

# BODY ACKNOWLEDGEMENT

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**Before we begin** I want to take a moment to recognize the body. Each of us is one, and it is the body that holds us here in this shared world. I invite you to choose a physical sense and check in with it. Place a hand on your skin; is it warm? Breathe in deeply through your nose; can you smell? The context of a virtual meeting can feel dis-embodiment, but a chain reaction of very rapid physical phenomena are connecting us through our senses. We are still doing the physical work of presence, and our bodies deserve our attention and care now and always.

Other bodies deserve acknowledgement in the virtual and physical spaces we simultaneously occupy: the bodies who built and who maintain the structures and objects around us; the bodies who cannot access these spaces; the bodies who were consumed, harmed, and killed in the places we now occupy; the bodies of the future, who need us and whom we also need, and for whom we take on the work of healing, struggle, and change. Let us not forget those bodies while we continue to care for our own as we share this work today.

And remember, our bodies should be comfortable; our thoughts and feelings don't have to be.

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Body | Land | Truth | Justice | Community