



FOUR BLACKGIRL ALTAR RITUALS

TO EXPRESS

GRIEVING, REMEMBRANCE, AND
PRAISE

FOR BRESHA MEADOWS AND ALL
BLACK GIRLS AND WOMEN
CRIMINALIZED FOR THEIR
SURVIVAL

CREATE AND CHANT MANTRA CARDS

A mantra is a sacred utterance affirming your highest intentions. Write an affirming statement of love for all Black women and girls surviving violence. Chant your mantra in community or solo at your altar.

WRITE A COLLECTIVE PRAISESONG FOR SISTER SURVIVORS

The praise song is an African poetic form lauding the power of a person, place, or deity. Write a collective praisesong for our sister survivors. Prep a large sheet of butcher paper with a series of reframes that begin with "A praisesong for..." allow contributors to fill in each reframe with a statement of praise honoring a woman/girl they want to honor.

Example: A praisesong for Bresha who believed her family should be free from violence.

SEND A MESSAGE TO THE FUTURE

Write a message to the future about how we resisted the violence against Black women and girls. Read these messages aloud. You might create a time capsule to collect them in and place it on your altar.

DESIGN A SACRED NAMES SCROLL

Create a scroll with the names of women and girls criminalized and punished. Read their names aloud as you release the scroll. The scroll can be displayed as a runner for the altar or a banner.

#FREEBRESHA #SURVIVEDANDPUNISHED

#DEFENDBLACKWOMANHOOD

www.freebresha.wordpress.com