

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

RESOURCES: May is Mental Health Awareness Month. Its purpose is to fight the stigma surrounding mental illness, educate the public, and promote mental wellness. Since the month aims to connect people with support, education, and resources, here are few resources to know about and share with our loved ones and our community:

- Access a list of crisis lines from [WA State Health Care Authority](#).
- The [Hear Me WA app](#) offers youth under 25 free, 24/7 support via text or phone
- [NAMI Pierce County](#) has free, peer-led support groups for adults 18 and over
- For a social justice & liberation-oriented mental health guide, go to [InclusiveTherapists.com](#)
- [MulticulturalCounselors.org](#) is a network of BIPOC & multicultural mental health professionals
- [Trans Lifeline](#) is a peer support and crisis hotline for transgender people
- Crisis behavioral health services are available to people in Pierce County through the [PCWA Crisis System](#), a network of local partnerships and community providers

02

CELEBRATE: May is AANHPI (Asian American, Native Hawaiian, Pacific Islander) Heritage Month! Join in celebration and festivities by attending the second annual AANHPI Celebration at Edison Square on **Saturday, May 9 from 11am-7pm**. There will be food, vendors, art, and a variety of performances including karaoke! This event is also being hosted by former Hilltop Scholar Maricres Castro. The event is free but RSVP'ing is strongly encouraged. Find out more [HERE](#).



03

ENGAGE & LEARN: The WA State History Museum is hosting the 8th annual South Sound Day of Remembrance on **Friday, May 15, from 5-8pm**. This event is in commemoration of the 83rd anniversary of the forced removal of Japanese Americans from South Puget Sound in May 1942. The event includes a walking tour, performances, and a ceremonial procession. While this event is free, registration is highly encouraged. You can learn more on the WA State History museum website or by clicking on this [LINK](#).



04

SHARE WIDELY: Tacoma Pro Bono is now partnering up with Rainbow Center and Oasis Youth Center to offer quarterly Queer Law Clinics. This is a free resource and support for queer community members with any legal issues – from adoptions to name changes. The first clinic is happening **Saturday, May 16 from 12-5pm** at the Rainbow Center. To learn more or to sign up, follow [Tacoma Pro Bono](#) and/or fill out the online intake form.



05

ENGAGE & PARTICIPATE: [The People's Assembly](#) is hosting its bi-monthly "The People Got The People" dinner and gathering on **Sunday, May 17 from 6-8pm** at the Oasis Youth Center. They invite all community members to gather, learn more about how we can collectively show up for each other, and organize ideas for action. The People's Assembly no longer has a social media presence, but you can subscribe through their website to learn more about their work.



06

NEED TO KNOW: On April 29, the Supreme Court made a ruling that has altered decades of protection through the Voting Rights Act. For six decades, the VRA has prevented discrimination against minoritized people at the ballot box. However, this recent decision will dilute the votes of communities of color; will rewrite redistricting rules for state legislatures, city councils, and school boards; and weakens BIPOC representation in political spaces. Scan the QR code to learn more.



07

TAKE ACTION: Tell our representatives to oppose the ICE and CBP (Customs and Border Patrol) Budget Reconciliation Funding Bill. On April 29, the House passed the Senate's budget reconciliation blueprint. It will now move forward, and Republicans plan to write their full budget reconciliation bill to fund ICE and CBP with an additional \$70 billion through 2028. Use the [5 Calls App](#) to urge our representatives to fight back.

