

Social Justice Update



Share the Plate - But Still I Am One (nominated by Naneen Chace-Ortiz)

Each week, we share one third of our offering with a local nonprofit to show our support for organizations whose work furthers the values expressed in our denomination's foundation of love. We hope that Share the Plate will also bring a greater awareness to the community of Allen Avenue UU Church and Unitarian-Universalist values.

POWER OF THE PURSE

Download the Goods Unite Us app or [Goods Unite Us website](#) so you can identify companies that support the administration's agenda and ensure your dollars support your values.

FRIDAY AFTERNOON CALLS FOR ACTION

Friday 2-3 PM at Church
Rooms 7 & 9

SJC MONTHLY MEETING

April 23rd at 7PM via Zoom

Go to Breeze or contact: [Julie Harrison \(julielynharrison@gmail.com\)](mailto:julielynharrison@gmail.com)

Links



Podcast of the Month

One amazing episode is the 12/12/2024 episode, **Looking Beyond Survival**. Scot Nakagawa and Sue Hyde sit down with Ejeris Dixon, an organizer, strategist, and co-editor of Beyond Survival: Strategies and Stories from the Transformative Justice Movement. Ejeris shares insights on navigating rising authoritarianism, building abolitionist futures, and strengthening community resilience.

**BLACK OWNED
MAINE**

“The key to achieving victory is not to give up, to persist, to endure, and to abide. We are on the right side of history and represent the majority of Americans. It is only a matter of time before the protests and boycotts reach critical mass and become self-sustaining reactions that will become unstoppable. Keep up the great work. You are heroes of democracy!”

A2U2 - SIDE WITH LOVE ACTION CENTER



Thank you for supporting trans youth, their families, and all our shared freedoms.

The ACLU is tracking [527 anti-LGBTQ bills](#)

Help us build our power: **sign this petition:**

- <https://action.aclu.org/petition/defend-trans-freedom>

A2U2 - SIDE WITH LOVE ACTION CENTER

- **Send a note of support** to the Maine Principals' Association, the organization that oversees public school sports in Maine and has a strong trans-friendly policy. You can read the policy [here](#) in Section 12.
 - ➔ You can send a note of support to mpa@mpa.cc
- **Send a note of support** to Hannaford. They are actively supportive of LGBTQ+ folks. You can contact them [here](#).



APRIL 5TH FROM 11AM – 12PM
AUGUSTA OR PORTLAND

Augusta Carpool contact: [Julie Harrison](#)
 (julielynharrison@gmail.com)

A2U2 - SIDE WITH LOVE ACTION CENTER

- MUUSAN's [Current Call to Action Page](#). Check regularly because actions come up often.
 - ➔ **Sign up** for their [Take Action Emails](#)
 - ➔ **Good news!** On Sunday 3/23 hundreds of people showed up in support of trans students in Cumberland. Read the Maine Public article [here](#). Thanks to all UUs who attended and supported trans students!



FRIDAY AFTERNOON CALL TO ACTION

This group will meet weekly at A2U2 on
Fridays 2:00-3:00 p.m.

Our group has been growing! We come together to take Action, share Ideas, and be in Community as we navigate this distressing time.

We have been busy! Since mid-Feb:

- Made calls & wrote letters to Susan Collins regarding Social Security
- Wrote postcards to Wisconsin voters
- Had a visit from Rep Ed Crocket
- Sent “Ides of Trump” postcards to the White House
- Created posters for the April 5th Nationwide “Hands Off!” rally
- Connected in person with Sen Angus King and local Reps

We have learned a lot from each other about what other organizations are doing & additional actions we can take.

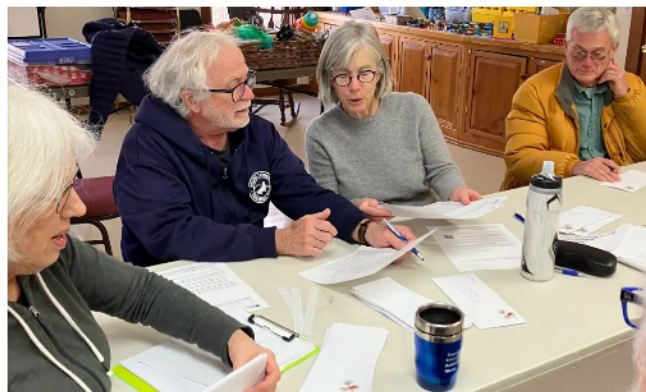
Much of what we do is in response to the “disruption of the day” from the administration.

Our current April plans include:

- Postcards to Voters for the Virginia State Primary
- Rep Michael Brennan will visit to talk with our group
- A trip to Augusta to protest at Susan Collins’ office (or talk to her if she’s willing)

Watch the FACA updates in the eblast for weekly actions you can take at home. These actions come from MUUSAN & ideas that the group comes up with on Fridays.

For questions please contact [Cynthia Marten](mailto:Cynthia.Marten@gmail.com) (cleighmarten@gmail.com) or [Julie](mailto:julielynharrison@gmail.com) (julielynharrison@gmail.com)



SELF CARE CORNER

☀ Try this: A quiet exercise to melt away tension

One effect of stress is to make your muscles feel tense, says Anne Ornish. This practice releases tension “so that we can really unwind.” Do it at bedtime to help with sleep or whenever you need a reset.

To start, sit or lie down in a quiet place where you won’t be interrupted.

1. **Inhale and gently squeeze the muscles in your right leg.** Release as you exhale. Repeat on the left.
2. **Do the same thing for each arm.**
3. **Inhale and squeeze both glutes.** Release on the exhale. Repeat three times.
4. **Inhale deeply, expanding the belly; exhale through the mouth.** Inhale again, expanding your upper chest and your heart. Relax on the exhale. Repeat.
5. **Lift your shoulders up toward your ears.** Exhale them down. Roll your head, gently, side to side.
6. **Relax your jaw and forehead,** taking several slow breaths. Squint the muscles around the eyes; then release.
7. **Now rest!** Be still and savor for a few moments. Notice the tension melting away. To finish, give yourself a gentle hug.

Much inspiration for justice work can be found right here, among our A2U2 congregants!

The following article was shared by Polly (Eleanor) Wright, and is based on a chapter of a manuscript written by her late husband, Rob (Winthrop) Wright. Polly, a life-long social justice activist, has been a friend of A2U2 since 2007 and has served on the A2U2 Social Justice Committee since then.

Polly and Rob lived in Birmingham from 1963-66. Within a week of their arrival the bomb went off in the 16th St Baptist Church as they were on their way to the Birmingham Unitarian Church. Three years later, they learned of the activism of 72 white Alabamians called the Concerned White Citizens of Alabama (CWCA) from church members who took part.

On March 6, 1965, the day before “Bloody Sunday”, CWCA marched through the streets of Selma to advocate the right to vote for black citizens. The story of CWCA’s march was largely an untold story until Rob began to document it in an unpublished manuscript. “Rob’s desire to write this manuscript as a historian was to give recognition to the courage and bravery of white individuals who worked to end segregation between 1955 and 1965, against many odds,” Polly says. “He felt they had been overlooked in most historical works.”

The relevance to our current human rights struggle is stated at the end - “we still need the commitment on the part of people who see the importance of a just society to work for this goal of justice.” - Rev. Joseph Ellwanger



After learning about the CWCA and the group’s Selma march for voting rights for Blacks, historian Winthrop Wright set about to interview the participants in that event.

The article in its entirety may be read here:

<https://bendingthearcproject.com/articles/feature-stories/the-day-before/>



Wright’s globetrotting family included his wife, Eleanor (Polly), and their children from left to right, Lisa, Chris and Jed Wright.



Catch Carefully, Hold Loosely, and Help Generously: Trauma-aware care with the LGBTQIA+ community

Registration for the **April 12th Workshop** with educator CB Beal, hosted by Allen Ave UU Church and Pink Haven Maine. Note: this is not a trans/gender identity/LGBTQIA+ 101 workshop and basic understanding of these topics is expected.

Saturday 12 April 2025

Zoom Only (link will be sent via email upon receipt of this registration form)

9:30am-Noon (with scheduled bio breaks)

Do you work with trans, nonbinary, or genderqueer members of the LGBTQIA+ community? Or plan to get involved in Pink Haven Maine's work supporting trans+ families relocating to Maine from legislatively unsafe states?

Folks organizing with Pink Haven are encouraged to join us for this learning opportunity with CB Beal and friends from other members of faith communities across Maine engaging in this work to gain perspectives, tools, and insights for the long haul work of trans liberation.

(This is not a trans 101 workshop and baseline proficiency with pronouns / gender identity is expected).

HERE IS OUR APRIL 12TH REGISTRATION LINK.

<https://forms.gle/LTLogA4hURzG3Wrn6>

GUEST PREACHER**"Trusting from the Margins"****Sunday, April 27th**

Led by Toben Cooney-Callnan (he/they),
Director of Lifelong Spiritual Formation at the
UU Church of Brunswick

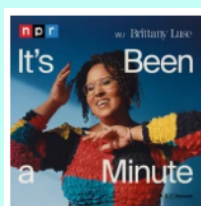
Marginalized and minoritized groups, by design, cannot achieve equality without help from the non-marginalized or minoritized population. This dynamic puts marginalized people in a position where they have to trust allies to do the work that they can't do. Toben will offer a reflection on trans visibility and allyship that will pose the questions: What is the work of allies? What is the difference between an ally and an accomplice?

**APRIL UPDATE**

A2U2 commits one month a year to collecting necessary things for GPF. Our month is April. We will be collecting diapers (sized 4, 5 and 6) and wipes, Hannaford or Walmart gift cards and quarters. Or a cash donation labeled "Greater Portland Family Promise" could be sent through Breeze, church drop off or snail mail to A2U2

Beginning in April, look for the donation signs in the lobby. Contact Emily O'Neill with questions.

Thank you for your generosity!



**"GENDER IS A NEGOTIATION" WHETHER YOU
REALIZE IT OR NOT.**

Click this [link](#) to listen to the podcast episode with author Torrey Peters, discussing her new book Stag Dance

**WEEKLY PROTEST IN PORTLAND**

**Protest in Portland every Saturday 11am
to 12pm**

Held on Monument Square except for 4/19,
4/26, & 5/24 the protest will be moved to City
Hall

APRIL
26

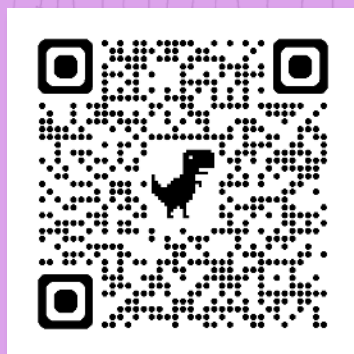


**Allen Avenue Unitarian
Universalist Church**
524 Allen Ave. Portland, ME
9 am - 4 pm
Lunch will be provided

Building Beloved Community Beyond the Binary is an online and onsite gathering hosted by Allen Avenue UU partnering with UU Church of Brunswick and First Parish UU of Portland and others as a gift of support to the trans and non-binary community. We'll have plenty of room and time to hang out, chat, meet up, and attend some workshops.

In this time and in this country, creating a space and time where transgender people, allies, can bravely (and with more safety than usual) explore, learn and grow, bear witness, and be witnessed is a vital part of what the church can be.

We are really excited about this year's keynote (1-2:30PM): Spencer Bergstedt, a trans man, a lawyer, a trans activist, a parent. You can find him on his Trans Dad channel on Instagram. In addition to the keynote and other workshops provided via Zoom - we may have additional workshops and/or activities of our own from and for the trans community with separate offerings for cisgender people who are ready to learn more about how to be an ally.



- 9-9:50am - Trans 101 for the new, curious, and open
- 10-10:50am - Relational Resilience: Building Secure, Authentic Connections.
- 1-2:30pm - KEYNOTE ADDRESS Spencer Bergstedt
- 2:45-3:50 - Secondhand Masculinity

To Register: Use QR Code or
uua.wufoo.com/forms/qthqbnf1ela5ou/