

THOUGHTS ON THE TIMES FOR THE COMMUNITY

NOW MORE THAN EVER, WE MUST PUT THE HUMAN BACK INTO HUMANITY AND THE UNITY BACK INTO COMMUNITY. IN TIMES OF DIVISION AND INJUSTICE, SILENCE IS NOT AN OPTION. ATTACKS ON BIPOC COMMUNITIES, WOMEN, LGBTQ+ INDIVIDUALS, SENIORS, LOW-INCOME, AND IMMIGRANTS THREATEN THE VERY FABRIC OF WHO WE ARE.

LET YOUR LOVED ONES, YOUR FRIENDS, AND EVEN THE STRANGER ON THE STREET KNOW THAT YOU SEE THEM. STAND FOR UNIVERSAL VALUES: LOVE, RESPECT, COMPASSION, JUSTICE, INTEGRITY, AND HOPE. LIVE BY THE GOLDEN RULE—TREAT OTHERS AS YOU WISH TO BE TREATED.

AS LYNDA BLACKMON LOWERY,
THE CIVIL RIGHTS ICON,
REMINDS US:

**"YOU HAVE A VOICE
TOO! STAND UP, SPEAK
OUT, VOTE!"**

DR. KING'S WORDS STILL
RING TRUE:

**"A TIME COMES WHEN
SILENCE IS BETRAYAL."**

RESOURCES FOR CIVIC ENGAGEMENT, WELL-BEING & BUILDING COMMUNITY!

Coping & Resilience During Political Stress (via University California, San Francisco)

- Talk about your feelings and limit overexposure to news.
- Engage in racially conscious conversations with supportive friends.
- Identify and avoid triggers where possible.
- Prioritize self-care in ways that work best for you.
- Remember that systemic issues require collective action—you're not alone.
- Find empowerment through activism at your own pace.
- Partner with allies to take meaningful action.

Civic & Interfaith Engagement (via Columbia University)

- America Indivisible – Addresses bigotry against Muslim and perceived-Muslim communities through equality and pluralism.
- Civic Spirit – Strengthens civics education in faith-based schools.
- Interfaith Alliance – Provides resources for candidates and voters to foster respectful political communication.
- Interfaith Youth Core– Supports interfaith dialogue and leadership on campuses.
- Millions of Conversations– Challenges narratives that marginalize communities.
- The Pluralism Project– Researches and promotes positive interfaith interactions.
- State of Formation– Online forum for emerging religious and ethical leaders.

Democracy & Political Engagement (via Columbia University)

- All In Campus Democracy Challenge– Encourages civic learning and voter participation in higher education.
- The American Democracy Project (ADP)– Prepares college students for active citizenship.
- BridgeUSA– Creates spaces for constructive political discussions on campuses.
- Bridge the Divide – Connects young people across political divides to promote respectful dialogue.
- The Bridging Divides Initiative (BDI)– Tracks political violence and fosters peacebuilding efforts across the U.S.

**Building
CommUnity**

**TOGETHER, WE RISE. TOGETHER, WE BUILD A
FUTURE ROOTED IN LOVE, JUSTICE, AND UNITY.**

WWW.BUILDING-COMMUNITY.CO