

# Resources for Resilience in the Face of Tyranny

*\*In our house, we will celebrate diversity. In our house, we will celebrate differences. In our house, we will be kind to those in need. In our house, we will not bully. In our house, women are always equal to men. In our house, we will not speak ill of others' bodies, disabilities or religions. In our house, we will not interrupt others. In our house, we will know that our country has always had the potential to be great but must always look to the future for greatness, not toward the past. In our house, we will not draw lines. In our house, we will not build walls to keep others out, especially children. In our house, we will not laugh at the expense of others. In our house, we will be grateful for the sacrifices of all soldiers. In our house, we will go high when anyone goes low. In our house, we will not tolerate hate. In our house, we will not celebrate war. In our house, we will not revere oppression. In our house, we will not allow our behaviors, our values or our beliefs to be influenced by who is in the White House. In our house, we will love our neighbors. In our house, love still trumps hate. In our house, we will be human.*

~Anonymous

## Videos/Films

- [Maddow: Trump win 'gives us a really big to-do list' to defend democracy](#)
- [Tim Snyder - Timothy Snyder: 'You have to be in the moment in order to get through the moment'](#)
- [Jon Stewart and Heather Cox Richardson](#)
- [Becoming Bodhisattvas in a Troubled World with Tara Brach - YouTube](#)
- [DIRECT: Our climate future, after Trump? | Trying to find the words to describe what just happened](#) Rupert Read - on our climate future after Trump win
- [Song SENDING YOU LIGHT by Melanie DeMore performed with Julie Wolf](#)

- [David Wilcox – Show The Way Lyrics](#)
- [How To Keep Your Heart Open In Hell - Ram Dass](#)
- [Election Response Post-Election Mass Call: Making Meaning of the Moment](#)
- [Watch American Coup: Wilmington 1898 | American Experience | Official Site | PBS](#)
- [Bad Faith Documentary on Christian Nationalism](#)

## Essays

- [Localization: a Strategic Alternative to Globalized Authoritarianism](#)
- [A Yale history professor's powerful, 20-point guide to defending democracy under a Trump presidency Tim Snyder - 20-point guide to defending democracy under a Trump presidency](#)
- [Dr. Rick Hanson - 4 ways we can respond after the election](#)
- [Dr. Rick Hanson - What to Do When the Bottom Falls Out](#)
- [Political Anxiety and Creating a Better Future](#)
- [Jonathan Rowson - Winking at World Historical Despair \(FYI - he's from the UK\)](#)
- [“Resilience: And Still I Rise” Blog post by Frank Staropoli. - mainly quotes from Black leaders.](#)
- [November 17 2024 homily.docx by Michael Boucher, Spiritus Christi Church](#)

## Worth Fighting For—Election Response

### Forms of activism.png

Thousands of activist leaders come together to explore what is next. Worth Fighting For Making Meaning of the Moment. And here is their template for a program of resistance

<https://www.facebook.com/586827886/posts/10160978191097887/?rdid=xKbQLDuZB7TDQFgo#>

10 ways to be prepared and grounded now that Trump has won - 10 things to do if trump wins (psychospiritual + practical) - and the grid below naming our possible “paths”



## POEMS

*\*It's when the earth shakes  
And foundations crumble  
That our light is called  
To rise up.  
It's when everything falls away  
And shakes us to the core  
And awakens all  
Of our hidden ghosts  
That we dig deeper to find  
Once inaccessible strength.  
It's in times when division is fierce  
That we must reach for each other  
And hold each other much  
Much tighter.  
Do not fall away now.  
This is the time to rise.  
Your light is being summoned.  
Your integrity is being tested  
That it may stand more tall.  
When everything collapses  
We must find within us  
That which is indomitable.  
Rise, and find the strength in your heart.  
Rise, and find the strength in each other  
Burn through your devastation,  
Make it your fuel.  
Bring forth your light.  
Now is not the time  
To be afraid of the dark.  
~ Chelan Harkin*

*You are awakening to the  
same country you fell asleep to.  
The very same country.  
Pull yourself together.  
And,*

*when you see me,  
do not ask me  
"What do we do now?  
How do we get through the next four years?"  
Some of my Ancestors dealt with  
at least 400 years of this  
under worse conditions.  
Continue to do the good work.  
Continue to build bridges not walls.  
Continue to lead with compassion.  
Continue the demanding work  
of liberation for all.  
Continue to dismantle broken systems,  
large and small.  
Continue to set the best example  
for the children.  
Continue to be a vessel of nourishing joy.  
Continue right where you are.  
Right where you live into your days.  
Do so in the name of  
The Creator who expects  
nothing less from each of us.  
And if you are not "continuing"  
ALL of the above,  
in community, partnership, collaboration?  
What is it you have been doing?  
What is it you are waiting for?  
~ Venice Williams*

[A Post-Election Day Poem](#) by Rebecca Faulkner:

\*Truth and love have been smacked down, so many more times in history before today. Truth, because it's often inconvenient, and love because it is vulnerable.

But truth is like gravity, and carbon, and the sun behind an eclipse: it's still there. And love stays alive if you tend it like a flame. If you feel crushed by unkindness today, it's a time for grieving, reaching out to

loved ones, noticing one bright color somewhere in the day. Remembering what there is to love. Starting with the immediate, the place and people we can tend ourselves, and make safe. We can't save everything all at once, but it's still worth saving something. Because there are so many of us to do it.

And we are all still here today, exactly as we were yesterday. Like gravity, and carbon, and the sun behind an eclipse.

~ Barbara Kingsolver

*\*Something sacred is coming this way.*

*That is how my ancestors would have said it.*

*In the midst of all this turmoil and confusion, when we cannot clearly see the path before us, when we feel trapped in a situation we cannot control, then I believe the wise elders of my holy heritage would climb to the high place of the heart,*

*draw the circle of reason and faith around them, and stand to sing their prayers into the open sky of the history to come.*

*They would not shrink into a corner afraid, but rise up to catch the first light of what was coming into being all around them.*

*We are living in a time of emergence.*

*We are the witnesses to a great renewal.*

*The world is full of the fear of birth and change,  
but that transformation will one day be our blessing.*

*Do not be afraid,*

*but be believing.*

*Come to the place where the ancestors are already standing.*

*Come and see.*

*"Something sacred is coming this way."*

~ [Steven Charleston](#), Choctaw

*\*To walk in a mad world,  
but not be mad*

*To mourn hope's demise,  
but revive it from deep within.*

*To weaken at the knees,  
but stand strong in my belief.*

*To feel broken,*

but somehow begin the repair.  
To have justice denied  
but know it must come of my own making  
To be empty,  
but not full of hate.  
To know despair,  
but make short the relationship.  
To have no words,  
but find something worthy to say.  
To have confusion be the choice,  
but see my own way clear.  
To wallow in all this misery,  
but wash clean in worthy mission after.  
To have the heaviness weigh two tons  
but find lightness knowing I'm not alone.  
To want better in some tomorrow to come,  
Someday beyond this day  
whenever that time might come,  
These are my pleas, my promises to self, my solemn prayer.  
~Anonymous

## QUOTES

*\*Peacemaking doesn't mean passivity. It is the act of interrupting injustice without mirroring injustice, the act of disarming evil without destroying the evildoer, the act of finding a third way that is neither fight nor flight but the careful, arduous pursuit of reconciliation and justice. It is about a revolution of love that is big enough to set both the oppressed and the oppressors free.*

~Common Prayer: A Liturgy for Ordinary Radicals by Shane Claiborne and Jonathan Wilson-Hartgrove

*The accumulation of all powers, legislative, executive, and judiciary, in the same hands, whether of one, a few, or many, and whether hereditary, self-appointed, or elective, may justly be pronounced the very definition of tyranny.*

~ James Madison, Federalist Papers #47

*To ask how you may be guarded from harm, or injury, on that side where the strongest hand is to do it, is presently the voice of faction and rebellion: as if when men quitting the state of nature entered into society, they agreed that all of them but one, should be under the restraint of laws, but that he should still retain all the liberty of the state of nature, increased with power, and made licentious by impunity. This is to think that men are so foolish, that they take care to avoid what mischiefs may be done them by pole-cats, or foxes; but are content, nay, think it safety, to be devoured by lions.*

~ John Locke, The Second Treatise Concerning Civil Government

*To tell people they may provide for themselves, by erecting a new legislative, when by oppression, artifice, or being delivered over to a foreign power, their old one is gone, is only to tell them, they may expect relief when it is too late, and the evil is past cure. This is in effect no more than to bid them first be slaves, and then to take care of their liberty; and when their chains are on, tell them, they may act like freemen. This, if barely so, is rather mockery than relief; and men can never be secure from tyranny, if there be no means to escape it till they are perfectly under it: and therefore it is, that they have not only a right to get out of it, but to prevent it.*

~ John Locke, The Second Treatise Concerning Civil Government

*...which is best for mankind, that the people should be always exposed to the boundless will of tyranny, or that the rulers should be sometimes liable to be opposed, when they grow exorbitant in the use of their power, and employ it for the destruction, and not the preservation of the properties of their people?*

~ John Locke, The Second Treatise Concerning Civil Government

“Usurpers always bring about or select troublous times to get passed, under cover of the public terror, destructive laws, which the people would never adopt in cold blood. The moment chosen is one of the surest means of distinguishing the work of the legislator from that of the tyrant.”

~ Jean Jacques Rousseau, The Social Contract