



Welcome to **Week 6 of Cultivating Justice: A Quest Toward Racial Equity**. We hope the Quest has met you wherever you are on your personal quest for racial equity, providing you with moments of connection and sparks of challenge. Last week, we called for action. We hope those actions persist and continue to evolve to meet the unique needs of our communities. This week we explore the role of rest and healing as we pursue racial justice.

Welcome: [Watch this video](#) by Waterloo Mayor Quentin Hart as he welcomes you to the Quest and prompts you to consider the relationship between action, rest, and healing.

MISSION: Visit the "[Rest](#)" page on the Quest website. Each day, click on a different link.

CONTEMPLATE: Retired UNI CHAS Recruitment & Retention Coordinator, Celeste Bembry taught the parable of the choir. She explained that a choir can sing a note impossibly long because singers can individually drop out to breathe as necessary and the note goes on. She said, communities working toward social justice must function like the choir. You take turns holding the note, while others rest.

In an [NPR interview with Tricia Hersey](#), the founder of the Nap Ministry, Hersey explains why rest is a form of resistance. She states,
rest disrupts and pushes back and allows space for healing, for invention, for us to be more human. It'll allow us to imagine this new world that we want, this new world that's liberated, that's full of justice, that's a foundation for us to really, truly live our lives.

COMMUNITY ASSIGNMENT: In his groundbreaking book, [My Grandmother's Hands](#) (available for purchase at The Soul Book Nook in Waterloo), therapist Resmaa Menakem examines the damage caused by racism in America from the perspective of trauma and body-centered psychology. Listen to the [National Wellness Institute's 30-minute interview](#) with Menakem about his work and read [this article](#).

1. Check in with your body. How has it responded to things you've learned on the Quest? Have you caught yourself holding your breath, clenching your fist, or tightening your jaw? Describe your physical responses. Be as detailed as possible.

2. How can we teach ourselves to notice these responses? What lessons do they offer?
3. If you are participating in the Quest with a group, how can you create space for each other to rest? To heal? How can you do this in a way that will ensure that “the note goes on”? If you are participating in the Quest as an individual, how do you plan to create space for rest and healing? Who can support you in this?
4. Is rest and healing possible as long as violence continues?
5. What is the role of institutions (education, police, healthcare, workplaces) in ensuring that collectively we have space for rest and healing? How, in your sphere of influence, can you advocate for policies and practices that promote rest and healing?
6. Revisit the [Organizing Activism: Inner Work Worksheet](#). How will you commit your time, money, talents, or platforms to advocating for racial justice moving forward? Revisit the goals you created last week with regards to taking action. What progress will you make this week toward your goal? Next week? Next month? Over the course of the next year?

Our deepest and sincerest thanks for your participation in Cultivating Justice: A Quest Toward Racial Equity. Be on the lookout for future information about the Quest, as well as a survey collecting feedback about your experience. For some this marks the beginning of their quest toward racial justice. For others, their journey has long been underway. Wherever this Quest finds you, let’s continue to cultivate justice together.