

June 5, 2020

Dear Community,

There are many strong emotions, centuries of trauma, and people examining and rallying together around their beliefs right now. We hope that amidst pain and strife, we can remind ourselves and each other to **be present in the moment and take a deep breath.**

Pause with gratitude and in acknowledgment that **we can breathe.**

We believe in possibility

[One Shared Future](#) (OSF) imagines a positive future for Hawai'i—and the world—and brings people together to create that future.

We believe that we can always adapt and expand, the world is ever-changing, and there is much we do not know. We come from a place of **aloha**. OSF stands for **social justice, equity, and compassion** and against overt and subtle racism, discrimination, and violence.

We recognize the **goodness of and resilience in people** and **hold hope** that we see pathways to collectively move toward a more equitable, caring humanity.

Please continue reading for some possible paths to the pathways...

Use The Force



From [Rachael](#) - In a room that doubles as a yoga space and home office, I was in a pose the other day when I realized what had been disturbing me: the battle of Star Wars characters and a First Order walker. When I mentioned to my husband that their weapons and stances bothered me, his response shifted my perspective: *"It's fully within your power to disarm them."*

From [Richie Davidson, PhD](#), founder of the Center for Healthy Minds - "As we know from our science, *fear contracts awareness*. When our awareness is contracted, we literally do not see, hear, and feel all that is around us."

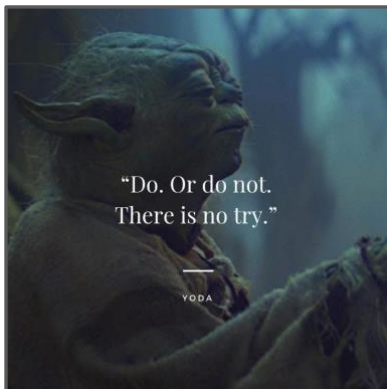
From [His Holiness the Dalai Lama](#) - “Our own experience of constant fear and constant anger destroys our inner peace. **More compassionate feelings bring inner strength and inner peace.**”

From **Kenny “The Jet” Smith** [speaking about people asking, “What can I do now?”](#) (*NBA on TNT*) - “If you want to go cure human trafficking, *you go research it, you figure it out, you be sensitive to it, you be empathetic to it, and you put your money and time where your mouth is...* I don’t want to hear the question, “What should I do?” You don’t have the same question when you’re talking about kids in need...Figure it out, go help.”

Two things to note:

- *It’s within our power to recognize we can do something.* This includes nurturing our inner strength and figuring out how to make a positive difference.
- By cultivating compassion, being present with breath, learning, and growing, *know that we are collectively making a positive difference.*

“Always in motion is the future.”



For those seeking concrete pathways to serve and support [Black Lives Matter](#) and create a future without racism:

- [Learn how to protest safely](#) in this “open letter advocating for an anti-racist public health response against systemic injustice occurring during the COVID-19 pandemic”
- [Ways to Help](#) and [Places to Donate](#)
- [Donate your time](#): Watch these YouTube videos with ads that generate revenue for Black Lives Matter
- [Justice in June: Become an active ally to the black community](#)
- [Anti-Racist Resources](#) for parents and everyone
- [Ally Resources for Supporters of Black Lives Matter](#)
- [An Anti-Racist Reading List](#)
- [#PopoloSyllabus](#): List of readings and resources on Black people in Hawai‘i
- [Black Lives Matter Meditation for Healing Racial Trauma](#) and [The Ally + Accomplice Meditation for Cultivating an Anti-Racist Mindset](#)

Finally, as we walk down our pathways that might converge with others', we close with this poem from [Marge Piercy](#):

The Low Road

*What can they do
to you? Whatever they want.
They can set you up, they can
bust you, they can break
your fingers, they can
burn your brain with electricity,
blur you with drugs till you
can't walk, can't remember, they can
take your child, wall up
your lover. They can do anything
you can't stop them
from doing. How can you stop
them? Alone, you can fight,
you can refuse, you can
take what revenge you can
but they roll over you.*

*But two people fighting
back to back can cut through
a mob, a snake-dancing file
can break a cordon, an army
can meet an army.*

*Two people can keep each other
sane, can give support, conviction,*

*love, massage, hope, sex.
Three people are a delegation,
a committee, a wedge. With four
you can play bridge and start
an organization. With six
you can rent a whole house,
eat pie for dinner with no
seconds, and hold a fund raising party.
A dozen make a demonstration.
A hundred fill a hall.
A thousand have solidarity and your own
newsletter;
ten thousand, power and your own paper;
a hundred thousand, your own media;
ten million, your own country.*

*It goes on one at a time,
it starts when you care
to act, it starts when you do
it again and they said no,
it starts when you say We
and know you who you mean, and each
day you mean one more.*

It starts when We do ~

The OSF Team