

Total Time: ~20 mins to read the second half of James Baldwin's essay. Or, as always, do nothing and join us anyway! \*\*Indicates worth prioritizing for this week.

1. \*\***Read** the second half of [Letter From a Region in My Mind](#) from James Baldwin.  
Read whatever you can make time for. We discussed the first half-ish last week, so if you haven't started then start in.

Please join us even if you are daunted by the length, have had a crazy busy week, or can't even think of reading another thing on your computer. We had a great discussion last week and no matter the reading you've done, we all have something to share.

Let's **read**, let's **listen**, let's **reflect**, let's **write**, and let's get **out of our heads** and into **feeling**. Feel into your heart, your gut, or your feet on the ground, and practice paying attention to what comes up as you read, write, and reflect. Let's use this awareness of feeling and embodiment of empathy as fuel for action.