

## Amid the groanings of this time, how do you show up to embody hope?

1. Vocal/social media support of transgender individuals.
2. Increased annual contribution to First Church in support of all its great causes.
3. Worked with an organization that has both Democrats and Republicans to collaborate for the better good of our community.
4. I work closely with immigrant neighbors, offering friendship, guidance and resources.
5. I limit news coverage consumption, and subscribe to "Nice News" each morning in my inbox.
6. I am a delegate or alternate to DFL city, county and state conventions.
7. I called and emailed my senators and congressional representative.
8. I contributed to NPR, TPT, Southern Poverty Law Center, Environment Minnesota, Sandy Hook Promise, and others.
9. I participated in online groups of mental health professionals discussing the public health repercussions of the actions of the president and his administration.
10. I assisted others to find ways to maintain their psychological and physical health during this very challenging time.
11. I made a commitment to pray the "Peace Prayer" at noon every day (which I do on most days).
12. I made a commitment to participate in the "NO Kings!" protest on June 14th.
13. I made a commitment to participate in the Twin Cities Pride Festival on June 28th.
14. I am taking this week mostly off from activism to enjoy taking my kids to the pool and the zoo. The endless political meetings and phone calls were sucking me dry and I need some joy and normalcy.
15. I have stood by myself on a busy street corner during rush hour holding a protest sign so that people know resistance is everywhere.
16. I have called my friends who live in republican districts in MN and other states and taught them how to call their representatives.
17. I have called friends with special elections in their districts and helped them figure out what was on their ballot.
18. I have joined ISIAH and 2 other community organizing efforts.
19. I have called Cory Booker and Hakeem Jeffries' offices and left messages thanking them for their public resistance and letting them know that people across the country who aren't their constituents see their leadership and appreciate their strength.
20. I help immigrants.
21. I have met with my legislators twice at the state capitol.
22. I contributed to the fund for the trans youth group Face to Face.

23. I used the "5 Calls" app to call my Senators and Representatives to share my opinions on their actions.
24. I wore a political T-shirt in a situation that made me a little uncomfortable.
25. I attended a protest rally and I brought my children with me to show them how to show up!
26. We've attended a number of meetings of [the] Election Support Committee.
27. We've bought food bags at Cub Foods for donation to local food pantries.
28. We've used 5 Calls to call our Senators and Representative in Washington, D.C., regarding several pieces of legislation and to also thank them when they voted supportively. Also wrote State Senator Sencer-Mura in support of ISALAH's supported housing legislation.
29. We attended meetings of ISALAH or with an ISALAH affiliated church, related to housing and community needs on March 22nd and two other dates.
30. Participated in an April 3rd protest / rally outside the Mpls. Social Security Administration building to "Defend Social Security."
31. Participated with friends at the Hands Off! rally / protest on April 5th.
32. On April 16th, participated in another protest in front of the El Salvadoran Embassy after the detainment of Kilmar Abrego Garcia and others were sent to CIPOC, demanding the defense and preservation of Due Process for all ("Stop State Terror: Defend the Constitution").
33. Have Zoomed into many national Indivisible 'What's the Plan' meetings on Thursday afternoons.
34. Are committed to participating, with friends, in the June 14th No Kings protest in St. Paul.
35. On April 19<sup>th</sup> went to a "Stop the Cuts" protest at Minnetonka.
36. I stopped shopping at businesses which ended DEI initiatives or openly support the current administration.
37. \*PRIDE booth
38. Monetary support for immigrants
39. Volunteer at mutual aid organization for homeless
40. Continue to show up with and for trans siblings
41. Volunteer regularly on Community Kitchen clean-up crew
42. Support art and artists that celebrate diversity and inclusion
43. Try to practice my own brand of "radical welcome"
44. I donated to Minnesota Public Radio for the first time in response to the threats of withholding federal funding.
45. Weekly protest on Saturday afternoon

46. I've attended many protests and pray daily for the undocumented and immigrants
47. Follow Jesus' example, albeit poorly
48. I try to volunteer and serve folks unconditionally
49. I help a NYC council candidate running against an Eric Adams supporter by calling voters!
50. I am not hiding or leaving. I'm staying with a full heart!
51. I follow trusted sources of news and analysis, and keep asking "Why?"
52. Listen to friends and family with different political views with an open heart
53. I show up as best I can to stay in touch and reach out to my sphere of influence.
54. I stay informed.
55. Demonstrate
56. Call legislators
57. Conversations
58. I help out in the Community Kitchen
59. I am a Court Observer for Advocates for Human Rights at the federal immigration court in the Whipple Building twice a month. It is important, but also heart wrenching work.
60. Go to court to support our niece in a custody battle
61. I continue to plant vegetables and fruits for food to prevent starvation.
62. I compost garbage.
63. I teach children the joys and wonders of our natural world.
64. Contribute to food shelves
65. Contribute to political groups
66. Compassion toward and understanding of all the "others"
67. By my obedience to God and His Living Word in developing my understanding, wisdom, and knowledge for all to rejoice
68. Participate in faithful hospitality ministry
69. Connecting others to resources
70. I show up by being an active member of all communities I'm a part of.
71. I show up by staying in a space of love and understanding regardless of circumstance.
72. I show up by simply being and existing, knowing I'm blessed to be alive.
73. Support my transgender grandson.
74. Contribute to Keystone and Second Harvest food programs.
75. Making political T-shirts.
76. I immunize kids (radical idea).
77. Sing songs of peace & justice and protest with my band.
78. We participate in a local, neighborhood base resistance protest at 4:15-5:15 every Saturday at 4th Street SE/4th Avenue SE.

79. I want to start a group helping all cultures get over past traumas to recovery.
80. Stopped using social media to go outside more for my own sense of doom and gloom.
81. Joined trainings from the Coalition to Dismantle the Doctrine of Discovery and learned more from Native authors and speakers.
82. I don't give up, even when I feel like it.
83. I seek to show up connected to the earth. There is so much hope in tenacious life like the dandelions and the rivers. Life finds its way. Life includes dying and rebirth.
84. It seems fruitless, but I will keep trying.
85. Enhancing housing stability for some. Building an understanding of housing instability for others.
86. By continuing to give good, positive affirmations to those who need it.
87. To be positive to show others that there is hope and that we can all do it together.
88. Work on listening.
89. [Being] in community; making good trouble together.
90. How I show up would be in body! When God calls, I should be there in body.
91. In mind, by helping those in trying times.
92. By getting up in the morning.
93. By challenging myself to see with clear eyes and an open heart.
94. Hope for the earth [which] includes reducing carbon emissions (i.e. bikes and e-cars).
95. We bike together.
96. Supporting public education because learning in an inclusive community is essential for the good of all our children.
97. I am trying to balance despair and resistance with joy (which feels like the ultimate resistance).
98. Outreach to others to bring them into the movement to join the resistance.
99. Trying to really listen.
100. I've shown up at several protests.
101. As an addict in recovery, I go to my restep (12) meetings.
102. Continue to support the movements in favor of justice and equality for all.
103. Be thoughtful.
104. Staying connected to church in all its community.
105. Sing—in protest, in comfort, in all ways.
106. Community is essential. We add our chip in the mosaic.
107. I am sorry. I am here breathing with you.
108. Working on long term projects.
109. Relearning our American history.
110. We're helping a Guatemalan family in small ways as best we can.

111. Visiting memory care for family members.
112. Walking new routes and smiling at all living things I pass.
113. ISAIAH research visits to my legislators, school board members, park board, and Ramsey county board to discern next steps.
114. Reading and staying informed to be a committed citizen.
115. Being a good friend.
116. Boycotting Target since January.
117. In the church day camp—we are investing in our children's future.
118. In my family and intimate relationships.
119. Neighborhood weekly protest—Saturdays at 4:15pm at 4th Ave SE & 4th St. SE.
120. Preparing documents for immigrants.
121. I try to be generous with what I have.
122. I imagine a better world—what would it look like?
123. I recognize our crises, but I do not despair.
124. I recognize the fragility of what I have and try not to cling to it.
125. I don't give up!
126. I recognize that I cannot save the world—but I do what I can.
127. I turn off the news, yet pay attention to what's going on, and find something to do!
128. I seek community with those who care.
129. I try to be kind to all and savor the moment. I laugh a lot.
130. Spoke at length with a family member entering sobriety—providing hope and affirmation.
131. Drink espresso and pray! And show kindness and compassion.
132. Serving in the Community Kitchen.
133. Share my story and lend an ear and words of support and encouragement.
134. Hunting for joy...creating visuals of joy.
135. I make regular calls to politicians to encourage votes for people and remind them that we are paying attention.
136. Attended *Family's First* Labor Day Rally & March.
137. Making clergy stoles using the trans flag.
138. Keep looking forward to the future.
139. I get up each day at a regular time and prepare for a normal day.
140. Staying in touch with my niece while she is in early sobriety.
141. I am surrendering to and am embracing transformation, even when painful.
142. Finding ways to resist by organizing people to come together.
143. Reaching out to new friends and old to create community and connection.
144. I pray for the health of Oak Flat.

145. For me, simply going forth into the day is a way of showing up.
146. I will work to see God in all things and respect people who were made in His image.
147. Working to ensure that schools are inclusive and serve all students, including students with disabilities.
148. Financial support of groups protecting our earth.
149. I canvassed this week for progressive electeds.
150. I show up at church to embody hope and PRAY.
151. I went to an online hearing about the pond near Lake Superior.
152. When I drop a coin, I leave it there for someone else to find.
153. I show up with my family—as an elder.
154. We show up with our children who see such wonder in every new discovery—and that gives me hope for their bright futures.
155. I did not cancel my trip to France in September.
156. I'm helping NEON welcome new students.
157. Supporting our neighbors at Anishinabe Academy.
158. I show up by acting with my heart and soul on behalf of peace and social and racial justice.
159. Volunteering at local food shelf as need continues to grow.
160. Researching and writing about human rights teaching in the early Christian period and our early congregation—and how it applies today!
161. Showing up for “Good Trouble Lives On” event in Grand Rapids, MN.
162. I'm going to show up by being a Good Neighbor.
163. Helping shoppers at Keystone Food Shelf.
164. Sharing greetings and smiles with strangers.
165. I show up at a variety of churches to honor the variety of God's world.
166. Singing in community with others.
167. Bridge Brigade protests.
168. Volunteering at EveryMeal.
169. Leaving a legacy for my granddaughter.
170. Hope.
171. March for Justice in Brainerd with our out-state concerned citizens.
172. Connect with family far away.
173. Volunteering at food shelf.
174. Hosting neighborhood holiday party.
175. Give immigrant friends a shovel, a TV, window insulation, books, meals, and friendship.
176. I take care of myself through difficult times.
177. I volunteer in the Community Kitchen.

178. Teaching to students is the most important thing I like to do and help others.
179. Joined the First Church Bridge Brigade.
180. Helped patrol out S. Minneapolis neighborhood to deter ICE.
181. I am trying to balance despair and resistance with joy (which feels like the ultimate resistance).
182. Work that aims to improve global health equity.
183. Write a sermon while Jane goes to meetings.
184. Lead singing at my sister-in-law's memory care home where she lives with new friends.
185. Meals on Wheels delivery.
186. By being there for those that may need me, or any help, be it friend, family, or stranger.
187. Center BIPOC lives in decisions.
188. Frequenting Mercados and other immigrant-owned businesses
189. We put a food cooler out by the sidewalk for those who need it.
190. I entertain seniors with music and dance.
191. Went to NO KINGS protest #1.
192. Went to NO KINGS protest #2.
193. Bridge Brigade.
194. I give ties to/from Lakewood for grounds crew staff who continue to be stopped by ICE to demand papers.
195. Donate to Second Harvest Heartland.
196. Practicing forgiveness and empathy, and living openly as a transgender person despite the current administration.
197. Making art with friends.
198. Organize the toy giveaway.
199. Attended ICE Out of Minnesota and marched.
200. Attended "A Light in the Storm".
201. Compiling resources for our undocumented neighbors.
202. Care for children at school.
203. I gave out cards.
204. Observing in Immigration Court.
205. Weekly volunteering at local food shelf.
206. I work on allowing that those I disagree with are probably right—open my mind to new possibilities.
207. Show up each week to support my Islam brothers and sisters.
208. Be one in the numbers marching for our neighbors who fear ICE invasion.
209. Participating in church leadership.
210. Sharing creativity.

211. Attending NO KINGS protests.
212. Show up for our neighbors.
213. Teaching
214. Housing help.
215. Community action and mutual aid support.
216. Caregiving.
217. By being a legal observer—a witness.
218. Friendship.
219. I contact my representatives about issues that matter to me.
220. Refusing to backdown or give in. Focusing on God and those who love and support me, and giving aid and love to those who need it.
221. Donated to my local food shelf.
222. I try and volunteer weekly and live a life of compassion and generosity. But I need to do more.
223. Work on climate equity policy.
224. Attended an anti-ICE press conference in the Lake St. Parget parking lot.
225. Wrote postcards supporting pro-democracy initiatives in California.
226. Marched in the NO KINGS 2.0 protest.
227. Bridge Brigade.
228. Studying Medicaid registration to be of help.
229. Respond to strangers with a smile and kindness.
230. Protesting financial gifts.
231. Caring for our neighbors.
232. Supporting local businesses.
233. Meals with others.
234. Community Kitchen clean-up.
235. Loving all my neighbors.
236. Welcoming the stranger with love.
237. Buying food bags at Cub which go to local food pantries every week.
238. Sitting on the floor with friends and laughing for hours.
239. Community Kitchen clean up.
240. Washing dishes at Community Kitchen.Yes,
241. Build community with immigrant and international friends and neighbors.
242. I show up for my values by actively engaging in political, social and emotional support for those causes/individuals that I care most about/for. My values are deeply ingrained in my lifestyle which makes it easy to honor them.
243. I laugh, listen, and try to help people feel good about themselves.

244. Supporting immigrant neighbors practically and emotionally.
245. No ICE march.
246. Bridge Brigade!
247. Airport rally protesting deportation flights.
248. I'm working with Mom's Demand Action for sensible gun laws.
249. Attend neighborhood protests at 4th Ave & 4th St.
250. Volunteered at the annual event for our most vulnerable neighbors: 3,000 Acts of Kindness.
251. Drove a friend to her job when Uber/Lyft was too expensive during the snowstorm.
252. Hired a man in need to shovel our block for cash in hand.
253. Shoveled sidewalks for protesters.
254. Saved a baby squirrel.
255. People Serving People volunteer.
256. Anti-ICE protesting.
257. Every Meal volunteering.
258. Participated in Powderhorn protest & march
259. Joined Democracy in Action.
260. Food shelf volunteer.
261. Powderhorn protest & march.
262. WBL Thursday protests.
263. Giving rides/carpool to bring people together to protest and pray in community.
264. Asking where we can support our neighbors in need and how they are doing.
265. Talking family members with different beliefs to build understanding.
266. Supporting local immigrant restaurants.
267. Signed up as a "legal upstander" with MONARCA for responding to ICE.
268. Am writing a book about "Favorite World Celebrations Right in Our Neighborhood" to encourage respect of diversity.
269. I show up for my community by remaining in a space of love and kindness no matter what state the world may be in.
270. I create art to remember and record the history being made around us.
271. I am comfort for my friends and neighbors who need a moment of peace.
272. I show up for my community in prayer and protest.
273. For the international students at VMN.
274. Supporting and learning from my Iranian friends.
275. Making handwritten notes and drawings to include in food deliveries.
276. Protesting.
277. I participated in planning community meetings.

278. I attended the Powderhorn protests RIP Renee Good.
279. I presented a talk about strengthening our spiritual resilience in these troubled times.
280. I contributed funds to independent news outlets.
281. Actively protesting weekly.
282. Helping people get their tribal IDs.
283. Attending protests and rallies when I can, and speaking up and out.
284. Passing out whistles.
285. Clergy press conference at Good memorial site.
286. Underwent a training to help answer a legal hotline for folks with immigration concerns.
287. Clergy pressuring Target CEO to stand with us.
288. Joining the Bridge Brigade.
- 289.
290. Show up!
291. By showing up at school.
292. By groceries for immigrant family near church.
293. Protested at Target.
294. Hosting friend for Clergy Call to Action.
295. Boycott Home Depot.
296. Boycott Target.
297. Boycott Amazon.
298. Offering a smile in passing with neighbors and showing up to community donations.
299. I listen and I protest.
300. Brainstorming protest signs.
301. We eat out and buy groceries from our immigrant neighbors.
302. On the bridge with the flag.
303. Standing guard at neighborhood restaurants.
304. Witnessing to family and friends outside the metro about the occupation and how it is impacting our lives and the lives of innocent people at every level of society in our city and neighborhoods.
305. I am present at Marcy School during drop-off and pick-up to observe and protect students, parents, and staff.
306. Helping to get messages out to others.
307. Patronizing immigrant owned businesses.
308. Sending local and state leaders messages.
309. Supporting our local Latino orgs helping others.
310. Visiting 2 local businesses today with a friend.
311. Making the Ask to Close on Jan. 23 in protest of ICE operations.

312. Working to find everyone a place to participate in the resistance.
313. Instacart shopping for families in need.
314. Driving patrol routes in my community.
315. I gathered my neighbors—going door to door—to light candles and to sing to bring light to MN and prayers to all harmed.
316. I supported some families and students in need last week because of the situation in our city.
317. Folding whistle zines with my neighbors.
318. Sharing ways to support MN and take action with friends and family out-of-state.
319. Spending time in community with friends, neighbors, and strangers.
320. Supporting a Marcy family that is in hiding.
321. Sending money to Marcy school families who are afraid to leave their homes.
322. I connected some people to each other.
323. A couple of protests.
324. Protesting at vigil.
325. Serving as a first responder.
326. Mutual aid, money, gifts, food, public showing up.
327. Donating to my local food shelf.
328. I've driven Meals on Wheels for almost 25 years.
329. When I feel I'm not doing enough, I just look around in wonder at my neighbors.
330. Harboring an "outside agitator"—a clergy friend here for demonstrations.
331. Patrolled my neighborhood by car and on foot.
332. Donate blood.
333. Driving M, H, and H's brother home from work in [the suburbs] to [Minneapolis].
334. Money to help with immigrant rent.
335. Bringing food for the L family!
336. I have hope with the powerful listen to the many.
337. Hope when the Christianity voices are stronger than the National Christianity.
338. Participated in weekly community protest.
339. Participated in my first sit-in at Target.
340. I got my partner to call in sick to work for the statewide boycott.
341. I called Gov. Walz to ask him to pass an eviction moratorium.
342. I cancelled my Target credit card.
343. Health insurance navigation for refugees and immigrants.
344. Attended a march in Columbia Heights. Bring Liam Home! Bring Elizabeth home!
345. Went to the Whipple to stand up for the legal observers who have been detained.
346. Bought and brought groceries to a family in hiding in S. Mpls.

347. Seeing every action taken by neighbors to support people they don't even know.
348. Hope is what sustains my resistance.
349. Attended a rally at the Whipple Building.
350. Offering respite with birds and sunshine.
351. Welcoming and feeding clergy who answered the call.
352. Taking a break when I need to.
353. I hired an immigrant.
354. Started a Craftivism group to RESIST!
355. I'm boycotting Target & Walmart.
356. I cancelled my Target credit card.
357. I'm buying gas for my car at a small, independently-owned station.
358. I donated to the food shelf.
359. I donated to a mutual aid fund.
360. I gave an immigrant family a ride.
361. I'm an ISAIAH Faith delegate!
362. I grocery shopped for an immigrant family that is afraid to go out.
363. Knitted a bunch of Red Hat badges.
364. Knitted 2 red hats.
365. Sent "Barbed Wire" stole to colleague at "Alligator Alcatraz".
366. New section on my Etsy shop—"Stoles for Lament & Resistance"
367. Learned how to dispatch for my neighborhood patrol groups.
368. Spoke (3x!) at my city council meeting urging them to publicly denounce ICE activities and clearly communicate support for and protection of all city residents.
369. Took my children to the local kids' protest to give them a voice in the resistance.
370. Co-founded a community "Resistance Reads" book group.
371. Participated in the clergy action at the MSP airport to denounce airport and airline cooperation with ICE activities.
372. Attended street medic training.