

## Nov/Dec Updates

### CIA's Pandemic Journey

During the pandemic, CIA has been meeting virtually every week. The shift from monthly in person meetings to weekly virtual meetings with rotating facilitators has helped us become a more cohesive group, led us into powerful projects, and allowed us to benefit from everyone's skills and gifts. This is a challenging moment in this pandemic as winter sets in and deaths rise more than ever before, so it seems like a good time to reflect on the beauty that has shown through during this time. So here's a little CIA re-cap to remind us of the wonderful things that have happened amongst our small but mighty crew.

- Putting anti-racism into practice with the help of Resmaa Menakem
- Learning the somatic support of the Butterfly Hug
- Attending the Detroit Public Hearing on Police Brutality and ongoing discussion about the defund the police movement and Black Lives Matter
- Working in solidarity with Shawn and Rob's election outreach effort, which brought out hundreds of POC voters, and raising over \$4,000 in two weeks to make it happen!
- Virtual Yoga class
- Many creative sessions from poetry readings, to improv exercises
- And of course, so much dancing.

### Fill Out our Resources Document for Rob and Shawn!

Rob and Shawn have proposed three additional projects for us to work together on: networking for artists, re-entry support for formerly incarcerated folks, and relatable governance. [Share what resources you have to offer on these projects!](#)

### Upcoming Facilitators for Virtual Gatherings

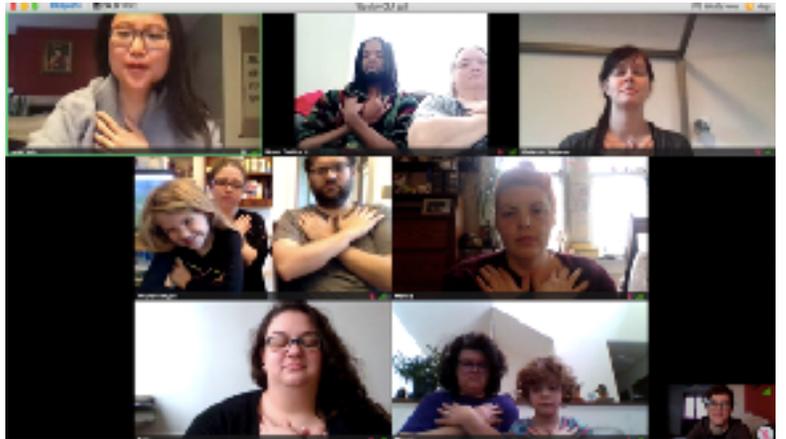
Dec. 26 Megan

Jan. 2 TBD

Jan. 9 Djaloki (Bring your questions about suffering and darkness)



**Upcoming Gatherings:**  
Dec. 26, 10:30-11:15am  
Jan. 2, 10:30-11:15am  
Jan. 9, 10:00-11:30am  
Jan. 16, 10:30-11:15am  
Jan. 23, 10:30-11:15am  
Jan. 29, 10:30-11:15am



**LINK FOR ALL GATHERINGS: <https://bluejeans.com/660699522>**

**For music from ALL CIA sessions, [click here](#).**

### **Do you want to share your creative energy with CIA?**

In our co-creative community space, your skills and offerings are encouraged and needed. Contact [community.inspired.action@gmail.com](mailto:community.inspired.action@gmail.com) to share about what you do and/or to participate in future CIA gatherings. Thank you, and we look forward to seeing you next time!

**Don't forget to check out our [website](#) and [facebook page](#) where we regularly post updates and pictures!**