

# SUARA

Amplifying Voices of API Survivors and Advocates

## Practice Highlight: Mindful Eating as Grounding

With everything that is happening in our communities right now, we are all feeling the pull of wanting to support the causes and movements that mean the most to us. However, it can be extremely difficult to know what is the best course of action right now and to proceed in a manner that feels safe. It is easy to feel overwhelmed and guilty about not being on the frontlines with our siblings and colleagues, but it is important that we stay grounded within ourselves so that we are able to support others in ways that feel safe to us. When we are grounded, we are able to take on the overwhelming sense of responsibility, overload of information, and see the ways in which we can leverage our resources and networks to help us advance our causes.

A good time to practice grounding ourselves each day is during our meals. The intentional practice of grounding ourselves during meals will also remind us to take the time to replenish ourselves also (we have all had days where our work has overwhelmed us and we have skipped meals or we have had lackluster meals). To practice mindful eating:

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1. Step away from our work and just eat in silence alone or with others. Step away from our work and just eat in silence alone or with others. This doesn't have to be for the whole duration of the meal. 5-10 mins is enough.
2. Take the time to eat mindfully by chewing slowly. This will help our bodies slow down and stop our minds from racing.
3. As we continue with each bite think about where our food came from. This will allow us to practice giving gratitude to those that have contributed to our livelihood, both directly and indirectly.
4. Lastly, reflect on what our mouths are doing, how the food tastes, and how the food is making us feel. This will allow us to be present and fully aware of each intentional action we took as we consumed our meal, and each intentional action we intend to take in our work and daily life now that our body has been replenished.



## Organization Highlight: Freedom Inc.

This quarter we would like to highlight an incredible organization doing great work for their community.

Freedom, Inc. (FI) is a Black and Southeast Asian non-profit organization that works with low- to no-income communities of color in Madison, WI.

Their mission is to achieve social justice through coupling direct services with leadership development and community organizing that will bring about social, political, cultural, and economic change resulting in the end of violence against women, gender-non-conforming and transgender folks, and children within communities of color. FI works to challenge the root causes of violence, poverty, racism and discrimination. They believe that people who are most affected by these issues must have voice, power, resources and choice, in order for true social change to happen. To learn more about their work or if you're interested in supporting their work please click [here](#).



## Book Club

During this time, we know that many of you are working from home or confined in your home which is a great time to catch up on some reading and do some additional learning. Here are some of our recommended books for this quarter:

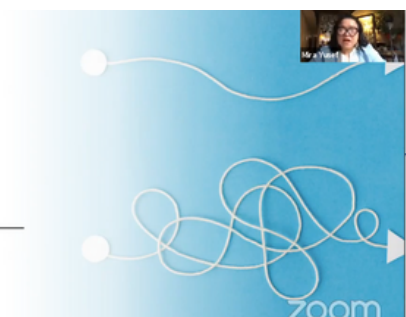
- Black Sexual Politics: African Americans, Gender, and the New Racism by Patricia Hill Collins
- Conflict Is Not Abuse: Overstating Harm, Community Responsibility, and the Duty of Repair by Sarah Schulman
- My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies by Resmaa Menakem

## 2020 kNOw MORE Webinar: Building Capacity To Serve Sexual Assault/Domestic Violence Survivors

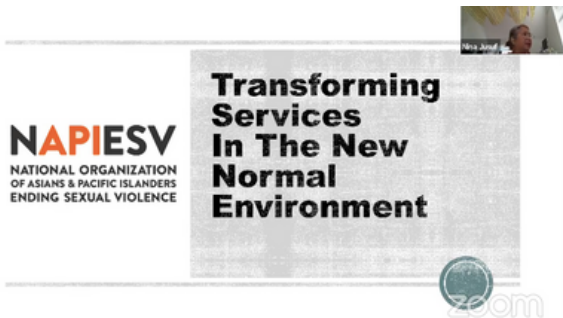
Last quarter, two of our staff presented at the Guam Coalition Against Sexual Assault and Family Violence's 2020 kNOw MORE Webinar: Building Capacity To Serve Sexual Assault/Domestic Violence Survivors. Mira Yusef presented on Navigating Policies and Serving Clients in COVID-19. If you are interested in watching her presentation you can find it [here](#).

**Navigating  
Policies &  
Serving  
Clients in  
Covid-19**

National API Ending Sexual  
Violence (NAPIESV)



Nina Jusuf presented on Transforming Services in the New Normal Environment. If you are interested in watching her presentation you can find it [here](#).



## Elevate | Uplift National Dialogue:



Last quarter Nina and Mira also facilitated a national dialogue aimed at discussing the impact of COVID 19 on survivors of sexual violence throughout the lifespan, focusing on those most marginalized who are exploited by the systems intended to serve them. This conversation centered around the experiences and needs of Black, Indigenous, other people of color, including those that are undocumented, incarcerated, formerly incarcerated, under resourced, those in the informal economies, and our transgender or non-binary communities, recognizing that these identities sometimes intersect and overlap. If you are interested in the dialogue that was had please visit E|U's website [here](#).

## Virtual Check-in Hour

We recognize that this is a difficult time for both individuals and organizations. To continue to provide support during this time, we will be hosting a "Virtual Check-in Hour" every Wednesday at 3:00 pm EST for anyone that would like to "drop-in" and receive TA, support, or just talk. Join by clicking on this [link](#).

## Technical Assistance

We offer training and technical assistance on culturally relevant services for API communities in mainland United States, Alaska, and U.S. territories in the Pacific to current and potential OVW grantees. Technical Assistance we provide: 40-hour sexual assault training to staff and volunteers; Topic-specific training "one-on-one" or "peer-to-peer" consultations regarding sexual assault services to victims/survivors from the API communities. If your organization is interested in receiving training, technical assistance, or if you would like additional information, please reach us at [information@napiesv.org](mailto:information@napiesv.org)

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## Bersama-sama Project

### Philippines + COVID-19 Lockdown: Community Kitchens Podcast

In Episode 2 of *Kumusta Kumare!* (pronounced koom-moostha koom-mah-ray), NAPIESV dives deep into organizing at women-led community kitchens, bayanihan-style (bayanihan means “community spirit”) during the COVID-19 lockdown. Emma Rubio, one of NAPIESV’s Philippines team members, acts as the in-house food historian and shares how they are able to operate community kitchens in several workers’ communities surrounding the export-processing zones in Laguna, 40 miles southeast of the capital, Manila. Joining in is women and children’s rights activist Dimple Paz of Lingap Gabriela, a disaster relief workers team, and a volunteer at the Bayanihang Marikenyo at Marikenya group. She was one of the #Marikina10 who were arrested and detained on May 1, World Labor Day, for allegedly violating quarantine rules while running a community kitchen in Marikina City in metropolitan Manila. To listen to this podcast click [here](#).



## Indonesia Team: Partnership of 3

The partnership between NAPIESV, Pekka Keru Baki Lambata, Yayasan Pekka and Toraja Melo has resulted in a triangle of Community Organizing by PEKKA, Economic Security by Toraja Melo and Well-being/Creating Safe Space by NAPIESV. PEKKA (Pemberdayaan Perempuan Kepala Keluarga or Female-Headed Household Empowerment Program) began in 2001. Toraja Melo (Beautiful Toraja) is a initiative seeking to empower ethnic Torajan women weavers. NAPIESV (National Asians and Pacific Islanders Ending Sexual Violence) is a program under Monsoon that provides technical assistance and training in the continental United States and the Asia Pacific region. This [video](#) summarizes the Bersama-sama Project team’s visit to East Flores in Indonesia in 2019.



## Jilbab dan Aurat

Bersamasama Project Indonesia in partnership with Umah Ramah have just launched our first pocket book titled “Jilbab dan Aurat” (Head cover and private parts/nakedness) written by Husein Muhammad, Feminist Muslim Scholar. The book is currently in Bahasa Indonesia and will be translated into English in the near future.

**To support our work and help make a difference in the lives of Asian and Pacific Islander women and girls click [here](#) to donate.**