



# Collective Care in the Face of Violent Trauma



**A GUIDEBOOK  
FOR GATHERING**

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DEVELOPED JUNE 2017



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Dear People's Supper Family,

Violence\* has erupted - Now what?

I went to Portland, Oregon just days after a known white supremacist on a public train verbally attacked two teenage girls – one Black and one wearing a headcovering. He then killed two white men (and wounded a third) who came to their defense. As I made my way into the city, I thought about all the people that I loved in Portland who were scared, weary, fearful and unsure of what to do. I didn't know what to do either – except ask people to gather around tables together – and that's what we did.

I had lunch with a trusted friend – a pastor struggling with how to exercise patience with those with empathy deficits and hoping to bring people together across political lines. I had dinner with a group of folks, new and old friends, ranging in age from their early 20s to just over 40. The dinner turned into hours of conversation about topics both silly and taboo. Neither meal led to plans for a protest or a new political action campaign, but we did hug, connect, laugh, and sigh. We built some reserves of energy and empathy. I left the city, reminded of the beauty and resilience of people I love and encouraged by connections that begin and reignite in the passing of bread.

Violence is both systemic and erupts between individuals. Trauma and despair results that make connection more difficult and yet, more precious. There are times of great collective tragedy, as in [Charlottesville, VA](#), where the lived and witnessed violence stirs up a need to pay particular care to how we gather and heal. We must organize for deep systemic change toward justice and actively, collectively - simultaneously - attend to needs for nourishment of the body and soul. That is the work of building a better world.

Whatever eruption of violence has brought you to this toolkit should not have happened. I hope that something here is helpful as you process grief and fear, seek solace in one another and seek to build community despite an outside force that has tried to destroy it. We at The People's Supper have developed this toolkit to support you and your community during a time of crisis caused by violence. It is not an exhaustive resource, but it is something ... and a meal is a potentially emotionally and physically nourishing way to provide something to those you care about in the days ahead.

**Pull up a seat.** Take a deep breath. Grab what works for you from this toolkit and leave the rest for another time. As you and your community come together to heal, whether that's around bowls of popcorn or grandma's famous three-cheese lasagna or take-out pizza – have faith that you are healing body and soul by not allowing violence to have the last word – if even for one night.

In solidarity,

Micky ScottBey Jones & The People's Supper family

\*For the purposes of this toolkit, we are focusing on violence committed against a person or people group that are meant to instill fear, intimidation or cause chaos. For example, state violence (the murder of Philando Castile), vigilante violence (the murder of Trayvon Martin) and domestic terrorism (Charleston Church Massacre, Sandy Hook School Massacre), aggressive ICE raids, and violent white supremacist rallies/race riots are examples of the kind of violence that can deeply impact communities of all kinds, leaving people feeling suspicious of each other, caught in a mix of emotions, looking for people to blame and at the same time in need of deeper connection. This kit seeks to support you in the aftermath of that kind of violence.

# ABOUT US

Since January 20, The People's Supper has hosted hundreds of suppers in cities and towns across the country, ranging from Littleton, CO, Cullowhee, NC, to Portage, MI, in order to strengthen our individual and collective resilience, and to repair the breach in our interpersonal relationships across political, ideological, and identity differences.

To quote Maya Angelou, we believe that “food is important not just as fuel for the body, but as devices for the growth of the soul.” Using shared meals – that rarest of rituals that all of us, whoever we are and wherever we come from, have in common – we invite people of different backgrounds to go beneath the headlines, and to understand the real stories that have shaped who we are. **In a moment in which many in our communities face more extreme struggle, the supper table is a uniquely simple and sacred space through which we can find real nourishment and real healing.**

Ours is a collaborative project led by three organizations: the [Faith Matters Network](#), a people of color led collective working to equip 21st century faith leaders with the tools to build healthy, equitable communities; [Hollaback!](#), a global, people-powered movement to end harassment; and [The Dinner Party](#), a community of mostly 20- and 30-somethings out to transform our most isolating experiences into sources of meaningful connection and forward movement. Our partners include dozens of organizations on the leading edge of social change, including #LoveArmy, Dream Defenders, Evangelicals for Social Action, Auburn Seminary, Red Letter Christians, Interfaith Youth Core, Embarc, Speaking Down Barriers, the Women's Islamic Initiative in Spirituality and Equality, and more.



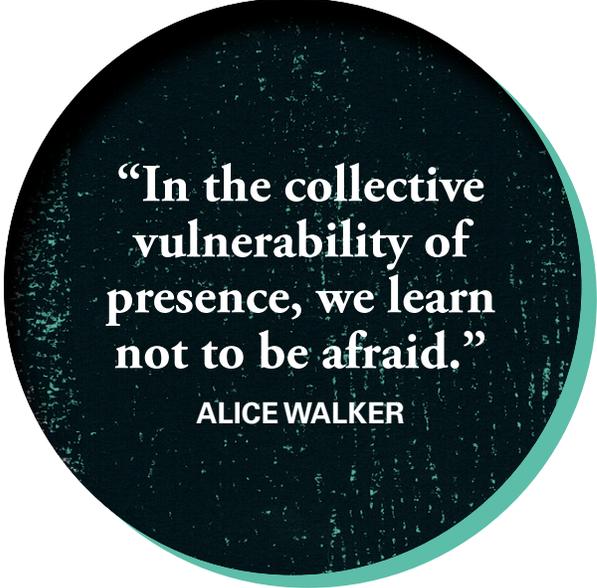
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# A DIFFERENT KIND OF PEOPLE'S SUPPER

How do you gather together for something so normal as a meal, when terrible violence has ripped through your community? Daily tasks – even eating – can seem like heavier chores, stripped of the joy and comfort they once provided.

But feeding ourselves in these moments is about more than mere survival. Gathering for a meal — or maybe tea, or even just throwing together a few plates of snacks — can help satiate other forms of emotional and spiritual hunger, too, providing a pathway for connection when we need it most.

Following are some suggestions for how to host and participate in a supper in the aftermath of violence in your community, or even in the broader world community. When our souls are rocked with a reminder of the everyday violence in systems of oppression, and when we are shocked yet again by a senseless act of violence or rage – **we need each other** to remember that there are other stories.



“In the collective  
vulnerability of  
presence, we learn  
not to be afraid.”

ALICE WALKER

# AN INVITATION TO BRAVE SPACE



Together we will create *brave space*  
Because there is no such thing as a “safe space” —  
We exist in the real world  
We all carry scars and we have all caused wounds.  
In this space  
We seek to turn down the volume of the outside world,  
We amplify voices that fight to be heard elsewhere,  
We call each other to more truth and love  
We have the right to start somewhere and continue to grow.  
We have the responsibility to examine what we think we  
know.  
We will not be perfect.  
This space will not be perfect.  
It will not always be what we wish it to be  
But  
It will be *our brave space together,*  
*and*  
*We will work on it side by side.*

by Micky ScottBey Jones

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# WAYS OF GATHERING: OPTION ONE

## OPTION ONE: THE OPEN HOUSE

It may feel right to offer more of an “open house”, drop-in style gathering than a formal sit-down supper. This may take a little brainstorming about how to arrange things. The food may be more of a buffet-style, so people can fix a plate when they arrive. Ask a few folks to look out for people entering so that everyone gets greeted when they arrive. Greeters can hand people the “[Invitation to Brave Space](#)” statement and invite them to fix a plate. Conversation-starters can be written on index cards or pieces of paper left on tables and counters. At a time when there seems to be a steady flow of people, you might call for attention and explain a little about why you are hosting and what your hopes for the time are.



# WAYS OF GATHERING: OPTION TWO

## OPTION TWO: HOST A SUPPER

Supper tables can be a place of rest, reflection, healing, and hope in the moments we need it most. Here's how to host a supper, in ten simple steps:

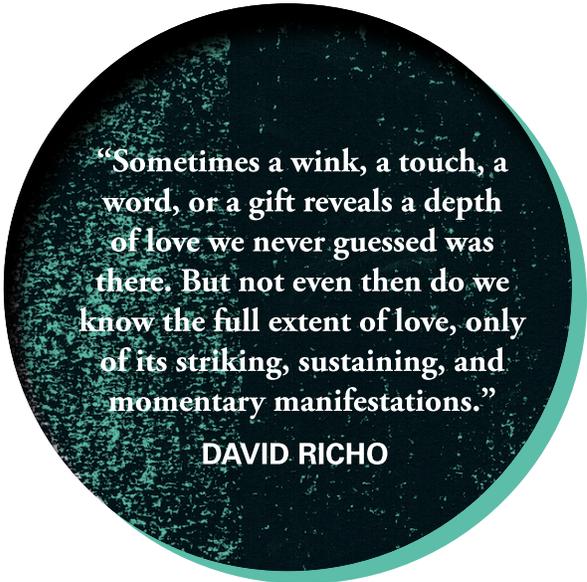
1. **Send out an invite.** (Yup, a text thread will totally suffice.)
2. **Set up the space:** What does a welcoming space look like to you?  
Pull out the candles, and whip up a dish. (Remember: Keep this one simple. It's totally fine to order pizza, or invite folks to pick up something cheap and easy on the way, if it means you have one less thing to worry about.)
3. **Grab a seat & kick off the conversation:**
4. **Welcome everyone** and explain why it's important to you to gather together tonight.
5. **Share the guidelines** and ways of being with one another (see P9).
6. **Read Brave Space** (P6). We recommend reading it popcorn-style: As host, introduce the piece and read the first line, inviting people to reach each line separately as they are moved to. Invite each other to create internal and external Brave Space.
7. **Offer a blessing, or toast** those who bring you courage (see examples on P11).
8. If some folks are meeting for the first time, **have everyone introduce themselves**, using one of the Conversation-Starters. Otherwise, feel free to skip straight to whatever discussion question feels most burning for you (see examples on P10).
9. **Lightly facilitate.**
10. **Close the meal.** Fifteen minutes before the scheduled end (or thereabouts), serve dessert. (Tip: a bar of chocolate does the trick.) This helps to break the conversation toward an end. Ask your guests how they're doing at the end of this meal, or offer up a poem or a quote that's fortified you over the last few months.

## A FEW TIPS

**Group size:** To avoid having conversations splinter off, and to give everyone a chance to hear and be heard, it's best to keep the group size small. Tables of 6-8 tend to work well, though smaller groups are fine, too, and it's possible to maintain real intimacy with as many as ten people. If you're hosting a larger event, make sure to have enough tables or spaces available to allow everyone to sit down within small groups, without having to shout over one another. And be sure to have at least one "table host" at each, to kick off the conversation and lightly facilitate as needed.

**Enlist help:** While folks are filtering in, leave a few things unfinished: Save lighting the candles, for instance, or setting the table. It helps to give people something to do as they're waiting for everyone else to arrive.

**Your post-supper mission: Do something that brings you joy.** Hosting doesn't end with washing the dishes. This is a space, in part, where we can free ourselves of stigma and shame and the fears we carry when it comes to naming our own truths and where it hurts, and to remind ourselves that we are not alone. At the end of the supper, have a plan to do something that reminds you just how good life can be: It could be dancing around the kitchen to Beyoncé, or treating yourself to a long walk or a bath, or a movie. Ask guests what they plan to do, and encourage them to share those stories with each other afterward.



"Sometimes a wink, a touch, a word, or a gift reveals a depth of love we never guessed was there. But not even then do we know the full extent of love, only of its striking, sustaining, and momentary manifestations."

DAVID RICHIO

# GROUND RULES

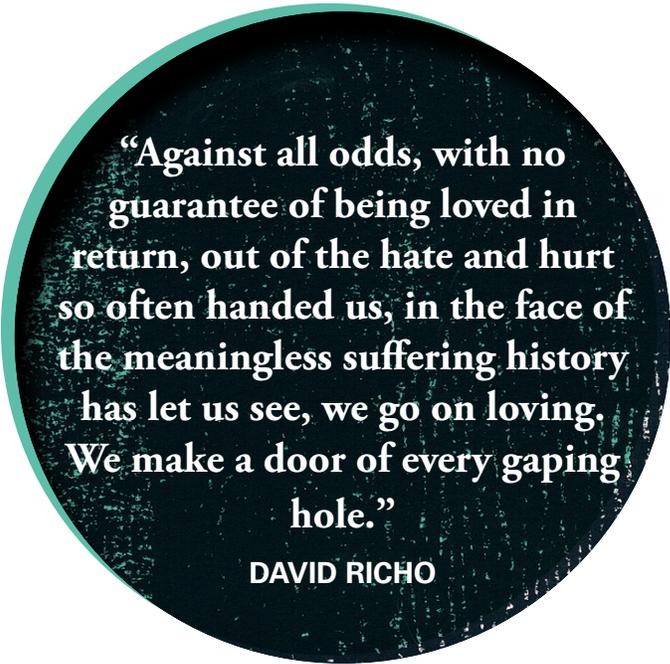
*These ground rules aren't meant to box you in, they are meant to provide a sense of shared way of being during our time together. The Center for Courage & Renewal calls their guiding principles touchstones, other groups call them agreements. After reading through them, we think you'll get the drift that they are more concerned with underlying principles of love, respect and creating what Dr. Martin Luther King, Jr. called the Beloved Community and less about policing each other's behavior. So take a deep breath and dive into some ingredients for brave and engaging conversation.*

**Once you sit down, introduce the following ground rules:**

1. **Stick with "I"** statements and avoid advice-giving. Your experience is yours and please honor and respect that others' experiences are theirs. Putting this to practice is hard work: It means, in the words of our friends at The Center for Courage & Renewal, "no fixing, saving, advising or correcting each other." Your job is to silence the noise and tune into your inner voice, trusting that everyone else at the table has the power to do the same. Simply speak your truth.
2. **Pass the mic, and allow for silence.** Notice that you're talking more than others at the table? Step back and give other voices a chance to be heard. Know that we welcome silence just as much as we welcome speech, and ask only that when you speak, you do so intentionally.
3. **Vegas rule:** Just as what happens in Vegas stays in Vegas, what happens at the table stays at the table. No quotes or identifying details will be shared without permission.
4. **Be aware of the privilege you hold in a conversation.**

The folks at [Daring Discussions](#) put this one beautifully, and it's particularly **essential when you're bringing together a group of folks who share a mix of identities:** "Being or becoming aware of privilege is important for respectful dialogue. 'Privilege' doesn't necessarily mean wealth and it certainly doesn't mean a person has never struggled—it means the relative power you hold in society that is structurally unequal due to racism, sexism, homophobia, transphobia, xenophobia, ableism, religious discrimination and so on. An individual may hold some kinds of privilege while also experiencing some form of oppression.

Holding privilege is what allows us to avoid and ignore issues that do not directly affect us, and understanding your own privilege is an important part of giving others space to share difficult and vulnerable truths about their experience. During this discussion, being aware of the privilege you hold is an important part of creating space for your and vulnerable truths about their experience."



**"Against all odds, with no guarantee of being loved in return, out of the hate and hurt so often handed us, in the face of the meaningless suffering history has let us see, we go on loving. We make a door of every gaping hole."**

**DAVID RICHIO**

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# CONVERSATION-STARTERS

*These conversation starters are meant to help your guests lean into a spirit of vulnerability and courage.*



**TELL YOUR LIFE  
STORY IN ONE  
MINUTE.**



**DESCRIBE YOUR  
FIRST EXPERIENCE  
OF INJUSTICE.  
HOW DID IT  
CHANGE YOUR  
WORLDVIEW?**



**WHOSE  
LIBERATION ARE  
YOU LONGING  
FOR?**



**HOW DO YOU  
PRACTICE  
COMPASSION  
FOR YOURSELF  
WHEN YOU ARE  
OVERWHELMED?**



**WHAT IS THE  
VISION OF HOPE  
THAT SUSTAINS  
YOU?**

# TOASTS & BLESSINGS

*Toasts are a great way to kick off a conversation. Once everyone has plated up, invite everyone to raise their glass (water, wine, whatever it may be):*

Let us raise our glasses to remember the challenges and the joys of this last week. We made it! **May we remember the faces around this table when next week's challenges and joys dance around us and may that memory give us hope and strength.**

...

May you be blessed! **May you have hope!** May you savor the flavors and aromas of life even in the midst of a crazy world!

...

**To life! To love!** To new friendships and blossoming opportunities that start around the dinner table!

...

Let us raise our glasses **to the family and friends who taught us to treat others with love**, to be curious about the world and to show kindness to our neighbors.

...

Raise your glass to those who have lived before you, who resisted injustice, who lived and loved despite many challenges and oppression, who you wish could be here tonight at this dinner. ::Have each person say the name out loud:: Raise your glass to those that came before us and to those around the table tonight. **May this dinner provide us the nourishment we seek. May this meal nourish our stomachs, strengthen our resistance, remind of us of our worthiness, and bless us with compassion for ourselves and others within our struggles.**

We are the children of the ones who persevered. **We raise a glass to those who left us a testimony and to the ones we will never know.** May we live lives of love and hope as a tribute to our ancestors and our elders. We are their wildest dreams and more than they could have imagined.

...

Raise your glass to the daily act of living that got us here today. **My life is resistance. Your life is resistance. Raise your glass to living - to surviving, to thriving, to joy in the struggle.** May this meal nourish our bodies and souls, fill us with delicious extravagant laughter and dishes and remind us of how we make the most with what we have.

...

To radical hospitality. To unity in diversity. **To revolutionary love.** We raise our glasses!

...

**Invite everyone to light a tea light candle and share the name of a person who inspires courage in you, living or dead, famous or familial, and why.** Toast those just named, and those who inspire us to be our best selves, and ourselves and each other for having the guts to step into a space of vulnerability right now.

# SUGGESTED TIPS

*Close your eyes. Imagine you're doing the dishes. The supper's ended, the last person just walked out the door. What do you want to feel in this moment? What kind of experience do you hope to have had?*

**Whichever path you choose, here are five sets of tips for bringing people together in such a time:**

1. Putting together your guest list;
2. What this is (and isn't), and a word on self- and collective care;
3. Tips on timing;
4. Questions for discussion & what (and what not) to say;
5. Suggestions to keep the conversation going.

**Remember:** The single most important thing you can do as a host is to know why you're there and what you want folks to leave with. Over the course of the evening, simply aim for that end-point. Treat all of this as a tool and a starting point, and make it your own.

**And don't forget! Whichever path you choose, be sure to document the gathering.** If folks feel comfortable, snap a family photo as you close the evening, or simply take a picture of the food and table. Tag us at @peoplessupper, using the hashtag #PeoplesSupper. After the supper, jot down a few notes on what went well and what didn't: favorite moments, themes that came up, what you'd like to see more of next time, etc. Share your story and tell us how it went by emailing us at [info@thepeoplessupper.org](mailto:info@thepeoplessupper.org).



# 1. PUTTING TOGETHER YOUR GUEST LIST

## HOW TO CREATE AND NURTURE COMMUNITY NOW

- **Stay** with and fortify the community you are currently developing during this time of crisis. If you have already been gathering with others using The People's Supper materials or you have a group of people you can call community – that community needs you to stay with them.
- **Deepen** the ties of community so that if you decide to act in some way, you will have strong connections with each other on which to build. There can be a temptation to make immediate changes to include more folks for bridging difference. That work will come in time, but as a first response, it's critically important to circle up with people with whom you feel safe.
- **Talk** about challenges or new issues revealed by the current stress and trauma. Perhaps your community is not as diverse, courageous, or impactful as you would like it to be. There may be confusion, interpersonal conflict, fear, deep emotions and pain: Choose to throw the elephant out of the room (whatever form the elephant may take), and be comfortable naming your own discomfort with difficult conversations. Talking about it can ease the soul, create breathing room, and make space to work through issues. Let's be careful with each other, so we can be dangerous to the death-dealing systems of Empire together.

## ENLARGING OR MAINTAINING THE CIRCLE

If you're gathering an existing community together, there may be a question about enlarging or maintaining the circle of folks on the invite list. If at all possible, ask those who are accustomed to gathering together about what they would prefer for the first gathering. Do they want or need to bring a loved one? Do they have reservations about new people that they don't know? See if you can get feedback from as many people as possible before making that decision.

You can also make the decision to create a more open event. If, for instance, you are hosting a supper after an incident of violence directed at LGBTQ folks, you may want to open it up to anyone sharing identities within that spectrum, even if they're not directly within your existing community. Again, get the temperature of folks who already in relationship with one another, before throwing the doors wide open.

## REAL TALK ABOUT SAFETY

If you have an open event, be aware that there may be people who intend to do harm - specifically to people who are the objects of their hate. Consider ways in which you can hold space for fear and concern about physical safety and continue to gather in a way that minimizes risk.

- Share location and meeting time with guests only. If you are using an open platform like Facebook to invite guests, share specifics like time and location via email or private message after connecting with each guest.
- Stick with guests who are known or recommended. When holding a supper in the aftermath of violence at the hands of white supremacists, nationalists, fascists, or religious extremists, it is a good idea to stick with people you already trust or whom you have gotten a sense of through a short conversation.
- If you're planning a larger event, consider if your supper needs a security team, a greeter at the front door, or a more private location.
- Check in to see if folks have concerns about safety because of location or guests. Talk through concerns and check with us at The People's Supper for more support and problem solving around issues of psychological and physical safety.

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## 2. WHAT THIS IS (& ISN'T), AND A WORD ON SELF- AND COLLECTIVE CARE

*Remember, these suppers are peer-led community gatherings and may be therapeutic, but they are not therapy.*

We're not interested in professionalizing anything, but in humanizing everything: You don't need any special training, knowledge, or equipment. Bring your empathy & kindness, and invite others to bring theirs.

If you yourself are a clinician, pastoral caregiver or anyone working in mental health or counseling, remember that this is a chance to take off that hat for a night, and show up as peers, not professionals.

Peer support is valuable and essential to the human experience but may need to be combined with therapy with a licensed professional for someone experiencing anxiety, depression, trauma, or other responses to violence, trauma, PTSD, vicarious trauma or other issues. As a host, it may be helpful to have the name of a therapist or number for a local hotline in case someone seems to need immediate support. **See P18 for additional resources.**

**Tip:** Encourage folks gathering to share their "3AM Plan": When you're up in the middle of night with grief, or anxiety, or overwhelm, what poem or letter or passage do you turn to give you sustenance?



**“All that you touch,  
you change. All  
that you change,  
changes you.”**

**OCTAVIA BUTLER**

# 3. TIPS ON TIMING

## NO NEED TO WAIT

Hosting a supper as soon as possible after the incident can meet a variety of needs. Likely, people will come with different needs, and may be carrying multiple emotions and desires. Just offering a space and a chance to do something as “normal” as eating together can open up opportunities for things such as:

- A moment to slow down, breathe, say a prayer or express gratitude.
- Making space to grieve individually or collectively.
- Talking about other things (pets, kids, gardening ... anything that comes up)
- Sharing resources, sharing needs.
- Sharing stories.
- Stopping to eat – something people may have been neglecting.
- Just getting out of the house together, which can mean having to confront fears or feelings of being unsafe.

## BY INVITATION, NOT DEMAND

But remember: Those of us that are often the catalysts for action during a crisis can act with a sense of enthusiasm and urgency that intimidates or overwhelms others. Share from the heart why it’s important to you to gather together quickly: Be honest and vulnerable about your own needs in this moment, and make space for others to name theirs.

Our friends at Courage & Renewal share this Touchstone (a kind of community guideline for “safe and trustworthy space”) for their Circle of Trust gatherings and it’s helpful to keep in mind here:

What is offered in the circle is by invitation, not demand. This is not a “share or die” event! Do whatever your soul calls for, and know that you do it with our support. Your soul knows your needs better than we do.

Offering a supper soon after an incident of violence gives people options for connection but doesn’t work if they are coerced or guilted into participation. You are communicating a shared need for togetherness and your time together will be meaningful, be it three people or fifteen.

## HAVE A SUPPER START & STOP TIME

Plan a gathering with a start and stop time. Two hours or less can give people time to connect without feeling like they are being asked to give up an entire day or evening. When violence strikes a community, there may be extra meetings to plan vigils and demonstrations, and phone calls to coordinate support and care, and interactions with the public or press. Shorter gatherings can provide a quick break and chance to restore, rather than adding yet another obligation to an overwhelming to-do list.

## K.I.S.S.

You’ve probably heard the acronym KISS – Keep It Simple Silly – as a way of encouraging people to keep things simple when planning. Pinterest and Instagram may tell a different story, but it really is okay to keep things simple. It’s more important to gather quickly than to gather perfectly. Be aware of your own energy levels in this moment: If you are typically the kind of person who goes all out for a dinner party or even a potluck, allow yourself to resist that impulse unless it serves you.

Ideas for food:

- Offer tea and coffee and ask people to bring fruit, veggies, and light snacks to go with it
- Order pizza – everyone can pitch in a few dollars
- Store-bought – ask everyone to bring something from the store, agreeing to nothing fancy
- Picnic – have a picnic in the backyard (so you don’t have to clean the house before or after!)

With The People’s Supper, what is offered as a gathering is done by invitation, not demand. This isn’t a sneaky way to have a meeting or recruit volunteers; it is not a way to hurry up the process, or to put fear and grief behind us so we can “move on” to other things. If people respond to the invitation, it’s because it’s what they need. If not, they may need something else or be getting their needs met somewhere else.

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# QUESTIONS FOR DISCUSSION & WHAT (AND WHAT NOT) TO SAY

*It can be difficult to know what to say to each other when processing violence in a community. Here are questions we love. If you're hosting a sit-down supper, pick 2-3 of the questions below, and have everyone respond (again, by invitation, not demand). If you're organizing a more informal Open House-style gathering, try scattering these prompts around the room or handing them to guests as they arrive, or simply keep them in your back pocket as you engage in conversation.*

## SAMPLE QUESTIONS

- × **WHAT FEELING IS RISING TO THE SURFACE FOR YOU IN THIS MOMENT?**
- × **WHO OR WHAT IS YOUR SHELTER DURING STORMS?**
- × **HOW DO YOU KNOW WHAT YOU NEED WHEN YOU ARE FEARFUL OR STRESSED? HOW DO YOU COMMUNICATE IT?**
- × **WHERE ARE THE HELPERS IN YOUR LIFE RIGHT NOW?\***
- × **TELL US ABOUT YOUR SOURCES OF STRENGTH AND SURVIVAL. WHAT HAS BEEN YOUR LIFELINE?**
- × **IF YOU COULD CHANGE ONE THING IN THE WORLD RIGHT NOW – BIG OR SMALL – NO MATTER THE COST – WHAT WOULD IT BE?**
- × **THINK OF A TIME WHEN YOU WORKED THROUGH FEAR OR STRESS. WHAT DO YOU REMEMBER ABOUT THAT TIME?**

\*From a question Mr. Rogers taught children to ask during frightening times.

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# QUESTIONS FOR DISCUSSION & WHAT (AND WHAT NOT) TO SAY

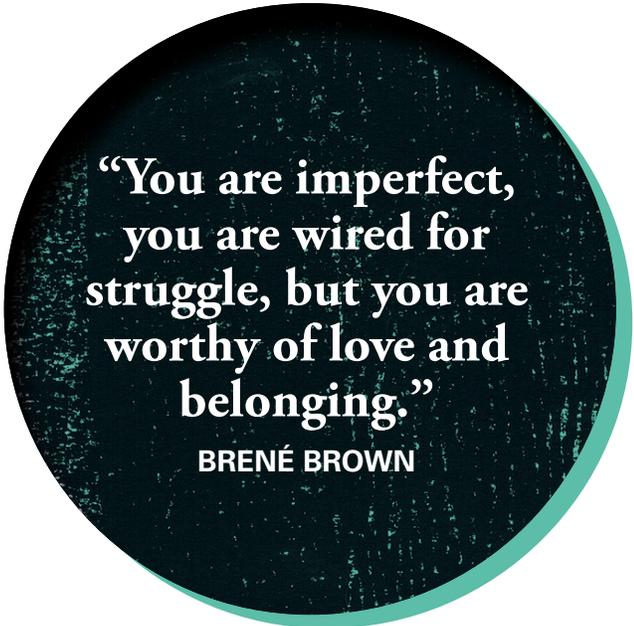
*(Continued)*

## USEFUL FACILITATION TOOLS & PROMPTS

- Tell me what it's been like for you;
- You have a right to your feelings;
- Can you talk about that from your own experience?
- Can you share a story that illustrates that?
- Thank you for sharing your story;
- I just need someone to listen right now;
- I don't know either;

## THINGS TO AVOID

- Let's just move on – this happens all the time.
- Don't you think that's ...
- Don't you think we should be doing \_\_\_\_\_ right now instead of feeling angry/sad/mad, etc.?
- But what can we do about it?



**“You are imperfect,  
you are wired for  
struggle, but you are  
worthy of love and  
belonging.”**

**BRENÉ BROWN**

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# SUGGESTIONS TO KEEP THE CONVERSATION GOING

## INVITE GUESTS TO AN AFTER-SUPPER HANG

A way to share the host responsibilities is to partner with someone else (or if you feel up to it - do it yourself) for an after-supper gathering. If people need more support, want to continue conversations, or just want to not be alone, offer a less formal way of being together after the supper. This can even be a time to watch a funny movie together, to play music and sing, to take turn up some music and dance, or just hang out. Sometimes we wait to gather for birthdays and holidays or wait for someone else to call. An after supper gathering can be a time to just be together – no agenda but to be human beings together. It can be a powerful and needed reminder of our shared humanity.

## MAKE A STANDING DATE

Consider announcing a standing night of the week for a community supper for a period of time, and see if others there are open to rotating hosts and houses. Give others a chance to contribute, and know you don't have to carry the load alone.

This might look like different people agreeing to physically host at their homes, while you continue to play the role of facilitator and “space-holder” within the conversation. Or, maybe you agree to meet at the same place every week or two for a few weeks, and to take on a different theme each time. Pick questions you didn't get to the first time, or take a look at suggestions in our [Healing Guidebook](#) and [Bridging Guidebook](#) for more ideas.

How you share the needs for a series of suppers is up to you – and whatever works for your group is what's best. In keeping with the spirit of the suppers, just make sure whomever is hosting has support materials like this toolkit and other resources and gets support from The People's Supper team as needed.



**“Finding places  
of healing and  
transformation, moving  
toward a world beyond  
enemies, is work that  
has to be done for our  
survival.”**

**ADRIENNE MAREE BROWN**

# ADDITIONAL RESOURCES

*Having a meal together is just one kind of support during trying times. You may find that you or those that are gathered need or want additional support. We have collected some resources here, but there are a lot out there that we don't know about. If you find a really great resource that brings you healing and resilience, please email us at [info@thepeoplessupper.org](mailto:info@thepeoplessupper.org) and let us know. Additionally, you may want to keep a local list going so that you can refer to it whenever needs arise.*

## HOTLINES

1. [National Suicide Prevention Hotline](#), or call 1-800-273-8255. There is also an online chat option.
2. [Crisis Text Line](#), or simply text 741-741.

## THERAPISTS & COUNSELORS

1. [National Queer and Transgender Therapists of Color Network](#)
1. [Therapy for Black Girls](#)
2. [African American Therapists](#)
3. [Association of Black Psychologists](#)
4. [Good Therapy – Therapist Directory](#)

## TO LISTEN TO OR WATCH

1. [Fortification Podcast-Spiritual Sustenance for Movements](#)
2. [Auburn Theological Seminary Webinars – Resiliency, Brave Space and more](#)
3. [Ruby Sales, Where Does It Hurt?, On Being Podcast](#)
4. [Patrisse Cullors and Robert Ross, “The Spiritual Work of Black Lives Matter”](#)
5. [Spotify: Most Relaxing Songs Ever, According to Science](#)
6. [Spotify: Meditate to Sounds of Nature](#)
7. [23rd Psalm – Bobby McFerrin & Choir](#)
8. [The Work of the People: Reverend Jennifer Bailey of Faith Matters Network](#)

## TO READ

1. [Just Healing – Healing Justice Practice Space Resources](#)
2. [The U.S. Department of Arts & Culture – Art Became the Oxygen: A Guide to Artistic Response](#)
3. [How Can Spiritual Practice Sustain Activism?](#)
4. [Know Your \(Lack of a Role\): Honoring Healing Spaces as an Ally](#)
5. [Self care for People of Color after Psychological Trauma \(Print Out\)](#)
6. In her poetry, prose, and speaking, Adrienne Maree Brown [shares about](#) how we care about each other in our movements for justice. See also Emergent Strategy.
7. [The Sanctuaries, Sacred Practices for Resilience and Resistance](#)
8. [The Ring Theory of Care After/In Midst of Trauma](#)
9. [People’s Supper Healing Guidebook](#)
10. [Icarus Project Crisis Tool Kit. Mental health, Suicide, Crisis, Psychosis, Hotlines & Warmlines](#)
11. [Recovering from TTSD \(Shrump\\* Traumatic Stress Disorder\)](#)
12. [Self Care and Collective Care Continuous Crowdsourced Idea Document](#)
13. [The Interdependence Project: Online Group Meditation Every Wednesday](#)
14. [The Hive Podcast: Meditations and Conversations About Contemplation and Action](#)
15. [Jardana Peacock on Soundcloud Meditations, Healing movement.](#)  
Her full website: [jardanapeacock.com](http://jardanapeacock.com)
16. [Activism & Self Care Newsletter, Free Weekly Meditation Each Monday](#)
17. [The People’s Supper – host or attend a Healing Supper](#)
18. [365 of Black Love at Harriet’s Apothecary](#)
19. [Sacred Vibes Apothecary Shop](#)
20. [Ancestral Apothecary Shop](#)

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[info@thepeoplesupper.org](mailto:info@thepeoplesupper.org).**