

EVERYDAY MICRO ACTIONS

WITH THE HOPE OF EMPOWERING AND ENCOURAGING OUR CHURCH FAMILY DURING THESE TERRIFYING AND DIFFICULT TIMES, THE ANTI-RACISM COMMITTEE IS SHARING 7 IDEAS FOR RESISTANCE EVERY FIRST AND THIRD SUNDAY SERVICE. THESE ARE EVERYDAY MICRO ACTIONS WE CAN TAKE THAT COLLECTIVELY MAKE A HUGE IMPACT IN OUR COMMUNITY.

01

La Resistencia NW, in partnership with local allies and supporters, have two more solidarity days this August to support detained migrants being held at the Northwest Detention Center. Solidarity days are an essential piece in the fight to shut down the NWDC and free all detained individuals.

The remaining August solidarity days are on **August 23 and August 30**. To learn more about these events, and other future opportunities to join the fight, follow La Resistencia on Instagram.



02

With the school year around the corner, 253 Therapy is hosting a free webinar called "Mindfulness and Self-Care for the New School Year" specifically designed for teachers, counselors and school administrators. This is an excellent opportunity for school staff to begin the year recharged and reset. The webinar will be held on **August 29 at 4pm**. Follow the link to sign up.



03

Learn about the Tacoma Worker's Bill of Rights and the fight to get this initiative in the November ballot. Spearheaded by UFCW 367 who organized and collected over 10,000 petition signatures, it calls for better job protections as well as an increase in minimum wage. To learn more, use the QR code attached.

To learn more about why UFCW 367, along with Tacoma4All and Tacoma DSA, have filed a lawsuit against the city, [follow this attached link](#).



04

Share widely that youth in Washington state are now able to access a free, 24/7 helpline to get mental health support. HearMeWA was created for youth up to 25 years old and can connect youth to resources for a variety of concerns including bullying, anxiety, and depression. Click the link to learn more!



05

Learn more about what is happening in Sudan. Are you feeling overwhelmed by everything but still want to understand and take a stand? Nas Al Sudan, an online source and news hub for the people of Sudan, recently released a powerful infographic of 850 days of war in Sudan with a call to action in the end. Scan the QR code to read the infographic and make sure to follow them on their social media page for more ways to advocate for Sudan.



06

Look into what it means to intentionally boycott and/or divest in support of a free Palestine. Instagram page Free Family Book Swap broke down three different apps that people can use to boycott and divest (Boycat, No Thanks, Boycott for Peace).

The site also shared ways we can talk about this form of protest with kids, as well as other resources families can use. To learn more, follow them on social media or scan the code provided.



07

Do not stop talking about the genocide in Gaza. Keep informed. Did you know that...

- Israel banned Palestinians from the Gaza Sea, cutting off another food source?
- The U.S. is halting all visas from Gaza, including humanitarian medical visas.
- Almost 13,000 children in Gaza have been diagnosed with acute malnutrition.

Keep talking about Gaza. Share information. Don't stop until Palestine is free.