



Sharla Berry &lt;blackgirlrising.la@gmail.com&gt;

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**Fwd: Black Girl Rising Newsletter 003**

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To: Black Girl Rising <blackgirlrising.la@gmail.com>

Wed, Apr 8, 2020 at 12:14 PM

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From: **Sharla** <sharlawrites@gmail.com>  
Date: Wed, Apr 8, 2020 at 6:47 AM  
Subject: Black Girl Rising Newsletter 003  
To: <sharlawrites@gmail.com>

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## Newsletter 003: April 8th - April 15th

"Surviving is important. Thriving is elegant." - Dr. Maya Angelou

These days, I am not feeling very elegant. My inner and outer presentation feel stripped to their most essential components. Like many of you, I am deeply invested in doing the work necessary for surviving. I am wearing masks and gloves, I am eating, I am taking breaks and walks, and I am immersing myself in work as a form of escape. I am anxiously awaiting a better day. I am surviving, and I am grateful.

But once survival has been mastered in the way that the present crisis requires, it gets boring. I'm curious about leveling up. Elegance offers such an opportunity.

We've proven for centuries that we can survive and thrive independently, but what would it look like for us to thrive in community? Whose safety and liberation are bound up in our own? How can we wrap our wings around each other and still fly? And how deliciously opulent might soaring in community be?

The resources that we highlight this week (and every week) provide opportunities for you to thrive in community. We hope that you connect with the creators behind these resources and find a deeper sense of what it means to survive, and to thrive.

***Love, Sharla B. & the Team***

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.

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## **Hold the Healers: Virtual Gathering**

**Wednesday April 8th | 4pm PST**

**[@kindredmedicine](#)**

If there was anytime to be held, it is now. If there was ever a time to mobilize, it is now. Join **[@kindredmedicine](#)** and **[@onyi.love](#)** for this month's hold the

healers, a virtual gathering for healers of color. We hold each other, we allow ourselves to receive, we intend, & we BE. Onyi carries many gifts, but will offer energy healing/clearing to support us as we continue to hold space for our beloved communities during a challenging time. ❖❖❖

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This gathering is unapologetically for BIPOC healers. Please respect our sacred intentions. This is a pay what u can space, suggested offering is \$11. Registration link is in bio.

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## Weekly Mindfulness Circle

**Mondays at 10am PST**

[@benditlikelacy\\_](#)

Are you looking for a virtual Black + queer centered mindfulness space? ALL are welcome to join in a collective practice of deepening awareness of our bodies, minds, and spirits. Let's start the week with mindfulness, which helps us decrease anxiety, release tension, and find acceptance. This is a nonjudgmental space to explore our new realities at your own pace. Also, download the free booklet in their bio to accompany your practice! Option to use code TMC for 100% off or donate \$3 to [@thewellhealing!](#)

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## Decolonize your Body, Mind and Spirit with Plant Wisdom

**Various Times**

[@hoodherbalism](#)

Hood Herbalism is a community based herbal education project for people of color based out of Lynwood, CA and the San Gabriel Valley, CA. It is a space where people learn useful herbal medicine making skills that can help support their health and the health of those around them. Our space also supports people in connecting with their own ancestral healing traditions related to plants and herbal medicine. Beyond the classes, Hood Herbalism is contribution to a growing movement of decolonizing body, mind, and spirit that is centering plant

knowledge while having the wellness of our communities in mind.

The classes are ideal for people just starting their journey engaging with plants and/or folks that need space to depend their relationship with plants. Throughout the class series, you will be exploring your own curiosity and taping into the frequency of healing life in all the plant ancestors we engage with. Registration for our May classes is open. Both classes will be offered online via Zoom. For more information and to register, please click on the link in the bio.

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## Afro Yoga Classes and More!

[@afroyogabyangie](#)

<https://www.afroyoga.org/online-studio>

Angie Franklin is the founder of Sacramento-based Afro Yoga, a wellness movement for people of color rooted in community and collaboration. This month she launches her Online Yoga Studio. You can pre-register for \$10/month (the price will increase after April 15th). Membership includes access to a yoga video library, two live-streamed classes per month and special pricing on amazing workshops from wellness experts. PLUS, you'll get resources from Angie like plant-based recipes and other goodies.

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## Virtual Conversation with #CoolAssBlackWoman

[@coolassblackwoman](#)

**Wednesday April 15th | 7pm**

[#CoolAssBlackWoman](#) is a safe space for Black women to become vulnerable, find ways of seeing life from different perspectives and provide support to one another.

[#CoolAssBlackWoman](#) focuses on the black woman, not her shape, her followers or her title.

[#CoolAssBlackWoman](#) focuses on who she is, her goals, who she desires to be and how she shows up for other [#CoolAssBlackWomen](#).

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# Native Mental Wellness: A Discussion with Licensed Providers

Friday, April 10th | 10am PST  
[@indigenoucircleofwellness](#)

Join on [@indigenoucircleofwellness](#) on Facebook Live for a discussion of about Native mental wellness during COVID-19. If you have any things you would like them to include in their talk? Any specific questions? Feel free to share them below or email us at [info@icowellness.com](mailto:info@icowellness.com).

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## Resource: Ohemaa Health and Wellness Support Group

<https://www.wesupportohemaas.com>

[@wesupportohemaas](#)

The Ohemaa Health and Wellness Support Group, founded in 2020 is a free inclusive online space for womxn of color. Allies who are womxn are also welcomed too! We strive to learn, support, and empower womxn's start, middle, and continual journey of achieving their physical and mental health goals.

WE ARE NOT EXPERTS. This is not a place to talk about knowing all the answers because in reality, the "everyday" womxn does not know all the answers. This space to support womxn of color living in their truth. The Ohemaa Health and Wellness Support group is a safe and brave space for womxn of color to share, empower, and discuss their health and wellness journeys.

The word Ohemaa (O-heh-maa) is a word derived from the Twi (Asante) dialect, which is from Ghana, West Africa. The word Ohemaa means Queen in the Twi language. Any womxn who is part of our support group is a QUEEN. Queens rule, go through journeys, rise to the occasion and achieve their goals. We hope to support all the Ohemaa's in their journeys.

Check out the blog to learn about how womxn of color have been navigating their health journeys.

# Let's Expand the Community!

Help us grow by sharing our newsletter.  
***New readers can sign up [here](#).***

You can also share events, [here](#).

Buy us a [coffee](#) to keep us fueled!

Feedback? Email [blackgirlrising.la@gmail.com](mailto:blackgirlrising.la@gmail.com)  
Follow us on Instagram [@blackgirlrising.la](https://www.instagram.com/blackgirlrising.la)



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"History will be kind to me, for I intend to write it" --- Winston Churchill