When Covid arrived, we were able to shift our practices and offerings online in powerful ways that made them accessible to more people, beginning this new Virtual Community Practice series. As the future became uncertain, we drew on our core practices, our team and our incredible network of radically diverse collaborators to meet the moment and give people space to grieve, dream, heal and connect amidst the multiple pandemics of covid, anti-black violence, climate catastrophe, disaster capitalism and more. Since April 2020, we’ve convened over 56 freely available offerings online including stand-alone events, a 6-month series on Black/Indigenous solidarity, and multiple practice series like embodied practice, a book circle, and spoon carving. Members of our community signed up more than 2,400 times to these events; 1,665 new people have asked to hear about future offerings. This series has changed how widely we have been able to share our practices. We are grateful to and inspired by all our guests.

“AUSTEN SMITH, 2020

I have so much gratitude for this weekly practice. It has become like sanctuary in some really trying times.

VIRTUAL COMMUNITY CONVERSATION & PRACTICE

WHOLECOMMUNITIES.ORG
SERIES OFFERINGS 2020-2021

6 part series on Black & Indigenous Solidarity:

- **Community Dialogue – Barriers to Black/Indigenous Solidarity** Pat McCabe and Delma Jackson August 21, 2020
- **Somewhere Between Lenape and Wakanda** Dr. Shadiin Garcia & Dr. Claudia Ford, September 25, 2020
- **Healing, Self-care and Ceremony** Pat McCabe (Weyakpa Najin Win, Woman Stands Shining) & Enroue 'Awo Onigbonna' Halkegenn October 30, 2020
- **Poetry and Possibility** SF Poet Laureate Kim Shuck & June Jordan’s Poetry of the People alum Maurisa Thompson, November 20, 2020

**WORKERS UNITE** with Mayra Hidalgo Salazar from United We Dream & Josh Carrera from MayDay Space and CWC May 1, 2020

**Love in a Time of Corona** embodied practice offerings by Kavitha Rao. Initially intended as a spring series in 2020 that expanded into the summer following the murder of George Floyd to support people’s need to find ways to work with grief, fear, and rage, Kavitha returned to offer embodied practice series seasonally through 2021.

**Creativity for Healing, Liberation and Envisioning** with musicians Anne & Pete Sibley and creative ally and Standing in Our Power co-founder Taij Kumari Motoeall April 17, 2020

**Seeding Freedom** with artist, healer, grower Naima Penniman May 5, 2020

**Drawing Breath** with educator, agitator and artist Dr. Yohana Junker. June 5, 2020

**Liberation** A Juneteenth Community Dialogue and Story Session with Be Present, Inc. founder Lillie Allen and Delma Jackson Ill. June 19, 2020

**Sound Healing** with medicine woman, vocalist, composer and sound healer gina Breedlove. July 17, 2020


**Karma & Carving: Spoon-carving and talk story sessions** a 6-part dive into our core practices of creativity, story telling and awareness practice with CWC faculty member and Vipassana meditation teacher Jesse Maceo Vega-Frey. Summer 2021

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