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Speaker1: [00:00:00] This episode of With Love and Justice for All is brought to you by Bliss Books & Wine. Bliss Books & Wine is an independent, Black-owned bookstore for wine enthusiasts and book lovers. Listed as one of the Black-owned bookstores in America that amplify the best in literature by OprahDaily.com, Bliss Books & Wine is your go-to for all your favorite titles, including eBooks and audiobooks. And when we buy from Black-owned businesses, we are helping to create a world of racial equity. When ordering online, use the code 846BOOK for a 10% discount. That's 846BOOK for a 10% discount at blissbooksandwine.com.

Speaker2: [00:00:48] Exploring the healing and culture-building practices of Embodied Anti-racism, this is With Love and Justice for All, with Rev Ogun Holder and Rev Kelly Isola.

Ogun: [00:01:00] Hello and welcome to Episode 99... Nine Nine!... of With Love and Justice for All, the official podcast of project_SANCTUS where we have conversations around embodied anti-racism, dismantling oppression, fostering liberation, with a special emphasis on the challenges that arise as spiritual seekers. I am Rev Ogun Holder here with my partner in Crime, Consciousness and Co-creation co-hosting with me Rev Kelly. How are you doing today, Rev Kelly?

Kelly: [00:01:31] I'm doing pretty good. I'm staying in because it's about 110 outside.

Ogun: [00:01:35] Oh. Oh, my goodness. You're in Kansas City. I am here in the teeming metropolis of Siler City, North Carolina. Can you hear the touch of sarcasm in that "teemin metropolis?" And it might get there today, but it's not.. it's not there yet. But so far for today, I'm staying with some family friends who own a lot of land. And so far today they've had me outside throwing some seed down. Yeah. Helping, quote unquote, helping, planting some clover and laying down some sort of like, I guess, burlap topping on it so it won't wash away and digging some trenches and chainsawing some logs and all of that before before 10:00 am.

Kelly: [00:02:25] Before breakfast.

Ogun: [00:02:26] Before breakfast on the heels of a really uncomfortable three hour flight last night getting in here after midnight. So, you know, I am off to a great start.

Kelly: [00:02:36] Yes...Alive, alert, awake, enthusiastic! Woohoo!

Ogun: [00:02:39] Oh, my gosh. Not so loud. Not so loud. Oh, my goodness. But glad to be here. And glad to have our listeners be wherever they are around the world. We are listened to in over 24 countries, all over the US, and we are grateful for those of you who listen, those of you who share the podcast, tell your friends about us. You can also join in on the conversation if you want. Hit us up on our social media: Facebook and Instagram @getourholyon. We got a voicemail 413-GET-HOLY or 413-438-4659 If you don't have the letters on your phone. And you can watch us broadcast live on Facebook usually, and a big emphasis on the usually, Tuesdays and Fridays at 3:30 p.m. Eastern, 3 p.m., 3 p.m. Eastern, sorry, 3 p.m. Eastern. We haven't really been sticking to that schedule a lot recently. I take full responsibility for that because of my, you know, nomading and traveling around. So anyways, we are here and...

Kelly: [00:03:50] Well, it's not like I'm disagreeing, you know, when you ask, I'm like, Sure.

Ogun: [00:03:54] So listen, listen, the work works for us. We don't work for the work. Before we jump into what we're going to be talking about today, you want to share with our listeners some of our upcoming stuff?

Kelly: [00:04:13] Yeah. Oh, is that me?

Ogun: [00:04:14] That's. That's...

Kelly: [00:04:16] Is it my turn?

Ogun: [00:04:18] It's just me and you on the call.

Kelly: [00:04:20] Oh, that's right. Yeah. This could be interesting. We're just getting started in. Both of us are having a little brain cloud. Yeah. We have a couple of things coming up. One is next week, and Ogun you might say a little bit more because you

know our guest for next week, her name is Cassandra Perry, but she's known on on on our website and other places as Caz Killjoy. But she's a disability and sexuality freelance educator and consultant. And the reason we're having her as a guest is because July is Disability Pride Month, and we'll come back to that in a moment, but I just want to let people know to listen in to our next podcast, whether you're doing it live or you catch it afterwards, it's going to be a really good, really good episode and really connecting, you know, the disability and sexuality, which few people actually think of or talk about or that that people that have disabilities are even sexual beings. So tune in for that. We'll be recording that on the 19th. Also, our Affinity Groups, as always, meet on the first and the third Wednesday of every month. The first group of the month is our communal group and the third Wednesday is the true affinity groups. And both groups go from 7:30pm to 9pm Eastern Time, and you do need to go to the website projectsanctus.com and register to to get the zoom link.

Kelly: [00:05:48] But the third Wednesday, as I started to say, is the true affinity groups where Ogun facilitates the group with for for people of color, those that do not identify as white bodies, and then I facilitate the group that that is people that identify as as white and whiteness. We also are starting this week, so we are recording on Wednesday, July 12th, tomorrow, July 13th we're starting our latest 846 Book Club with a phenomenal book named THIS HERE FLESH by Cole Arthur Riley. And it is, it's just, it's essays that she has written, you know inspired by her father and her grandfather and her lived experience as a Black woman. And so the essays are very... There's some theology in there, but they're very spiritual. They're very deep. They're very it's about, you know, black liberation. It's about, you know, womanist theology. But it's... I can't even... It's kind of like... I can't even say it's a religious book, really, although she does, you know, quote scripture and you can certainly read the Christian thread through it, but it's really about, you know, gleaning from your lived experiences and telling your stories. So it starts...

Ogun: [00:07:14] I would say it is a nice spiritual/racial liberation hybrid storytelling. That's that's how I describe it.

Kelly: [00:07:23] Yeah, that's good. Um, so you can order your book from blissbooksandwine.com use the book code or use the code the coupon code 846BOOK to get 10% off. That starts again tomorrow, July 13th and goes for five Thursdays til August 10th. So go to the website projectsanctus.com to sign up. And finally, you can

support our podcast with donations by visiting the website and donating. Ogun and I we don't have interns, we don't have administrative assistants, we don't have a cleaning crew. We are it. We are middle management, CEOs, CFOs, and human resources department as well. So to keep the train running, we ask for donations. And if you are, you know, inspired, served, learn something, you know, maybe shift your perspective a little bit. We we would love to have you ask you to help support us in keeping that going.

Ogun: [00:08:24] Maybe we should get interns. Have we ever had a conversation with getting interns?

Kelly: [00:08:29] No but that might be a good idea. I'll add it to my list.

Ogun: [00:08:32] Yeah. We are also the list keepers. Yes. Yeah. All right. This month it is July, and this month is Disability Pride Month. This is very distinctly different from.. there's in March, we have Developmental Disability Awareness Month. But that's not what this is. This is Disability Pride Month. And it is in celebration, first of all, and the reason it's in July is in celebration of the passing of the Americans with Disabilities Act was signed into law in 1990. And as you know, that same year, actually, Boston held its first disability Pride day. But the first official celebration of Disability Pride Month was in 2015, which was the 25th anniversary of the ADA going into law. So so it's a fairly newish celebration. It's not like a federal holidays during the month or anything. But so, so if you have never heard of Disability Pride Month, we, you know, we give you a pass this time around. But but the whole idea is, again relatively new, relatively new, relatively new. But the idea of Disability Pride Month really is celebrating disabled persons, elevating disabled voices of disabled persons, and really highlighting the value and contributions to society as well as honestly, just just pointing attention to how this world is really created for the able-bodied. And we and there's still this thought of folks with disabilities, whether they be visible disabilities or invisible disabilities, are lesser than, maybe deserve less, or it's really not seen as full human beings. So the idea of Disability Pride Month is to just bring attention to that. And so today we're going to do a little bit discussion around that. And as Kelly pointed out, next week we will have a guest on because who better to hear from than the source. And and one of the things that that again and I know I've been guilty of this until recently was honestly not seeing folks with disabilities as sexual beings.

Ogun: [00:11:07] Sexuality is part of our full humanity. Quick side note. You know what show changed that for me? What TV show really did a good job that changed that for me? Rami, have you watched Rami on Hulu? Free plug for Hulu, right? And the dude, Steve, that's got is it cerebral palsy? I forgot what he has, but it's a it was just a fascinating and humorous and really drawing attention to episodes with him and him seeking sexual release and gratification and, you know, someone who has no motor control. And and this is not an actor playing a disabled person. This is who the actual person is, the actor himself. So anyways, it was that was my that was truly my... And this was when when did Rami drop? I mean, not that long ago. A few years ago. Yeah. And I remember watching that going, holy crap. Like I'm just becoming aware of, of my internalized ableism by simply not considering disabled beings as people, disabled beings, disabled people as, as, as human beings that who's who, who may have sexual needs exactly like mine and and what accommodations they may need in life in general. Anyways, I ramble a bit, but but it's just it just goes to show that until we really again give a voice to, have conversations around, highlight the stories of, folk, we often don't as able-bodied people don't spend a lot of time thinking about it, and being aware of where our inherent and unconscious discriminations lie. And once again, discrimination doesn't mean we are acting hostile, hostile against folks with disabilities. It just means that we don't even regard them and as equals.

Kelly: [00:13:11] Yeah. And we don't know what we don't know thing.

Ogun: [00:13:15] There's. There's that, too.

Kelly: [00:13:18] I remember this was a while back, um, uh, meeting a woman of smaller stature, uh, that her daughter was with her. And I remember thinking like, like the initial thought and it was very fast because it wasn't rational, but it the initial thought was, how could you possibly, you know, with your disability, how could you have a baby? And then it was like, wait, so if you had a baby, then you would have had sex. So it was like very quickly connecting these dots and my own like, oh, like, like you did, right? Where I'm like, Oh, like, hadn't thought of that before. And then, of course, you know, I didn't I didn't ask her any of these questions. But as I got to know her, it was she had adopted the daughter. And but it was the it was the you know, the biological thing that caught my. Oh, wait. Yes. They're human. They're biological like me, you know, And

and I think it's hard sometimes to... to admit that it's hard to to say out loud our own biases that I didn't even know was there.

Ogun: [00:14:37] Yeah.

Kelly: [00:14:39] All the time I'm saying things about, you know, that wanting to create a world where everybody is honored and accepted and... And yet I need to be checking in on my own... Um, you know, where am I off in the ditch kind of thing.

Ogun: [00:14:54] Yeah. I want to read from the American Bar Association because they have a really good description that I think that really encapsulates it. It's, I mean, what I said earlier was sort of along the lines of it, but, I like when people write better than I speak. Let's put it that way. "Disability Pride Month celebrates disabled persons embracing their disabilities as integral parts of who they are, reclaiming visibility in public, and interacting fully with their disabilities out in the open, and rejecting shame and internalized ableism. It is a time for the disability community to come together, uplift and amplify one another's voices, and be heard. Disability pride has been described as, quote, accepting and honoring each person's uniqueness and seeing it as a natural and beautiful part of human diversity. Unquote.

Kelly: [00:15:51] You know, actually, this is kind of a sidebar to that... This has been one of my, it just popped in my head as you read this, that one of my challenges within some spiritual communities and within some new thought teachings that that, you know, when when someone requests prayer support around a disability, as though the disability needs healing. And I'm not here to say it does or doesn't, but the assumption that it does has always bothered me.

Ogun: [00:16:24] And and to go along with that, I'm getting I'm getting flashbacks from my very evangelical-like upbringing with... Where they actually had like laying on hands. Quote unquote, healing services for folks with disabilities and folks in wheelchairs and was trying to, quote unquote, you know, eke out a miracle and heal this person. And then there's always that unfortunate, I like to call it spiritual/metaphysical malpractice, of saying, because when we look in scripture, you know, Jesus said to the to both the woman who touched the hem of the garment and I believe of a beggar at the pool, and he spoke to the lame man.... Yeah... It is your faith that makes you whole. And what the

unfortunate implication of that is for folks in a religious context who may have a disability, who may be told that this is, quote unquote, healable. And then if it isn't, it's a problem with their faith, is basically this is religious and spiritual abuse rather than a message of who you are is 100% okay. And and you are a you are a whole being, which is, again, interesting because, you know, and you thought in spiritual circles, we talk about wholeness as this like spiritual state of being and then struggle with the acceptance of what that means in like the physical realm when there is a disability.

Kelly: [00:18:14] So if you're an amputee, perhaps you're not whole. I think that underlying message shows up.

Ogun: [00:18:22] Yeah. Yeah. Or even or even if you have some kind of... I don't... And I'll speak more to our guest next week about this, you know, where's that line between chronic illness... Does that count as a, as a disability? Or is it more, Does it have to be something you were born with? But either either way, the invisible ones, you know, because I know I know for me, for quite a long time when the word disability came up, I envisioned, you know, some physical disabilities. Right. So someone, someone in the wheelchair, someone on crutches, someone who is blind, someone who is is something that I can perceive with my senses, which is ironic because it's basically saying my ableness is what allows me to see your disableness. Right?

Kelly: [00:19:20] So, yeah. Wait, Pause on that one.

Ogun: [00:19:23] Right?

Kelly: [00:19:25] Yeah.

Ogun: [00:19:25] Yeah. If I can't see your disability with my full able-bodiedness, then it doesn't exist. Which... Which is like.... Yeah.... Totally missing the point, and is ableism in and of itself. Because then there's the... What do you mean you have a disability? I can't see it. Therefore I don't believe that you do that or it can't be that bad if I can't see it. Right, right, right, right. And then. And then that means therefore, that I don't honor, for example, if the individual may ask for certain accommodations as well. And the and the intrinsic resentment around that. Um, so, so yeah, it's, it's so very it's so very subtle as well. And then then you know, the, the individuals with disabilities, what, what

sometimes do they feel they have to do to show up in a more normative way for acceptance?

Kelly: [00:20:30] Yeah. Just to be seen.

Ogun: [00:20:32] Yes.

Kelly: [00:20:34] And and acknowledge that I have a right to take up the space that I'm taking up. Yeah.

Ogun: [00:20:41] Yeah, exactly. And exactly.

Kelly: [00:20:44] And then when it comes to invisible disabilities, which is then that's a, you know, just a step up in, having to be even more aware if you're, you know, able bodied that just assuming if you can't see it, then it doesn't exist. Like it's a whole new level of ableism.

Ogun: [00:21:06] A whole new level. And so here at project_SANCTUS, when we do our workshops and podcast episodes and stuff like that, we always link back all the all the "isms", all the discriminations, all the "isms" we link it back to, to white supremacy. And we know that a lot of folks struggle with seeing this connection. And so you want to you want to speak to that a little bit? You want to start off on that?

Kelly: [00:21:38] Yeah I just, um, you know, we talk about we use the word inclusive, you know, equity, liberation. And often, you know, what gets addressed is race or class or sex or gender. But we don't often connect ableism. Um, you know, sort of like racism is kind of the umbrella and then all it's its subsequent "isms" that born out of that hierarchy and so ableism and racism are often thought of as like they run parallel. Um, you know they're both systems of oppression as if they and sort of from the perspective as if they work separately. Um, but what that does is... That's not, it's not a true statement, first of all, but by thinking that they run... They're separate topics and they just run parallel and almost like they're siblings of each other, not only does that way of looking at the world ignore the experiences of people of color with disabilities, but it also doesn't... It fails to examine how race has been pathologized in order to create racism. And so what meaning that society treats people of color in specific ways to create

barriers and these poor conditions and these barriers and, you know, centuries of systemic oppression create disability. And, you know, the system perpetuates itself. And so the concept of disability has then then that concept of disability is used to justify discrimination against groups by attributing disability to them. It's just an ongoing, you know, like a... What is that... A catch 22 where it just continues to....

Ogun: [00:23:44] Spiral down into itself.

Kelly: [00:23:46] Yeah. Yes. Yeah. Um, so it's, you know... when we talk and there are a lot of different disabilities. Right. And and we're not going to run through them all. But generally a, you know, a general definition that is used is that it's a physical or mental condition that limits a person's movements, their senses or their activities. So it it's not so it's not a shaming or a guilt thing. And that points to how racism has helped perpetuate, you know, disabilities as a system of oppression, because now, you know, this group of people is limited in in their movements or, you know, the mental activities. And it's just it really is it took me a while to really kind of dig down into it and like really be able to connect the dots and understand it. It's just it's another it's part of that intersectionality. Right.

Ogun: [00:25:03] And what's and what's interesting is when you think about it, when you look at the numbers, if you if you consider people with disabilities as like a minority, as in like, you know, not not most people, right? So most people don't have a disability. However 1 in 4 adults in the US. So like 20... I think this is around 26%. So almost 1 in 4 adults in the US has a disability. It actually makes them the largest minority group of people in the US. Think about that for a second. Right? So so there's lots of conversations around, around, around race and racism and and how racial minorities are basically, you know, disparaged and oppressed and what is the where does their liberation come? There's a lot of so it's it's fascinating that we that we still don't hear this much conversation around the largest minority group of folks in the US, those with disabilities.

Kelly: [00:26:18] And when you when you look at the racial disparities in education, in health care, financial security, when you add the the added factor of disability, that disparity just grows even deeper. And so what happens is, is that disabled people of color really kind of get stuck in the middle because their needs can't be met through a

single lens. And yet that's so often what happens in trying to create a system that that is has some equity or inclusivity or, you know, diversity. And, you know, it's going to be, you know, the affirmative action thing that just got shot down. It's going to it's going to ripple into, you know, folks that are disabled will pay an even heavier price.

Ogun: [00:27:13] Stay tuned for stay tuned for our intersectionality workshop coming soon. Right.

Kelly: [00:27:18] So it's so so I just wanted to connect. So what does ableism have to do with racism? And it's they're not they can't be you know, they can't be unentangled because the system of oppression that is ableism is a result of racism. And and so our response is, because it is an intersectional you know, if you ask a black woman, a queer black woman who's disabled, like which one of those is most important, which one of those identities, social identity aspects is most important? You know, I'm going to guess, like in stories that I've read, the response has been, well, they're all me. But we tend to over focus on the race.

Ogun: [00:28:10] Oh.

Kelly: [00:28:11] That was a tornado. Tornado practice whistle. Sorry.

Ogun: [00:28:16] So sounded like you were like in a drag racer there and you were, like, accelerating. I was like, where are you going? Oh, never, never a dull moment. And it's so so it's so interesting, right? Because I still notice my my internalized bias towards whiteness. Because again, when I think when I hear the word disability, like still unconsciously, the first thing that comes to mind is a white person with a visible disability. And that's not... That's not... That's that's again the how whiteness takes over representation and then therefore removes from me all the things you were saying the, the propensity to think about how non white folk people of color, other minorities are the unique challenges that they have because of their race, because of their ethnicity combined with their disability as well, especially if it's an invisible disability. So so all of these things you know, we invite you to to notice when you when you hear words like this, what what are the images that that come to mind or, or the idea of how often have I given this any thought as well? And then comes the follow up question. Well, what as an able-bodied person, what what can I do? There's always there's always that question.

And so we kind of have some ideas and we're pulling this from both the the CDC, Center for Disease Control website.

Ogun: [00:30:04] And where's the other link? Too many tabs? Open. Too many tabs open. Where is it? Where is it anyways? Oh, there's a there's a website called Enabling Devices. So let's start with with this thought of becoming a disability ally in your community. This is from the Center for Disease Control and Prevention. And they use the word allies, an acronym, A.L.L.Y. Acknowledge and respect individual experiences and abilities. Learn about different disability types. And this is a thing about us. We tend to... We tend to learn about things that directly affect us only. Right. So if you are an able bodied person and all the people around you are able bodied, chances are you're not taking the time to learn about all the different disabilities out there. So we invite you to. That's where you start your journey with some learning. Hit up Dr. Google, Leverage your influence to promote accessibility and inclusion. So those of us who are in places of privilege because we are able-bodied, can can we can we lend our voices? Not can we, please do... Lend your voices to create help create spaces that are more accessible and more inclusive and also Yield the floor to people with disabilities to help identify and eliminate barriers.

Ogun: [00:31:40] And it's part of why why we're having the guests that we're having on next week. And just just take time to notice when you go places, especially as an able bodied person, when you walk into your doctor's office, when you take your kids to the to the playground, anytime you go to see a show somewhere or a restaurant, is is this accessible for folks who may have physical disabilities or any kind of disabilities? And are you... And then say something about it to to the powers that be. I remember when I was in in Morocco, visiting my partner over there, and we were walking through the city, Casablanca, to go to restaurants and stuff like that, I notice that like a lot of the restaurants, you know, they're up on the curb or there's additional steps to get in. There's no there's no ramps. There's no there's nothing. And and I say to her, um, I noticed that there's not a lot of stuff like that. And she says, oh, in our, in our society we, we, we keep, we don't, we don't want to see the folks who are disabled. We keep them home. And I was like, oh wow, that that's that's even... I guess that's even worse.

Kelly: [00:33:11] Yeah, there's, um. Even, you know, I've heard and I've heard this. I'm not from the South, but I've heard this joke made from people in the South that. That

everybody has somebody, quote, unquote, crazy in their family. They just keep them in the attic.

Ogun: [00:33:27] ugh...

Kelly: [00:33:29] So same idea. It's not really funny. I can remember long ago, first time I heard it, I thought it was funny, but, um. Yeah. Not. Not really so funny. Which, you know, kind of brings up another, um, another point around what can you do? And to be, you know, a better ally to be a support person. And one of those in terms of educating yourself is around language, right? So, so even to say, um. Um, you know, well, every family has somebody who's crazy. We just keep them in the attic, even the word crazy and.

Ogun: [00:34:09] The word insane, which is the word I use a lot. Yes. Like, that's insane, right? Yes.

Kelly: [00:34:14] Yep. And, um, just words. So words like that are. It's... It's really... It's mind boggling how much language we use that would be called ableist language. And not all of it is obvious and it is really something that that you have to learn. But it's been so baked into our everyday language and phrases like you just said, the insane thing that we don't even realize what we're saying and what we're doing. And so it's becomes a, you know, constantly having to evaluate what how I speak and the phrases I use in order to cut out the ableist language. And I've gotten, um, probably even more so than... So, so what I'm about to say is how I know we still have a long way to go in terms of ableism is when I find myself in conversations and talking about these phrases and words that are ableist language. The pushback I get on like, Oh my God, now I have to watch every single word I use, you know, and really being upset with me, um, and, you know, just not wanting to pay attention. Like if I want to say, you know, like you say, Oh my God, you're blind. That car is blue. It's not green. How can you not see that? Right? Like we just say things like that and it is ableist language. You know, the blind thing, you know. Are you deaf? That song was fabulous.

Ogun: [00:35:46] And if you notice yourself even now, as you listen, feeling like, you know, to your point, that idea of we're taking this too far, when will it end? That's we're showing our privilege. Right? Because that's that is only only able-bodied people

are the ones who are going to have that stance. And yes, we always know it is uncomfortable when we have to speak up and speak out to both ourselves and to others around simple things like language and stuff like that. And this is how this is how we bring equity to our spaces as well. I just I just went through this in a in a high school WhatsApp chat group where someone where someone posted two transphobic memes that were basically clothed in humor. You know, there were two jokes at the expense of transphobic people. And and I made the request around, let's not, you know, I don't think we would be accepting, you know, misogyny and racism here. Let's not accept, you know, transphobia as well. And I'm not I'm not saying this to brag about me being a good person. I'm saying that I knew going into this there would be backlash, and there was backlash. It was like three days of many people going like like you're making a big deal out of this.

Ogun: [00:37:30] You know, we're we're not the enemy here sort of deal. And you know, a few people saying thank you for pointing that out like sort of deal. But it was one of those things where I knew it would cost me, it would cost me relationships. It was like one person who started to private message me and we went back and forth for a couple of days on this. And I understand... I understand it's it's it's going to be work. It's going to be emotional. It's going to be challenging. And the reason why we do this is because at some point, all of us is going to need someone to to be the voice for us, to advocate for, for us as well. Unless you're, again, sitting on the top of the of the power pyramid as a straight white Christian male. And again, I'm not bashing straight white Christian males. I'm simply saying this is straight, white, Christian, able bodied, English speaking males with a job. I'm simply saying that, you know, the current patriarchal capitalist system that we live in was designed to benefit you the most. It doesn't mean you are intentionally, you know, going out to flex your privilege.

Ogun: [00:38:52] That's not what I'm saying. I'm simply saying that's how the system is set up. And if we want to bring equity to the system, we have to call out, call ourselves in, and then call out anytime there is that appearance of discrimination and part of that comes with the learning, because you mentioned it earlier, we don't know what we don't know. Right. And there was there would have been a time and there still is a time because I still don't always catch myself when I say things like, that's insane, you know, are you blind or you're deaf? Like stuff like that. It's so casual. And yeah. And if I say it unconsciously to someone who also doesn't have that consciousness around this, like

it's not going to it's not going to be addressed. Right? So, so you're probably saying, what am I supposed to say? You can say all the things without the deaf part. Right, Right, right. Or without the blind part. What do you mean? That car is blue? It's actually green. You know, you don't have to ask the person if they're blind. You can say what you can see what you need to say with with without bringing in a reference to one's ability.

Kelly: [00:40:03] Yeah. Or the words like, Well, that's crazy. Or Wow, that's totally insane. You know, you can how, you know, it is challenging ourselves. So what's a different way to say, you know, well, that's insane. Whether you're using it as that's insane, like in a horrific way or bad way or that's insane. Like, sometimes we use it because it's so good, you know?

Ogun: [00:40:25] So then let's say that: that's so amazing or that's so horrible.

Kelly: [00:40:30] Yes.

Ogun: [00:40:30] Yeah, we have the words. Yeah. We just got to be conscious in, in using them.

Kelly: [00:40:37] Well, it's the, it's the idea that language changes over time. Right. And and this is the other thing that part of what we have to do and part of you know moving ourselves into, you know, not being so ableist is learning the language. And, you know, it used to be, you could say, you know, retarded or you could say crippled or you could say a handicapped. But it's the word that we need to be using is disabled.

Ogun: [00:41:04] Yes.

Kelly: [00:41:05] And that's you know, that's the word. And until another word comes around, I'm not sure, you know, and the word and the language is always changing, too. And that's part of part of the challenge that I have always having to keep myself learning. Yeah.

Ogun: [00:41:26] Some other ways you can be a disability ally, take part in a disability pride parade. They're going to be some, I'm sure, somewhere near you during this

month. Some well known parades are held in Missouri, Illinois, Pennsylvania. You can find them anywhere. So you can take part in the parade, attend the parade and show your support. Read about the history of disability rights, watch a film or TV show about a disability experience. A recent, brilliant example is the movie Coda, which won some awards and centered around the experiences of folks in the deaf community. And websites you can check out: UC Berkeley's website on the disability Rights and Independent Living movement is a good place to start. I'll put links for these in the show notes and on our Facebook, go to Facebook to hit the video as well. If you are a person with a disability, share your share your story and also as always, reach out to your elected officials and make sure that they are doing works to promote accessibility and equality for folks with disabilities. And as always, there are many disability rights organizations you can donate to. Stanford University has a has a good list. And again, I'll put I'll put the link to their list in the show notes. And so you can see places you can you can donate to if that's your way of if you have the means. And that's one of the ways you can you can show support as well. So so the opportunities are are there if you want to be in action around being a disability ally. An advocate.

Kelly: [00:43:25] Well, also, I also want to just probably already said it, but really, you know, emphasize that that actually this work, you know, whenever you hear the work, hear the word abolitionist or abolitionism, we tend to think of as, you know, just around race and racism. But but making you know, being an ally and a support for disabled people in the community is inherently abolitionist work. You know, it is systems of oppression that we are working to dismantle. And it's again, the the idea that, you know, it's not a zero sum game that every voice when you lift a voice of one community, you you raise the voices of all. And so and recognizing that ableism works as a mechanism of racism, misogyny and you know, the patriarchy. And so just knowing that to achieve justice, liberation, we need to be active in, you know, something like the Disability Visibility Initiative, which is... Just Google disability visibility is a wonderful place resource and a place to start and how you can be involved and, and learn just how much ableism we actually engage in. And and it's not like all of these things that we all of these systems of oppression we talk about. There are ways all of us can be engaged to dismantling it and helping to create, you know, more meaningful lives and happier lives for everybody.

Ogun: [00:45:19] Yes. Yes, indeed. So this is the month to go, do a little extra work around around this and invite if you happen to know individuals with disabilities, invite yourself into hearing their stories and ask them what you, and how you can support their life, their journey, their needs. And...

Kelly: [00:45:49] Have I have one more little factoid that I think people could use to help themselves remember, to, ok checking in with myself. So we are all familiar with the sign, the disability symbol that is the person in the wheelchair. Right? And you see it at parking spots. You see it at restroom doors. You just you see it in a whole lot of places. And that symbol of the person in the wheelchair is a symbol for disabled or disability. And yet only 7% of the disabled community actually uses a wheelchair.

Ogun: [00:46:27] Wow.

Kelly: [00:46:28] Only 7%. So when next time you see that symbol, think about the 93% that are disabled, not in a wheelchair. And can I see them? And what am I doing? You know, to give voice and to expand the space that making it accessible. Yeah.

Ogun: [00:46:52] Yeah. All right. I think we're going to start to wrap up for today. Please tune in to our episode next week or next episode whenever you hear this. We will have special guest on Cassandra Perry, a disability and sexuality freelance educator and consultant. She's also an author and also again relisten to or check the show notes for the ways you can be an ally not just this month but every day as well. And again do the work around some self inquiry around disability and disability justice and perhaps ask not if, but how you've been contributing to ableism and then begin to turn it around. And again, it's not about it's not about beating yourself up. It's about, as we say here, how can we each participate, participate in creating a world of love and justice and equity and liberation for everyone? And those of us who are in places of privilege, we are the ones who often have the most work to do. So thank you for listening. Please head over to projectsanctus.com sign up for our book study THIS HERE FLESH. It starts tomorrow night and we are recording this on July 12th, Wednesday, July 12th. So we're starting Thursday nights. The next five Thursdays you can drop in at any time. You don't have to be here for all five of them and you do need to register to get the link for Zoom. Also, remember our affinity groups first and third Wednesdays and on our website you can also leave a donation to help keep the train running. Please remember to share this

podcast with your friends. We are on all the podcast platforms and if you have that one friend who still doesn't know what a podcast is, we can be found on the old-school interwebs at withloveandjusticeforall.podbean.com so until we meet again...

Kelly: [00:49:11] Let's get our holy on.