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## WELLS OF EMBODIED WISDOM WITHIN

*We are sharing this Pastoral Message: from Rev. Manish Mishra-Marzetti, one of our DRUUMM Chaplain Team. Members seeking to connect with a chaplain, we are here for you. Reach out to us via [druumm.org](http://druumm.org) or [druumm.chaplains@gmail.com](mailto:druumm.chaplains@gmail.com).*

“What have you done for me lately...?” This was the verbatim parting thought that a congregant left me with during a Sunday social hour, following a service on the theme of trust within community. This was a service which included the point that we humans routinely encounter the unconditional extension of trust to us by others: trust that has not had to be laboriously earned is essential to the functioning of any community. This congregant’s punchline felt like a punch – not just an intentional dig, but also a not so subtle message to me: “Trust is a quid pro quo, show me what you will concretely do for me, individually, and \*maybe\* I’ll trust you.” I experienced this comment as a micro-aggression, one that was probably not even that micro. The energies of distrust, aggression, and control were palpable to me.



**Manish Mishra-  
Marzetti**

The existence within Unitarian Universalism of micro-aggressions, and/or outright acts of aggression, toward its BIPOC members/friends is unfortunately all too real and experienced in the context of a heart-rending duality. On one hand, our presence - especially our representational and symbolic presence - is not just lauded, it is even exalted. Yet, side-by-side with having the symbolism of our presence lauded, our actual voices, perspectives, and needs can be resisted, rejected, and excluded.

Our denomination's bold dream of being an inclusive and diverse tradition is often directly loaded onto our bodies and personhoods, creating a weighty burden on our backs and shoulders. At the same time, we suffer the metaphoric gut punches - the resistance and lack of trust - that can leave us breathlessly wondering why we're even here.

This is all experienced and held in the body. As such, this month I would invite us to think about what somatic, or body-based, practices we might individually draw on in working with the

tension, stress, anxiety, and other emotions that might get activated within any of us. Human bodies are each unique, and they evolve over time in terms of their needs and capabilities. As such, I have found that my somatic practices change and evolve, as my needs and as my body changes and evolves.

Years ago, I began working with my body's pent-up anxiety and stress through running - often channeling those feelings into the intensity of my pace, or the force with which my feet might pound against the ground. I then discovered boxing as an amazing outlet for frustration and anger; as I would hit the punching bag, depths of anger emerged that expressed, for me, generational trauma and experiences of marginalization

I have, at times, turned to yoga, as a way to stretch and relax muscles that have gotten so tight with stress that the tightness had begun to feel normal. Tai Chi has helped me become aware of the ways in which I can subtly move, and work with, my body's energies in relationship with the energies of the world.

Breath work and meditation helped me learn how to 'listen' to the needs and wisdom of my body; mindfulness leading to a deeper relationship with my own physicality. Exercise of any kind often frees up the flow of emotions that I didn't even know that I have: grief and tears at times shaken loose in the midst of a cardio workout.

I came to Unitarian Universalism decades ago because I loved the concepts and ideas that frame our faith: I showed up because of my own headiness. Now, all these years later, I am able to recognize that the body, my own body, is always the first stop, the first thing to tend to and pay attention to in my unfolding journey of healing and growth. It is not just a vehicle for my cognition; it is a partner and a trusted friend guiding the totality of 'me' through my lived experience.

Micro-aggressions, icks, and ouches do find their way to me as, no doubt, they likely do to you, as well. If and when they do, I pray that you might experience your own physical being as a trustworthy and sage partner in the healing and vitality that we all long for. There are deep wells of embodied wisdom within each of us.

Rev. Manish Mishra-Marzetti  
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# TRAUMA-INFORMED ORGANIZING SHOP

We live in a time where our bodies are in a constant state of survival. Communities who are at the forefront of organizing and mobilizing towards social change are not exempt from enduring the impact of collective and past trauma. Organizers of color have distinct experiences and struggles that are worthy to be addressed and processed while envisioning and building towards collective liberation. DRUUMM believes in a world where all our communities thrive and experience justice. Join DRUUMM Members interested in connecting and building their analysis, skills, and confidence around trauma-informed organizing.

## Diversity of Tactics and Care

A two-part workshop series  
Wednesdays November 17 and December 1, 2021  
8:00 PM to 10:00 PM Eastern (5:00 PM Pacific)  
Register at: [druumm.org](https://druumm.org)

In this session, Gabes facilitates a session on trauma-informed ways to organize and mobilize, especially during an ongoing pandemic, climate catastrophe, the hyperstimulation from ever-changing social media content, and so forth.

This session will focus on but will not be limited to questions like

- How does my past trauma affect the ways I imagine and build the world I want to live?
- How do shame and dissociation show up in organizing spaces and the relationships I have within these spaces?
- How am I allowing myself to be human and finite in these relationships and processes?
- How is my sense of hope doing at this moment in time?
- How can ancestral trauma and healing embolden us towards a world that could be?

The call for more movement work demands a call for more care.



**Gabes Torres** (*she/they/siya*) was born and raised in the colonized islands of the Philippines, and comes from an ancestral lineage of freedom fighters, musicians, educators, and community organizers.

As a person who has experienced a great deal of geographical movement, Gabes aims to teach the message of international solidarity and global liberation from imperial forces and cultures. She is a therapist, singer-songwriter, and organizer whose work pays attention to community care and safety, and anti-colonial ways of healing and (un)becoming. Gabes founded and co-facilitates the Heritage Workshop, a virtual workshop for the people of the global majority, where they collectively explore and bear witness to ancestral lineage, stories, and medicine. <https://gabestorres.com/about/>

# REGIONAL CAUCUS REPORT BACK



90 DRUUMM members gathered virtually from around the world on Saturday, September 18th for our regional caucus program. Amanda Thomas of Chicago opened our caucusing with music, and DRUUMM President Ayanna Kafi shared opening words. Rev. Manish Mishra-Marzetti shared a testimonial on being Unitarian Universalist “in his bones”, that moved us into our regional caucus groups for deeper discussion on the future of Unitarian Universalism. We came back together for a closing worship led by seminarian and DRUUMM Vice-President Mathew P. Taylor that had us going “amen” to his calls for articulating and respecting the “holy no” as we take leadership in our faith. We will be sharing several of the featured speakers videos in the future.

We are also grateful to the Allies for Racial Equity, our long-time partner organization, who organized a concurrent White Allies regional caucus that had over 140 participants.

A special thanks to our member-leaders who facilitated and organized the caucus:

- Noel Burke
- Luis Sierra Campos
- Jane Davis
- Leilani Davenberry
- Esperanza Garza-Danweber
- Patrice Gonzalez
- Daniel Gregoire
- Beverly Horton
- Karin Lin
- Olga Pabon
- David Rodriguez
- Dawn Robinson
- Angeline Whitaker-Jackson

DRUUMM plans to host two major caucus events each year for our members - an ethnic/cultural/racial caucus in the Spring and a regional caucus in the Fall. Look for caucus registration on our website at [www.druumm.org](http://www.druumm.org).

# COMMUNITY CALENDAR

## OCTOBER

<b>October 4 &amp; 11</b>	Remembering Our Divine Self BIPOC wellness workshop
<b>October 10</b>	Member Orientation
<b>October 12</b>	Asian Pacific Islander Caucus Coffee Hour
<b>October 14</b>	Elder Spiritual Odyssey Public Premiere with Michelle Bentley
<b>October 19</b>	DRUUMM Peer Network (local organizers)
<b>October 20</b>	Pacific Cluster Monthly Gathering

## NOVEMBER

<b>November 7</b>	Member Orientation
<b>November 9</b>	Asian Pacific Islander Caucus Coffee Hour
<b>November 10</b>	Pacific Cluster of DRUUMM
<b>November 16</b>	DRUUMM Peer Network with Paula Cole Jones
<b>November 17 &amp; December 2</b>	Trauma Informed Organizing Workshop with Gabes Torres

See our events calendar at [www.druumm.org](http://www.druumm.org)



# SC PROFILE

## Rev. Sangye Hawke, Secretary

To many of you, I am an elder. In my sixth decade of life, some feel I am trying on a second or third career but the truth is, I've discovered for the first time how to live into my heritage. I've lived history and studied it. As someone who values archiving, I know how important it is to preserve institutional procedures, learning, and data because I've seen how research, starting with a single archived note, can change whole understandings of the past and lead to a better approach in the future. DRUUMM IS the future: of Spiritual Gathering, of whole communities of Spiritual Education, of Scholartivism, using the words of beloved Dr. Ibrahim Farajaje. I want to support this incredible institution by helping preserve it and I look forward to witnessing and helping record its growth.

## NOTATIONS

- Membership has grown to 356.
- 21 members are participating in the two-part series on embodied wellness and spirituality called Remembering Our Divine Self with Noilyn Mendoza.
- 18 members are participating in the UUA Organizing School program through November, in two cohorts, one focused on 8th Principle adoption and implementation, and one on social justice issues.
- Appreciations to member Sarita Gonzales of California who generously donated several artworks for the DRUUMM Chaplain Team care cards.
- You can read back issues of the DRUUMM Beat at [www.druumm.org](http://www.druumm.org) under "About Us"



### The DRUUMM Beat Issue 23, Volume 2

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