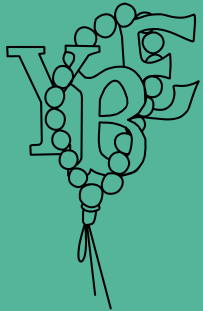
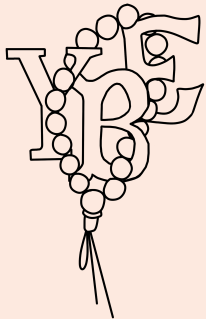


Thank you for joining us!
We will be starting shortly



Let's talk about: A future without suffering

John Mullins and Marissa Wong



Please share your name, pronouns,
and where you are from in the chat!

Land Acknowledgement

Community Agreements

1. One Mic
2. Right Thought and Right View - **Assume Positive Intent**
3. Right Speech - **Our words have power and can negatively impact others**
4. Right Action - **What is shared here stays here; what is learned here leaves here**
5. Right Mindfulness - **Create space, take space**

What else do you need to ensure this is a safe space for everyone?

Workshops 1 & 2

Slides for both can be found at

<https://www.youngbuddhisteditorial.com/workshops>

Recording of workshop 2 can be found at

<https://www.youtube.com/watch?v=8U9Pe7WG-wQ&t=19s>

The Four Noble Truths

1. Life is Suffering
2. Life is Suffering because...

3. How do we end suffering?

4. Follow the 8 Fold Path
 - a. Right view
 - b. Right thought
 - c. Right speech
 - d. Right action
 - e. Right livelihood
 - f. Right effort
 - g. Right mindfulness
 - h. Right concentration

What is Mutual Aid?



Mutual aid networks vary depending on the communities they serve, but in general they are when people get together to meet each other's material needs (e.g. food, face masks, delivering groceries to immunocompromised neighbors, checking in on elderly community members)

Mutual aid projects are a form of political participation in which people take responsibility for caring for one another and changing political conditions by actually building new social relations that are more survivable.

Examples of Mutual Aid

- **Indigenous Mutual Aid** is an information and support network with an anti-colonial and anti-capitalist framework. They exist to inspire and empower autonomous Indigenous relief organizing in response to COVID-19. Some of their mutual aid groups include Nihi K'é Baa' (For Our Relatives) Mutual Aid, Defend our community, and Alianza Migrante.
<https://www.indigenousmutualaid.org/>
- <https://www.mutualaidhub.org/>
- Sacramento Covid-19 Mutual Aid network
- Seattle neighborhood pods - hyper local mutual aid networks that help us stay connected and take care of each other. Neighborhood pods are self-organized, and anywhere from 5-30 people.
https://www.actionnetwork.org/event_campaign/seattle-mutual-aid-neighborhood-pods



INDIGENOUS COVID-19 RELIEF FUNDS

DONATE FOLLOW

- | | |
|---|---|
| NAVAJO & HOPI FAMILIES COVID-19 RELIEF FUND | DZIL ASDZÁÁN COMMAND CENTER @ORENATRIBE |
| HOPI RELIEF | @HOPIRELIEF |
| NAVAJOSTRONG | @NAVAJOPICVIDI9RELIEF |
| NIHI K'É BAA' MUTUAL AID | @PROTECTBEARSEARS |
| PROTECT NATIVE ELDER | @PROTECTNATIVEELDERS |
| DZIL ASDZÁÁN COMMAND CENTER | @NAVAJOSTRONG |
| ADABI HEALING SHELTER | @KEINFOSHOP |
| WHITE MOUNTAIN APACHE COVID-19 REFLEIF FUND | @IYCFAMILY |
| | @RADMILLACODY |



Mutual Aid and Buddhism



To realize an entrusting heart oneself and to guide others to it
Is the most difficult of all difficulties.

To awaken beings everywhere to great compassion
Is truly to respond in gratitude to the Buddha's benevolence.

Collected Works of Shinran, p.120

The truth is, no one of us can be free until everybody is free.

Maya Angelou

Mutual Aid and Buddhism



What values should we hold to ensure the future we want?

Compassion: Our wish to understand and alleviate suffering

Dana: Generosity/selfless giving

Sangha and Community Accountability

Let's be creative!



We can work to create the future we imagine together!

Discussion 1

What values do you think are important for us as a society to have?

What does a future without suffering mean to you personally?

How does Buddhism inform your vision?

“A Third Reconstruction

must rekindle the aspiration of a nation molded in the ideal of perfect equality, understanding that thinking big—and going big, too—is the surest way toward ‘a more perfect Union.’”

WILFRED CODRINGTON III

Reparations

- [North Carolina's Asheville unanimously approves reparations for slavery](#)
- [The Case for Reparations by Ta-Nehisi Coates](#)
- [Reparations for Japanese-Americans](#)~ After WWII, Japanese American families filed 26,568 claims totaling \$148 million in requests; about \$37 million was approved and disbursed
- [What reparations to Black descendants of slavery might look like in the US | Just The FAQs](#)

“Reparations—by which I mean the full acceptance of our collective biography and its consequences—is the price we must pay to see ourselves squarely. Reparations would mean a revolution of the American consciousness, a reconciling of our self-image as the great democratizer with the facts of our history.” -Ta-Nehisi Coates

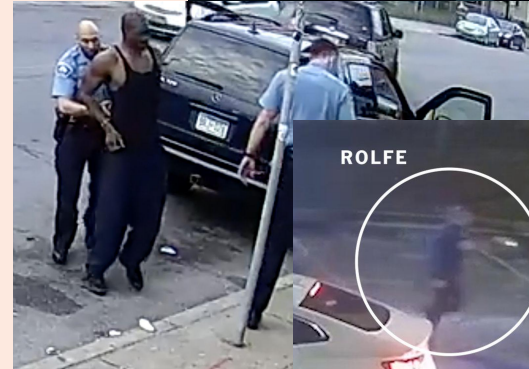
Defund the police

The Modern Police State

It is a myth that the law enforcement system is working as a whole to keep everyone safe. This myth is perpetuated by an overwhelmingly positive portrayal in entertainment, news, and culture:

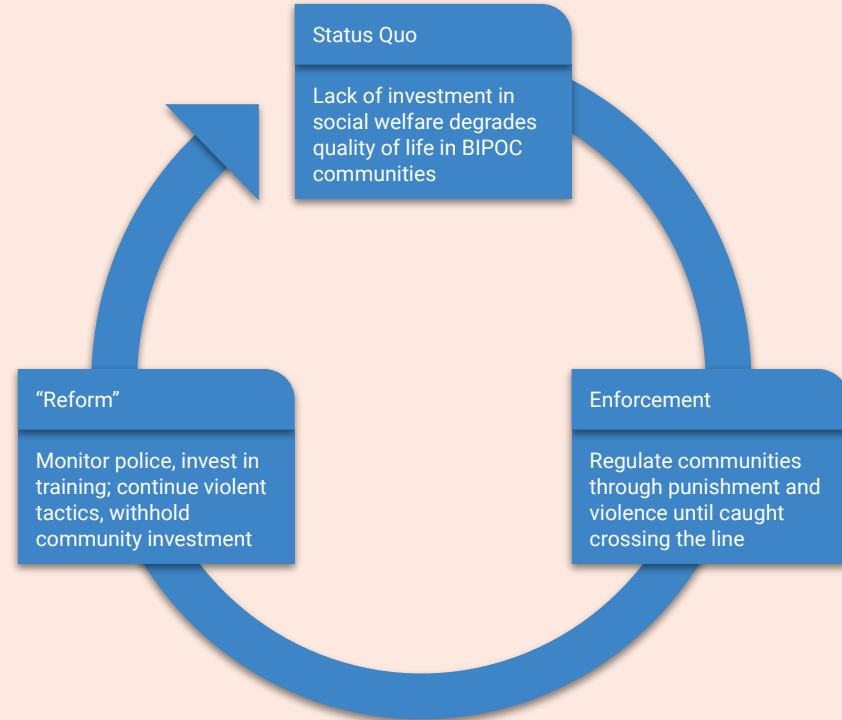
Police always get the bad guys. Police always solve the case. Stop violent crimes. Law & Order. Crime & Punishment. Heroes and villains. Good and evil.

This myth has been challenged by generations of oppressed communities, but only recently has the competing imagery of reality broken through.



Defund the police

Police Reform has not reformed the police.



Defund the police

Police are responsible for far more than solving violent crimes:

Low-level Offenses: 80%

Violent Offenses: 5%

Black people: 12% of U.S. pop, 28% of all arrests

Schools: 1.7 million schools have police but no counselors; 3 million have police but no nurses

Mental Health: First responders to mental health crises;
1 in 4 police-shooting deaths



Defund the police

What is it?

It's changing how America allocates \$100 billion in police and \$80 billion in incarceration funding annually.

Moving our tax money away from harmful policing and investing in human-centered services that actually work to make our communities safer and help them thrive.

It's recognizing suffering and working to end it with non-violent services, rather than increasing suffering through violent punishment.



Kailee Scales, Black Lives Matter

The Breathe Act

A new Federal Civil Rights Bill created by the Movement for Black Lives
Supported by Reps. Ayanna Pressley and Rashida Tlaib



The BREATHE Act is separated into four parts that outline specific ways return resources and funds to communities while reducing the harms brought on by the country's racist criminal-legal, economic, and political systems.

“The legislation aims to codify that which is not yet ingrained in American culture: respect and dignity for Black people.”

[Ray Levy-Uyeda, Mic.com](https://www.mic.com)

The Breathe Act

1: Divest Federal Resources from Incarceration and Policing & End Criminal-Legal System Harm



- Close Federal prisons and immigration detention centers
- Abolish ICE and DEA
- Ban military-grade weapons and surveillance tactics from police departments
- End civil asset forfeiture
- Decriminalize and expunge drug offenses
- Abolish mandatory minimum sentences; life sentences; “three strikes” law.

The Breathe Act

2: Utilize Funding Incentives to Invest in New Approaches to Community Safety



- Make grants to local jurisdictions to decarcerate their jails and/or defund their police forces
- Remove police, armed security, metal detectors, and surveillance equipment from schools and government offices that provide social services
- Eliminate all fees and surcharges within the criminal-legal system and forgive outstanding court debt
- Park redevelopment, streetlights, infrastructure
- Revise 911 call processing to reduce unnecessary contact between law enforcement and community members

The Breathe Act

3: Allocate New Money to Build Healthy, Sustainable & Equitable Communities for All People



- Employment: Paid family and sick leave; guaranteed living wage; right to organize; protections for under-regulated industries (domestic & farm workers).
- Environmental equality, including: safe, clean drinking water; breathable air; sustainable energy sources; climate change protections.
- Ensure convenient access to healthy food sources.
- Expand Medicaid; provide free, high-quality health services at schools and family-focused centers.
- Affordable housing expansion and assistance
- Full and free access to a lifetime education

The Breathe Act

4: Hold Officials Accountable & Enhance Self-Determination of Black Communities



- Pass H.R.40 (“Commission to Study Reparation Proposals for African-Americans Act”)
- Establish commissions on reparations for mass criminalization and violations of treaty obligations to Tribal nations.
- Guarantee a private right to recover damages when a federal official commits a constitutional violation
- Public financing of campaigns supported by small contributions.
- Ensure democratic, fair, and secure voting processes that are free from racial discrimination and voter suppression in every State

Voting Rights

1st Reconstruction - 15th Amendment (1870):

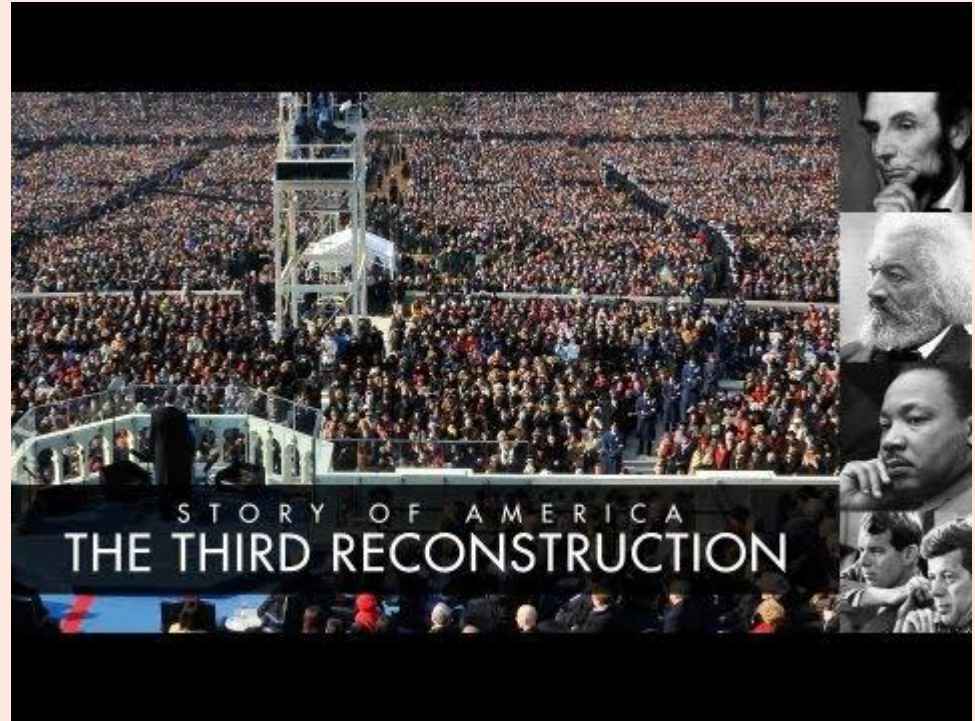
The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of race, color, or previous condition of servitude.

Voting Rights suppressed through enactment of blatant segregationist laws (Jim Crow).

2nd Reconstruction - Voting Rights Act (1965):

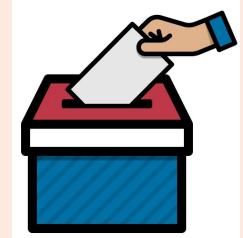
- Banned literacy tests, other discriminatory laws
- Required Federal preclearance of voting laws in states with history of voter suppression.
- Black voter registration +70% within 3 years.

Supreme Court struck preclearance in 2013; states expanded numerous suppression tactics (James Crow, Esq).



Rev. Dr. William J. Barber

Voting Rights - Third Reconstruction



Suppresses Access

Burden on voters to prove voting law discriminates

Voter ID requirements

Voter Roll Purges

Registration Early Deadlines

Vote by Mail restrictions

Felon Vote Restrictions/Bans

Election Day-only Voting

Fewer Polling Places

Partisan Registrars, Redistricting

Promotes Access

Pre-clearance/Burden on govt to prove voting law does **not** discriminate

- John Lewis Voting Rights Act of 2020 -

Signature Attestation

Automatic Registration, Notification

Automatic & On-Site Registration

Vote by Mail for all

Not suspended/Auto-Restoration

Early Voting, Voting Holiday

More Polling Places/Data-driven

Nonpartisan Registrars, Redistricting

Prison Abolitionism

In the Belly: work from incarcerated writers-

https://abolitioniststudy.files.wordpress.com/2020/07/itb_vol2_published_online-spread-1.pdf

[Angela Davis- Are Prisons Obsolete? PDF](#)

“Why are people so quick to assume that locking away an increasingly large proportion of the U.S. population would help those who live in the free world feel safer and more secure?” -Angela Davis

- Abolishing the prison industrial complex (PIC)
- [George Tonight: Angela Davis on abolishing prisons | George Stroumboulopoulos Tonight | CBC](#)
- [Beyond Reform: Abolishing Prisons | Maya Schenwar | TEDxBaltimore](#)
- [What Is Prison Abolition?](#)

#8toAbolition

<https://www.8toabolition.com/>

“The end goal of these reforms is not to create better, friendlier, or more community-oriented police or prisons. Instead, we hope to build toward a society without police or prisons, where communities are equipped to provide for their safety and wellbeing.”

#8TOABOLITION

A WORLD WITHOUT PRISONS OR POLICE,
WHERE WE CAN ALL BE SAFE

DEFUND THE
POLICE



DEMILITARIZE
COMMUNITIES



REMOVE POLICE
FROM SCHOOLS



FREE PEOPLE FROM
PRISONS & JAILS



WE BELIEVE IN A WORLD WHERE THERE ARE
ZERO POLICE MURDERS BECAUSE THERE ARE ZERO POLICE.



REPEAL LAWS
CRIMINALIZING
SURVIVAL



INVEST IN
COMMUNITY
SELF-GOVERNANCE



PROVIDE SAFE
HOUSING FOR
EVERYONE



INVEST IN CARE,
NOT COPS

ABOLITION CAN'T WAIT.

Common questions about abolitionism

Answered by Dean Spade

- *What about rapists?*
 - there are some rapists in prison, more rapists outside of prison. The prison is not a way to stop rape, the prison *is* the rapist.
- *What about murderers?*
 - Prisons and policing do not stop murder, the prisons and police *are* the murderers.
- *What about sociopaths?*
 - We have to question TV portrayals of psychiatric illness, and focus on building community-based support for people with disabilities rather than putting people in cages.
- *What about dangerous people?*
 - People in prisons aren't the dangerous people, people running racist, anti-poor, Earth-destroying systems for profit are.
- *This is unrealistic~ it won't happen*
 - If it can be built, it can be dismantled.
- *What about public safety?*
 - We do need to build safety, and we can do that through making sure people have what they need and building connective relationships and communities, not cops and cages.

“What if abolition isn’t a shattering thing, not a crashing thing, not a wrecking ball event? What if abolition is something that sprouts out of the wet places in our eyes, the broken places in our skin, the waiting places in our palms, the tremble holding in my mouth when I turn to you? What if abolition is something that grows? What if abolishing the prison industrial complex is the fruit of our diligent gardening, building, and deepening of a movement to respond to the violence of the state and the violence in our communities with sustainable, transformative love?” - Alexis Pauline Gumbs

Discussion 2

What tools do you see as crucial to ending systemic racism?

Is there a particular area that you feel most passionate about, and why?

How do you see yourself taking action to support these initiatives?

Next Steps and Resources

- Take the learning beyond this workshop~ have conversations with others, continue to read and learn about these topics, and think critically!
- Make sure to pay BIPOC for their labor- although many resources are available for free, tip Black writers/activists!
- Feel free to look back on any of the resources throughout our presentation- they're all linked!
- <https://www.pb-resources.com/>
- [The Abolitionist Toolkit – Critical Resistance](#)
- <https://breatheact.org/>



Additional Links offered by participants during discussion

- Think of Social Justice Education as a ladder:
<https://www.instagram.com/p/CBGUXdPDuEy/>
- Restorative Justice for Oakland Youth:
<https://restorativejusticeontherise.org/resources/restorative-justice-for-oakland-youth-rjoy>
- Steps to End Prisons & Policing:
<https://just-practice.org/steps-to-end-prisons-policing-a-mix-tape-on-transformative-justice>



Thank you for learning with us!

Please fill out our feedback form-

<https://www.youngbuddhisteditorial.com/feedback>

Join us for our next workshop: August 15 at 10:00 am!

<https://www.youngbuddhisteditorial.com/workshops>

