



"Our lives begin to end the day we become silent about things that matter"
- Martin Luther King Jr.

Calls to Action

During our time together on December 15th, we share Calls to Action, or specific issues, opportunities, and actions we are involved in or aware of in our community around social justice, activism, and spirituality. Below are the details and contact information if you'd like to get plugged in!

Mike Carter, mcarter072@gmail.com, 207-837-4822

- Periodic group meditations at Mike's home in downtown Ann Arbor (424 W. Huron Street), typically on Saturday morning around 10am (on non-CIA weeks, of course). Not consistent at the moment but can grow if there's interest! Sit is 30-60 minutes, spare cushions are available. Beginning meditators are very welcome!!

Lauren Tatarsky, community.inspired.action@gmail.com

- Ann Arbor Police Oversight: If you're interested in supporting ongoing efforts to respond to racially biased policing in Ann Arbor, contact Lauren

Friends w/ Benefits

- Friends w/ Benefits is a dance party that occurs on the second Friday of each month. Door money each month benefits charitable initiatives in our community and our focus is to highlight queer, POC, trans and women performers, DJs and artists.

Facebook: <https://www.facebook.com/friendsbenefitypsi/>

Instagram: https://www.instagram.com/friends_benefit_ypsi/

Trista McClelland, Trista.j.mcclelland@gmail.com, 906-869-1809

- Contact Trista about her plans to cultivate a self-care workshop to provide everyday simplistic tools to help you be more connected to you.



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Check out [our website](#) for the information included here & more!

Next Time:

**January 12, 2019
10-11:30am**

**Riverside Arts Center
76 N. Huron St.
Ypsilanti, MI 48197**



The playlist from December is available [here!](#)

Do you want to share your creative energy with CIA?

Are you an artist, poet, dancer, speaker, musician, singer, passionate activist?

In this co-creative community space, all are welcome and encouraged and needed! Share your work with our community by letting us know what you would like to offer and when.

Contact Lauren at community.inspired.action@gmail.com if you have any feedback about CIA and our gatherings. Thank you, and we look forward to seeing you in January!