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Black Girl Rising LA Newsletter 005

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Wed, Apr 22, 2020 at 6:22 AM

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Newsletter 005: April 22nd - April 29th

What stories are we midwifing? — Dr. Megan Bang

The aforementioned was the beautiful question posed at a Speculative Education Conference I went to this week. Here, we were asked to consider how we might give birth to new possibilities in higher education. The possibilities we can conceive are due in large part to the narratives we are telling. So, what narratives are you conceiving, and how will they impact what you give birth to?

Many of the narratives we've been telling about this time are individualistic. We've been asked questions around what we will do as individuals, how we might grow, ect. Many of these stories have been capitalistic... centered on how much money we will save or what businesses we will start.

More stories are possible, and these stories are a lot richer than the ones we've been asked to collectively dream of. I've been thinking a lot about Los Angeles, specifically Black LA, and Brown LA by extension. What will she look like in the aftermath of the present crisis? How might she become stronger, bolstered by networks of mutual aid, systems of support for children and collective tending to wellness for all? What is my role in such a city? How can I call it forth?

And you, if you are reading this, are a part of the story I am dreaming of. I've been signing these messages Sharla B and the team, but right now it's really just me. Me and the possibility of a collective, and that includes you. With blackgirlrising.la, I want to share more of your voices. We will be featuring short posts about how folx are experiencing joy, collaborating, and connecting to community. If you'd like to contribute your voice in these ways, email blackgirlrising.la@gmail.com and let's chat.

Love,

Sharla B. and the Team

PS-- if you are reading this, screenshot and tag us [@blackgirlrising_la](https://www.instagram.com/blackgirlrising_la) so we know its real .

Our Mission at Black Girl Rising is to connect Black women to events and experiences that nourish the spirit and the soul by promoting joy and connection.

We believe that healing is a necessity... and that healing is best nurtured in community.

Now, more than ever, we need to stay connected to each other, and to our healing practices.

Our weekly newsletter will point you toward opportunities for connection with other BIPOC (Black, Indigenous, People of Color) wellness providers and self-healers of color in Los Angeles.

Since we're all indoors, we'll also be highlighting virtual events from around the world.

Our hope is that you will connect online and in-person to heal, vibe and thrive.

Let's rise together.

Get Your Bake On!

Sunday April 26 | 2pm PST

[@twochicksinthemix](https://www.instagram.com/twochicksinthemix)

Girl, I know quarantine has got you hungry! Bake with Two Chicks in the Mix on IG live. They will be making snickerdoodles. Go to their page and grab the ingredients, so you can follow along!

Get Your Flow On

Various Times

[@bad_and_bhujangasana](#)

Looking for an Open Level Yoga Flow? Join [@bad_and_bhujangasana](#) this week for practice! Let's stretch, heal and build strength together!. To sign up, make a donation via Venmo [@bad_and_bhujangasana](#) and DM them a screenshot of donation with your email address.

Stay Inside for Charity

Various Times

[@hellalooks](#)

Hella Looks is a femme-led magazine and platform creating space for raw, authentic dialogue within the creative community. Join them for #WHATATIMETOBEINSIDE, a week long digital conference for charity exploring fashion, wellness and music. 100% of donations go to charity, including SuprMrkt, a low cost grocery servicing low income families in South LA, and the Hollywood Sunset Free Clinic.

Relax and Release with BEAM

Wednesday April 29th | 1pm PST

[@_beamorg_](#)

www.beam.community/events

Just like our Black blues tradition of pain and pleasure, we are living in a time of intensified contradictions and complexities. During this pandemic, the most impacted continue to be "most impacted", while simultaneously creating spider-like networks of vital support and blissful digital artistry. You are invited to a webinar of conversation and movement-based somatic practices, which aim to support getting grounding and responding to changes with embodied choice. *All practices welcome all bodies. Participants are encouraged to clear a space to move around in, or be in a comfortable chair.

Something for the Young Ones

Friday April 24th | 6:30 - 7:30 PM

[@bwu_sacramento](#)

www.bwusac.org

This Friday we will be having a “Black Girls Matter” gathering on Zoom hosted by four dope girls. This space is open to any Black girl and their parents. Every Black girl that attends will receive a free Black Girls Matter shirt. Register online at www.bwusac.org

Resources

Get the Vibes Right

[@thenapministry](#)

Created a Daydreaming and Dreamspace playlist to fortify your rest moments of staring out of windows, meditating, resting your eyes, slowing down and reclaiming your imagination.

Pamper Yourself

[@twintuitions](#)

Twintuitions is a local company that makes natural and herbal products for healing and wellness. Their herbal bath soak is perfect for sensitive skin and those who suffer from skin irritations such as eczema. It exfoliates, soothes, and provides aromatherapy for the ultimate relaxing bath experience. Check them out for other haircare and body products, as well as herbal tinctures for immune wellness. Available for shipping & local pick ups (LA & Long Beach area).

Get Lifted

[@toyafromharlem](#)

<http://toyafromharlem.com/my-links/>

Do you celebrate 4/20 365? @toyafromharlem has profiled some Black-Owned brands you might want to check out.

Want to support the production of this work?
Buy us a coffee, [here!](#)



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