



Writing as a Practice for Reflection & Renewal

Writing practices that invite reflection, dialogue, and collective meaning-making

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Focused Free Write:

Think about a time when your community (or you personally) faced a crisis or disruption. What forms of resilience emerged? What surprised you about how you or others adapted?



Close Reading: Emergent Strategy

adrienne maree brown





Focused Free Write: Shocks, Slides & Shifts

1

Shock is a sudden disruption

3

Shift is a transformation- maybe social, political, cultural or economic.

2

Slide is a slow change that was hard to notice at first

4

Write about potential future shocks, slides, or shifts in your own life or in your community.

What practices might help you move through with more connection and creativity?

You can write from the perspective of yourself or your community.



Ways of Responding

For the listeners, identify one of the following and respond to each other.

1. What is the **center of gravity** in what was shared? What was especially important in what they said, or interesting or full of potential. This isn't necessarily the main idea.
2. What was **almost said** in what they shared? What is coming through that is not being said overtly?





Believing & Doubting

“Communities that know how to care for each other are the most resilient ones.”





Believing & Doubting

“The call to be resilient has become a command to endure the unbearable”



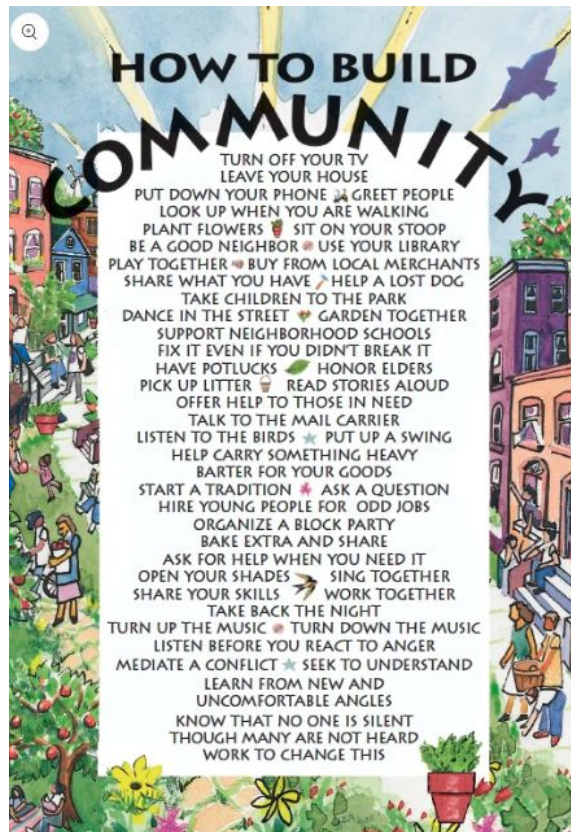
Closing: How to Build Community

Syracuse Cultural Workers

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Thank you.

