard Rustin "Let us be enraged about injustice, but let us not be destroyed by it." That means we have to take care of ourselves and each other so we can continue to fight, but also find some joy in living.



I want to give special mention to those in the trenches doing this work on a daily basis through programs like the Mabry Foundation that ensures our homeless youth in rural parts of the state have shelter and food and Erica's U-First program providing food, hygiene products, blankets and compassion to Atlanta's homeless. On a daily basis the Children and Teenagers Foundation provides mental health Services to our youth. We must find ways to support programs like these and create a difference in our community.

Finally, my hope and prayers are that after today, we can all take away with even small self-care tips to lessen our hurt or say or do for someone to help them along too. We don't have all the answers, there's no magic bullet, but we know we could all use a little more empathy, love and patience.

Thank you for all you do.

Roshelle Darlene Hudson
Roshelle Darlene Hudson CEO
Southern Unity Movement, Inc



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2020 Breakfast MC

Tracee

McDaniel

Trans Human Rights Advocate and published author Tracee McDaniel is motivated by a strong desire to ensure that all Trans and Gender Non-Conforming people also receive Equity, Justice, Civil and Human Rights protections.

Tracee was born and raised in South Carolina and credits her strength and determination to her family's unconditional love and support. She stepped knee-deep into advocacy by becoming the first Trans person invited in 2007 to deliver a key-note speech at the annual Martin Luther King Jr. birthday celebration march. Tracee also lobbied the United States Congress in 2007 to support a fully inclusive Employment Non-Discrimination Act (ENDA) and increased HIV/AIDS funding.



Her personal motto “Show Up and Participate for Equality” attributed to her becoming the Founder and Executive Director of Juxtaposed Center for Transformation, Incorporated, which is an advocacy, consulting and social services referral organization, specifically designed to empower the non-monolithic Trans and Gender Non-Conforming community.

Juxtaposed Center's vision is to act as a collective body to provide basic, necessary and fundamental services to the Trans community.

Juxtaposed Center is also an anchoring organization for Trans Housing Atlanta Program, which provides supportive and emergency housing resources to homeless and marginalized Trans and gender non-conforming people.

Additionally, Tracee has previously served on the Atlanta Police Department's TLGBQI Advisory Boards and Mayor Reed's Working Group on Prostitution after a local security company petitioned to ban Trans people from Midtown.

In 2013 Tracee published “Transitions-Memoirs of a Transsexual Woman”, which chronicles her life being Trans in the South and then escaping to Los Angeles, CA from a domestically violent intimate partner relationship, transitioning into her Alter-Ego Destiny Your Mistress of Illusions and then standing-in for the legendary and icon Diana Ross' music video “I Will Survive”. Tracee was also featured in the VH1 Miniseries “The Jacksons” -An American Dream, all before meeting the man of her dreams.

After being retired from the entertainment stage now for over a Decade, In 2014, Tracee became a Vetted Trainer for the United States Department of Justice CRS Program “Law Enforcement and Transgender Community”, life-affirming training that educates Federal Law Enforcement on how to better interact with Trans people.

Furthermore, Tracee has also served on Board of Directors for several community initiatives and facilitated Trans Cultural Competency training for Atlanta Police Department Academy recruits.

Currently, after recently retiring from organizing Atlanta's annual Trans Day of Remembrance Vigils for ten years, she's serving on Trans Housing Atlanta Program's Board of Directors, Center for Civil and Human Rights TLGB Advisory Board, Atlanta Mayor Keisha Lance Bottom's TLGBQI Advisory Council.

Conclusively, Tracee always and unapologetically puts the “T” first.



PEACE FROM Broken PIECES

By Darian Aaron

I'm beyond grateful for my Black, gay therapist. With that being said, I also recognize my experience is rooted in a certain amount of privilege that many who look and love as I do may not have access to or the wherewithal to start the process. Atlanta is a special place where culturally competent therapists are in greater numbers compared to other large cities or rural areas. The blessing as a result of this particular privilege is one I do not take for granted.

For forty-five minutes a week, I get to unpack all of my emotional baggage and work towards healing and enlightenment with a trained professional who understands the challenges of being both Black and LGBTQ+ in America, and particularly the Deep South. Having grown up in a Christian household with the same traditional beliefs reinforced at my private Christian middle and high schools, my initial path to therapy

We deserve to live our best lives.

We deserve to love and receive love in return.

We deserve to walk in the fullness of who we are.

We deserve to have all the ingredients that make us who we are viewed as an asset and not a liability.

We have to want this for ourselves, seek the help to find it, if necessary, and then demand it of others.

was fraught with anxiety, expectations of gay conversion, and a loud chorus of assumingly well-meaning adults who prescribed Jesus as the answer to all of life's ailments and therapy as the devil's workshop.

It wasn't long before I realized that the two could co-exist, and it wasn't long before my initial involuntary experience, which was meant to de-gay me (clearly that didn't work), turned into a voluntary and life-changing experience that granted me peace from broken pieces.

The entire world needs therapy. It's a statement that I'd gladly print on a t-shirt and wear as a walking public service announcement, especially if it meant more Black LGBTQ+ folks would begin to do the work of unpacking years of untreated trauma and shame surrounding our God-given sexuality. It is not enough to simply survive in a society where the deck is stacked against our multiple oppressed identities, we must utilize every accessible tool to thrive, and that includes therapy.

If the emotional Band-Aid covering our wounds hasn't been completely ripped off, then it's hanging on by a thread, leaving us vulnerable to depression or even worse, suicide. This is the story of far too many Black gay men that I know and it's beyond time to rewrite this narrative.

Imagine how incredible it would feel to be healthy and whole—to break generational curses, to relegate stigma and shame to the black hole from which it came, to be an example for LGBTQ+ youth of the kind of life that is attainable. While I'm aware of all of the obstacles that may present itself on the journey towards wellness, I can guarantee that choosing self-care is one of the best gifts one can give to themselves and to others.

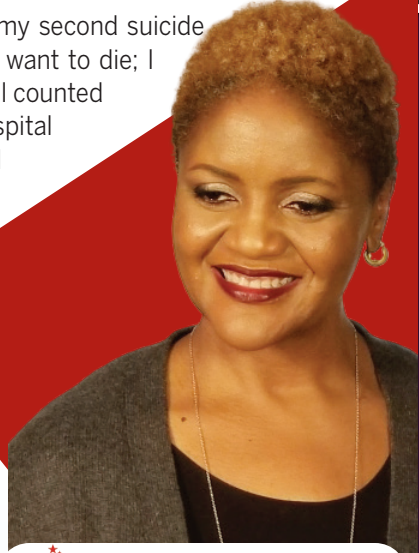


“Who you are in the world shows up best when you are attending to your authentic self.”

Imani Evans-Baskin

After being rolled through the emergency room for my second suicide attempt, at only age 14, I realized that I didn't really want to die; I just didn't want to live in the emotional pain anymore. I counted ceiling tiles as they rushed me through the hospital emergency room. I counted tiles to remind my soul that I was still alive. 1...2...3...I am still here. 4...5...6...I am still here. 7...8...If I am still here by 10 then I want to live! I survived that day and many more pains. However, I survived. Now, I am thriving.

I started Empowered Squared, Inc. to serve as a vehicle for personal development and life enrichment for those just like me... survivors who want to thrive. I developed a signature coaching system that helps others find the passion for life that makes them feel whole, The Barrier Breaker System™.



The Barrier Breaker System empowers individuals to seek, find and embrace their authentic self, as the foundation for happiness. It is rooted in 4 core principles: 1-Relentless self-exploration, 2-Radical self-acceptance, 3-Unwavering self-compassion, 4-Intentional self-care. We offer 1-to-1 coaching, e-courses, and live events and workshops.

Imani holds a BA in Psychology, a MA in counseling psychology and post-graduate coursework in counseling education and supervision (EdD). She is a Certified Neurolinguistic and Mindfulness Practitioner. She has been a non-profit leader and social change agent for more than 26 years, working with several non-profit agencies throughout Atlanta, New Jersey and New York.

Imani is both an artist and healer, combining her talents to create an amazing atmosphere for transformation and empowerment. Over the years, she has helped many individuals manifest their dreams beyond perceived limitations. Now she uses her unique combination of creativity and psychology as a vehicle for healing, and self-mastery. She is the author of 3 books: **Today is the Miracle: A 30-Day Guide for Overcoming Challenges & Creating Miracles, Unveiling the I AM and My Transformation Journal.**



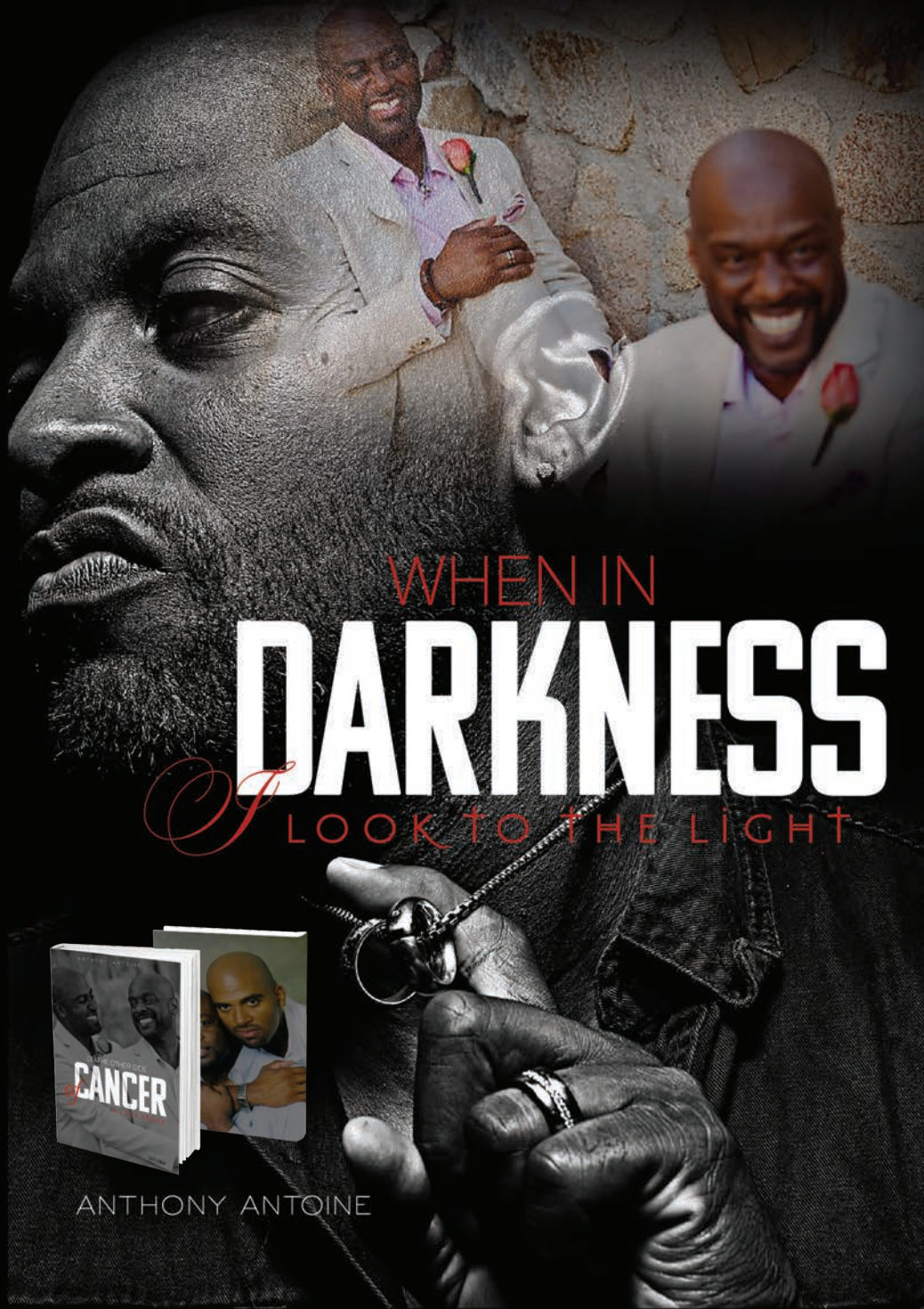
UPDATE

NOZAMI **BLA**
National Organization of Black Lesbians on Aging

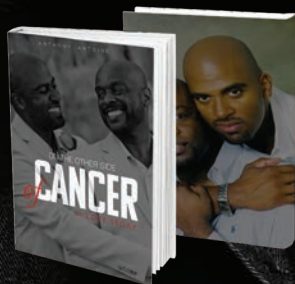
Progress is being made on the ZAMI NOBLA Biggers Residence. Here are some "Then and Now" photos to view the work accomplished so far.



H.E.L.P. HAVING. EMPATHY. LOVE & PATIENCE



WHEN IN
DARKNESS
I LOOK TO THE LIGHT



ANTHONY ANTOINE



Loosing a spouse to cancer is an awful club I never wanted to be in. Michael “Husboo” Smith was the great love of my life. We were friends for nearly 20 years at the time of his diagnosis, married for just shy of two. We were coasting, enjoying the sweet spot of love and our new marriage, planning retirement, looking forward to growing old together.

Cancer stole our dream. His sickness and the end were unimaginable; just plain ole ugly.

I literally cried every morning and every night for more than eight months. It’s now been 18 months since his passing and I’m still alive and thriving – as best as one can living with unpredictable grief. What sustains me? What has made the difference? Daily, I look to the light. My mission each day is to find the light and to hold on tight.

What’s the light you say? If my husband could find it in the middle of a dreadful diagnosis, then I can find it in my health – waking up with full faculties to move and breathe, to live and experience another day. We had little jokes that only we understood and would pull them out in the toughest of times. Then, we’d laugh to keep from crying. Laughter was and still is the brightest illumination. It guided our love to grow stronger, deeper. We both felt it and shared that triumph with devastating cancer. Cancer, yes, you stole our dream, yet we are living a new one. Cancer only won the battle; our unparalleled love wins this war. That my friend, is the light.

I’d listen to one of my favorite songs, sometimes hourly, a song that captures a similar sentiment. “Simple Things” by my sister-friend Elisabeth Withers reminds us, “...the sun shining on my face, a strong embrace, Momma calling, Daddy calling, just to see if I’m okay. The fresh air I breath, enough food to eat, those are the simple things.” It’s what we have versus what we don’t. The simple things are the glow when things are so gloomy; it’s the hope in the darkness.

In the stiffest of times, find that which sustains and brings forth promise and optimism. Find the light. And even when the darkness seems not to reveal any, speak the words, scaring the darkness into submission. Believe the light even before it’s revealed. The light shows up. Literally, speak the words, repeating to yourself, “When in darkness, I look to the light.” Trust my friends, the light is dependable and will always reveal itself; often in a caring person’s hug or smile.

I’m reminded to share my journey, my survival as a testimony. I’m reminded to help. I’ve lived so much darkness that I know it when it’s around me. It’s now an instinct, a memory and knowing; somewhat a sixth sense or even a Gift. When it’s around me, I work to bring forth light. My journey gives way to my H.E.L.P. For when I was in darkness, those that mattered had empathy, love & patience with me. They embraced me; still embracing me with it. That’s your circle. Give it when it’s needed and trust it to be returned when you need. That my friend, is your light.

With Love,
Anthony Antoine





RUSTINLORDE 2020 *breakfast*



H.E.L.P. HAVING.
EMPATHY.
LOVE & PATIENCE

Rustin/Lorde Breakfast 2020 Program

Call to Order
Blessing of the House

Breakfast
Traditional southern and vegan foods

Greetings and Welcome
CEO & Founders R. Darlene Hudson & Maurice Cook

Introduction of MC (*Mrs. Tracee McDaniel*)
Maurice Cook

Recognition of Sponsors
Gilead • AARP • Georgia Equality • Atlanta Friends Meeting Social Concerns
Committee

Special Acknowledgements

Children's Presentation

Community Presentation

Visualizing an Emotionally Healthy Community
Featured Speaker:
Imani Baskin and the R/L Mental Health Consultants

Wrap up and Adjournment

MLK March and Rally
Meet us at the corners of Ellis and Peachtree 1:30 pm



MLK
March
Speaker

REV.
ANGELA DENISE
DAVIS



H.E.L.P.



HAVING. EMPATHY. LOVE & PATIENCE

Rev. Angela Denise Davis, M.Div., M.S., is an ordained minister and a ukulele instructor. She is the founder of Uke Griot, a program that offers ukulele music instruction focusing on awakening musical skills, increasing social engagement and fostering joy in making music. Angela's ministerial work focuses on the fusion of art and spirituality enlarging the ground beneath our feet and enriching the ways we move in personal and social spaces. She is also the creator, host, and producer of the ZAMI NOBLA (National Organization of Black Lesbians on Aging) Podcast.

Like so many adults, Angela took piano lessons for many years as a child and was involved in the middle school chorus, but discontinued her music instruction after high school. She had a profound loss of vision in 2003 and became legally blind, which caused her to rethink how she could engage music. Angela ultimately discovered the ukulele in 2016, and it changed her life. In January of 2019, she started teaching ukulele classes and formed The Ukulele Griot Collective later that summer. She believes that almost anyone can learn to play the ukulele, and reap a wealth of benefits from music instruction. Angela is especially interested in using music as a tool to help older adults reimagine aging.

She is a graduate of Clark Atlanta University where she earned a B.A. in Art. She also holds a Master of Divinity from Vanderbilt University Divinity School, and a Master of Science in Rehabilitation Counseling from Georgia State University.



Mental Health



Margaret L. Conley, MDiv. LCSW

I have been in social work and ministry for over 10 years focusing on the black church, the black family and the stability of African American Mental Health in the context of faith-based trauma. Margaret's educational endeavors include a BA in Anthropology and Sociology from Valdosta State University; Masters in Social Work from Clark Atlanta University and a Masters of Divinity from The Interdenominational Theological Center.

Margaret is the owner and leader counselor at MLC Consulting, LLC and the President of Mending Life Concepts Empowerment Group, Inc where the focus of care is directed toward serving minority populations at the intersection of spirituality and emotional wellness. From this work Margaret has produced a evidence based model focused on Faith Based Trauma Treatment titled "selfMATTERS."



Rev. Lee A. Smith, MDiv. LCSW

The Reverend Lee A Smith Jr, MDIV, LCSW is a teacher, writer, therapist, photographer, and theologian living in and practicing Atlanta. Rev Smith is an associate minister at Rehoboth Fellowship of Atlanta.

Most recently Rev Smith left a large HMO to start a private practice specializing in African American men's issues, Same Gender Loving concerns, African-American Trans Experience, and emotional well being. Concentric Behavioral Health LLC is situated in North Atlanta and will officially open its doors at the end of January 2020.



Desmond V. Wilson, MS, MDiv

Desmond believes that people have all the power to overcome any obstacle. Desmond has been an active therapeutic and pastoral support in the Atlanta area for the last ten years. Desmond has found success with individuals that have identified with family disturbances, black males, adult mental health, grief and bereavement, trauma, and LGBTQ issues.



Consultants

He has dual degrees: Master of Divinity and Master of Science in Rehabilitation Counseling from the Interdenominational Theological Center and Langston University. In addition to his educational accomplishments, Desmond is also the founder of Primus: The New Beginning, a movement dedicated to making lives better by finding their best selves through a biopsychosocial spiritual approach.



Natalie Pride

Natalie Pride is a License Clinical Social Worker in Georgia. She is also licensed in South Carolina. Natalie earned her Bachelors in Sociology from Berea College in 2001; she completed her Master in Social Work from The Florida State University in 2004.

Natalie has over 13 years experience in the mental health field. She has spent over 10 years focusing on work with veterans, and families.

Natalie is a Certified AUTPlay therapist; and has experience working with individuals from diverse backgrounds who have severe mental illness, homelessness, substance abuse/ use, hospice, and Autism Spectrum Disorder.

Raymond R. Opuendo-Duke BSW, CDS, MDiv, LSLC



Raymond R. Oquendo-Duke is a Licensed Professional Counselor, a National Certified Counselor and a member of the American Counselors Association. Raymond is the founder and CEO of PATHS LLC, a nonprofit agency providing avenues toward healthy solutions. e holds a degree in social work from Ohio University with a concentration in religion; he obtained his Master's degree in Christian Education and Pastoral Care from Columbia University. Raymond is passionate about the opportunity of working in the human services field as a prevention educator, advocate and activist in areas related but not limited to HIV, STD's, HEP-C, Substance Abuse and co-

occurring Mental Health disorders. He is also a Community Liaison assisting individuals and groups with overcoming barriers to access prescriptions and registering entities with 340B service agreements



Thank You

TO ALL OF OUR VOLUNTEERS

Rustin/Lorde 2020 Planning Committee

R. Darlene Hudson

CEO & CO Founder

Maurice Cook

Founding Board Member & Creative Art Director

Ashe Hernandez

Founding Board Member

Maleka Ingram: Program Planner

John Ortiz: Program Planner

Anthony Pinkins: Vendor Coordinator

Nadine Rawls: Program Planner

Jamie Roberts: Volunteer Coordinator

Margaret Conley: Mental Health Coordinator

Raymond Dukes: Mental Health Consultant

Lee Smith: Mental Health Consultant

Desmond Wilson: Mental Health Consultant

A special thank you to Craig Washington as the CO Founder of the Bayard Rustin/ Audre Lorde Breakfast

2020 Donations



Thanks for your participation in the 16th Annual Bayard Rustin/Audre Lorde Breakfast. Donations to continue the work of the Beloved Community are welcomed and greatly appreciated!

Please make checks payable to:
Southern Unity Movement, Inc.
PO Box 7282
Atlanta, GA 30357
Memo line: Rustin/Lorde Breakfast 2017.



SisterSong's mission is to strengthen and amplify the collective voices of indigenous women and women of color to achieve reproductive justice by eradicating reproductive oppression and securing human rights.

Learn more and become a member today at sistersong.net

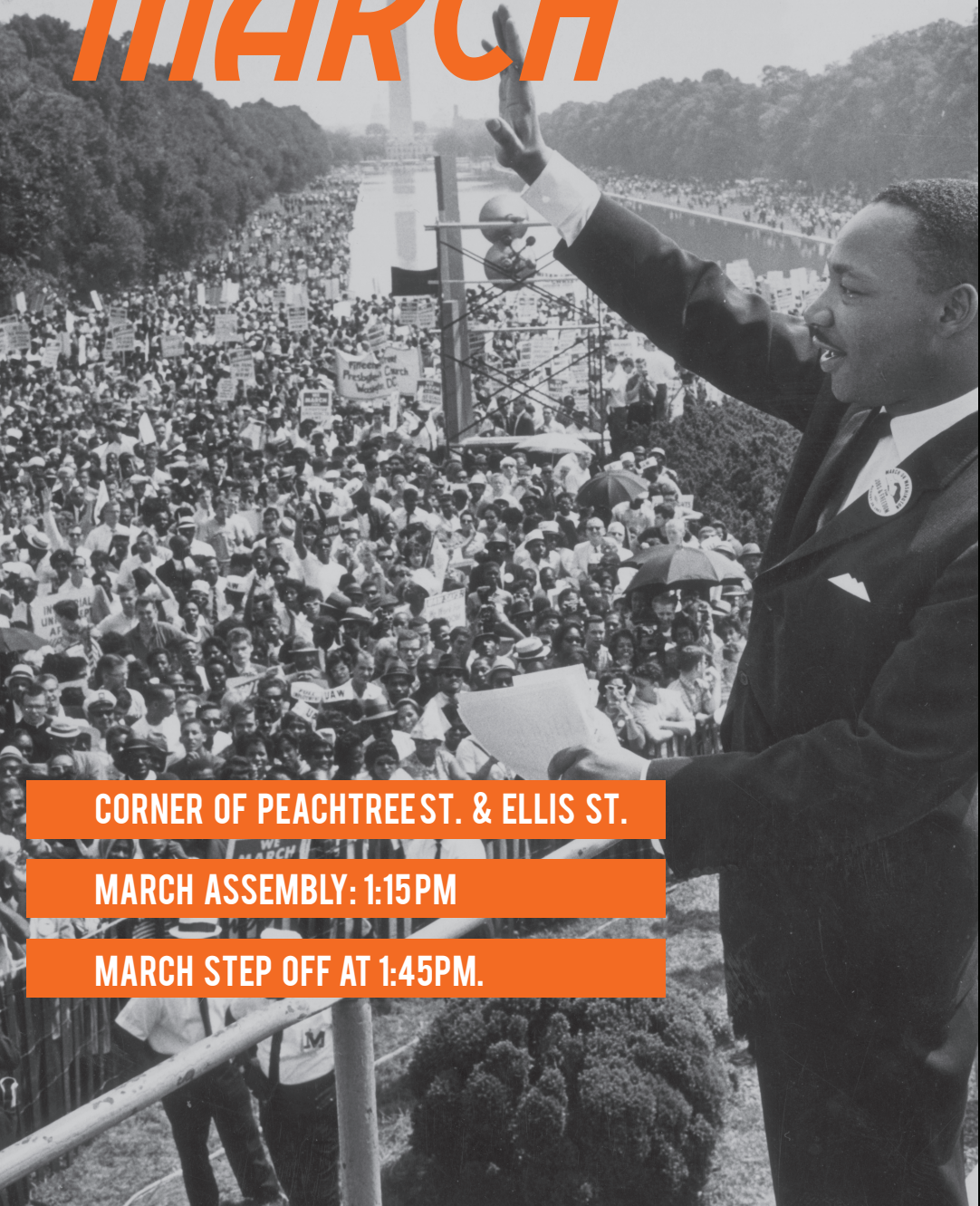


"Doing Collectively What We Cannot Do Individually"

H. E. L. P. HAVING. EMPATHY. LOVE & PATIENCE



JOIN THE MARCH



CORNER OF PEACHTREE ST. & ELLIS ST.

MARCH ASSEMBLY: 1:15 PM

MARCH STEP OFF AT 1:45 PM.

50TH
ANNIVERSARY

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OCTOBER 9-11 2020

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THE SOUTHERN UNITY MOVEMENT
& RUSTIN LORDE BREAKFAST

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Equality Foundation of Georgia

Freedom Marchers
Atlanta Friends Meeting Social
Concerns Committee

Special Grant
Atlanta Pride Committee

ATL COUNTS **CENSUS** 2020 ✓

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