

2021 CAPE ARTIST IN RESIDENCE

JACKSON, MISSISSIPPI

Care
Collective
Companion
for
Black Life

CONCEIVED & COORDINATED BY Shani Peters

This booklet is intended to be a practical, day-to-day resource to all Black and BIPOC residents of Jackson, Mississippi and beyond. It contains lessons learned from a vast bank of the lived experience of Black Mothers and Caretakers on how to navigate the particularities of Black life, to minimize our pain and to multiply our joy.

this publication is a collaborative effort
by Shani Peters, 2021 CAPE Artist in Residence
and a varied group of Jackson, Mississippi Black Mothers, each of
whom's respective work finds them caring for
the greater needs of their community.

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ATTENTION

ACCEPTANCE

APPRECIATION

AFFECTION

In addition to the essential human needs for survival– oxygen, food, water, and shelter, we have four fundamental emotional needs for our general well-being–

Attention, Affection, Appreciation, and Acceptance.

All our emotions derive from our fundamental human needs.

RISE, YES.

WE MUST AND WE DO.

THEN SET

RISE. SET. RISE AGAIN.

I am fascinated by the daily lesson our rotating proximity to the Sun has to teach us. Repeatedly, without fail, from here on earth we witness the singular beauty of our solar system's mighty center, rising to the heights of our sky. And then, with parallel frequency we watch this mighty force of life and inspiration sit its glorious ass back down again. So profound is the beauty of our Sun that its recline is as graceful as it's ascent.

We can recognize in this the parallels to our own existence. We, especially Black women and femmes, who bear the brunt of so much of this world's injustice, can glean from this our permission to, our demonstrated instruction to... rest.

Kimberlé Crenshaw's Intersectionality Theory teaches us that when our planet becomes safe for Black women and femmes, it becomes safe for all. So rest, my Sisters, do it for us and do it for all.

Carbon Copies

We cannot be compensated
There is no counterbalance
No reimbursement
No reparation wild enough
For Black woman
Snatched from rib
Purposed to be pretty
Poised Perfectly
Positioned for poison
Protected by no one
We cannot be moved
Nothing on this planet can do what we do
We are otherworldly
Alienated
A moon
To land on
For each and every single living thing that
has ever needed housing
Hardly ever allowing time, space and

capacity the room to accommodate
Us.

Carbon Copies

of our mothers – worked to the bone marrow
We narrowly escape the damages that take place
with

Closed Captions turned off

Because who is listening to us?
The Black women
Who's silence often makes no sound
With sweet skin, body and mind
A symphony.
Ready to be hopeful out loud
Brave
Ready to

Closed Captions

Stand in front of ourselves
 To hold hands and be mirrors and to dare each
 other to
 Give each other
 back
 to
 Ourselves

Collective Care

Being our way, always.
 Because we were born into an advisory role -
 We came into this life fully equipped and cloaked
 in soft and warm brown skin that any body

Collective Care

would listen to.
 and they do.
 So why not choose you, woman?

What makes you so special that you don't have
 Choose, you?
 You,
 Holding us down while propping us up with
 saving grace
 every day.

You,
 The Carbon Copy.

You,
 With Closed Captions now turned on.

You,
 A daily dues paying member of the
 Collective.

—AF

DAY TO DAY HOW TO:

GROUNDING YOURSELF



Move through a typical busy day in peace 6

“I get up at 5:00, before the house gets active, so I can start my day in silence. It’s reflection time.”

“Good rest, morning meditation and writing out my punch-list for the day.”

“A cup of green tea.”

“Praying honestly and often helps me to center amid the business of my day. I am always talking to God. It helps me to realize that God is greater than anything overwhelming me.”

“Humming”

“Remembering that nothing is built in a day.”

“Deep intentional breathing.”

Get back to your peace when life tries to take you off track

“Reflecting on progress made
to date.”

“Music is so important to my sanity.
I can always play a record that
I can escape into and come out on
the other side feeling refreshed.
My go-to tunes are Jazz based.”

“Praying.”

“I carry aromatherapy products
with me, so I can re-ground.
Patchouli, Bergamot, and
Yling-Ylang are my favorites.”

“Billie Holiday.”

“Going on a long walk, taking a
bath, talking to my friends for a
good laugh.”

Feel your physical best on an average day

8

“Good nights rest with an early
working workout.”

“Walking and Qigong or Tai chi, in
the morning.”

“Exercising for at least 30 minutes.”

“Staying hydrated and eating plant
based diet.”

“I love to run. I love to practice yoga.
Both of these practices help me
to continue to center my breath.”

FLOW YOGA w/ T'Keyah Williams & Diamond Rodgers



Get back to your physical best when life has taken you off track

“Playing with my daughter!”

“15 minute strength/cardio routine 3 times a week and short power walks.”

“When I feel life has taken me off track, I ride up to and through the Mississippi Delta. I visit family and friends and I reconnect with the land. Being on the soil that I’m from also inspires the writer in me.”

“Eating a bit cleaner and exercising.”

“Eating a bit cleaner and exercising.”

GUIDED MEDITATION

by Dr. Redell R. Hearn

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INTRODUCTION

13th-century poet, Islamic scholar, theologian, and Sufi mystic, Jalāl ad-Dīn Mohammad Rūmī is credited with saying, “Life is a balance of holding on and letting go.” In a continuum of that profound sentiment, 21st-century multi-disciplinary artist Shani Peters reminds us of the vital importance “...we must shape space to rise and rest...” Reading a guided meditation is a great, personal way to relax, center, and ground yourself. The following exercise creates the space to discard assumed identities, titles, and roles and re-balance your inner self.

OVERVIEW

The phrase I am is timeless; we cannot have an experience without I am. No matter what life experience we have, I am attached to it. Review the following four steps you will practice for awareness of the phrase I am:

1. Silently repeat, I am followed by your full name. This is an assumed identity.
2. Silently repeat, I am followed by your first name. This is a less conditioned assumed identity given to you at birth.
3. Silently repeat, I am. This is the awareness that attaches itself to an idea and then becomes that idea.
4. Silently repeat a hum. This is the sound vibration of I am and the sound behind Om, the primordial, universal sound.

PREPARATION

- Make sure you are in a quiet, comfortable setting where you won't be disturbed
- Turn off any potential distractions such as your phone or computer
- Make yourself comfortable and sit with your eyes open
- Take a few deep breaths and exhale with an audible sigh
- When you are ready, on an exhale, soften your eyelids without closing your eyes
- Bring your awareness to your breath
- Now begin to breathe slowly and deeply into your stomach for a few breaths
- Allow your breath to return to normal, not attempting to control the breath in any way

- Simply observe the breath flowing in and flowing out
- If your mind wanders, that's normal! When this happens, simply bring your attention back to your breath. You may have to repeat this several times; just know it gets easier with practice.
- As you become more familiar with the practice, try it with your eyes closed

PRACTICE

- Silently repeat, I am followed by your full name. This is an assumed identity.
- Silently repeat, I am followed by your first name. This is a less conditioned assumed identity given to you at birth.
- Silently repeat, I am. This is the awareness that attaches itself to an idea and then becomes that idea.
- Silently repeat A hum. This is the sound vibration of I am and the sound behind Om, the primordial, universal sound.
- Release the mantra.

AFTER

Ask yourself questions like:

How do I feel?

Is there a title I had a hard time releasing?

What thoughts surprised me?

ABOUT THE CONTRIBUTOR:

Dr. Redell R. Hearn, Director of the Department of Academic Affairs at the Mississippi Museum of Art, Chopra Certified Perfect Health Instructor and the Creator/Instructor of Soul-Sip®, an interactive class that blends sacred and social elements of guided meditation and wine appreciation. For more information, send an email to drredell@outlook.com.

DAY TO DAY HOW TO:



KEEP PEACE WITH YOUR PEOPLE

Communicate/interact well with your child/ children?

“I speak using I statements, talk
about behavior not the person.
Above all else, I practice kindness.”

“I can best communicate and inter-
act with my people when my belly
is full and I have had the time
to create capacity to listen and
take care because I have been able
to complete one or more of my
practices: yoga, running, listening
to music &/or connecting with the
soil were I’m from.”

“Being grounded with her,
turning off work emails, just
tuning into her.”

“Praying to God to guide me in
having patience with my children.
Mentally centering how much of
a blessing our children are to us.”

“Understanding my role and lasting
impact as their Mother, reading
self development material,
building individual relationships
with each of them.”

"I" Statements

I FEEL

BECAUSE

WHEN

WHAT
I NEED IS

Communicate/interact well with you partner/ spouse

16

“Shared values and collective purpose; mutual respect for each other’s role, responsibility contribution to the relationship.”

“Personal time.”

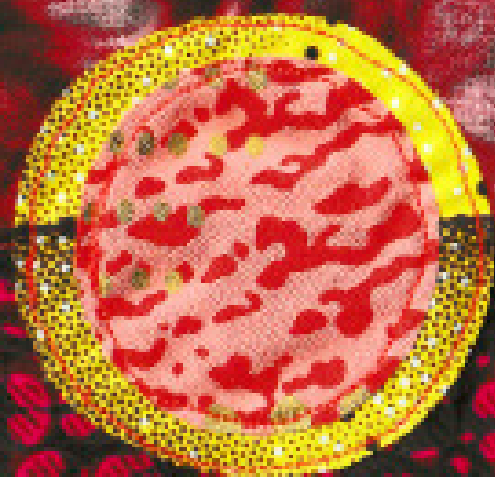
“HA! Same as above- I speak using I statements, talk about behavior not the person. Above all else, I practice kindness.”

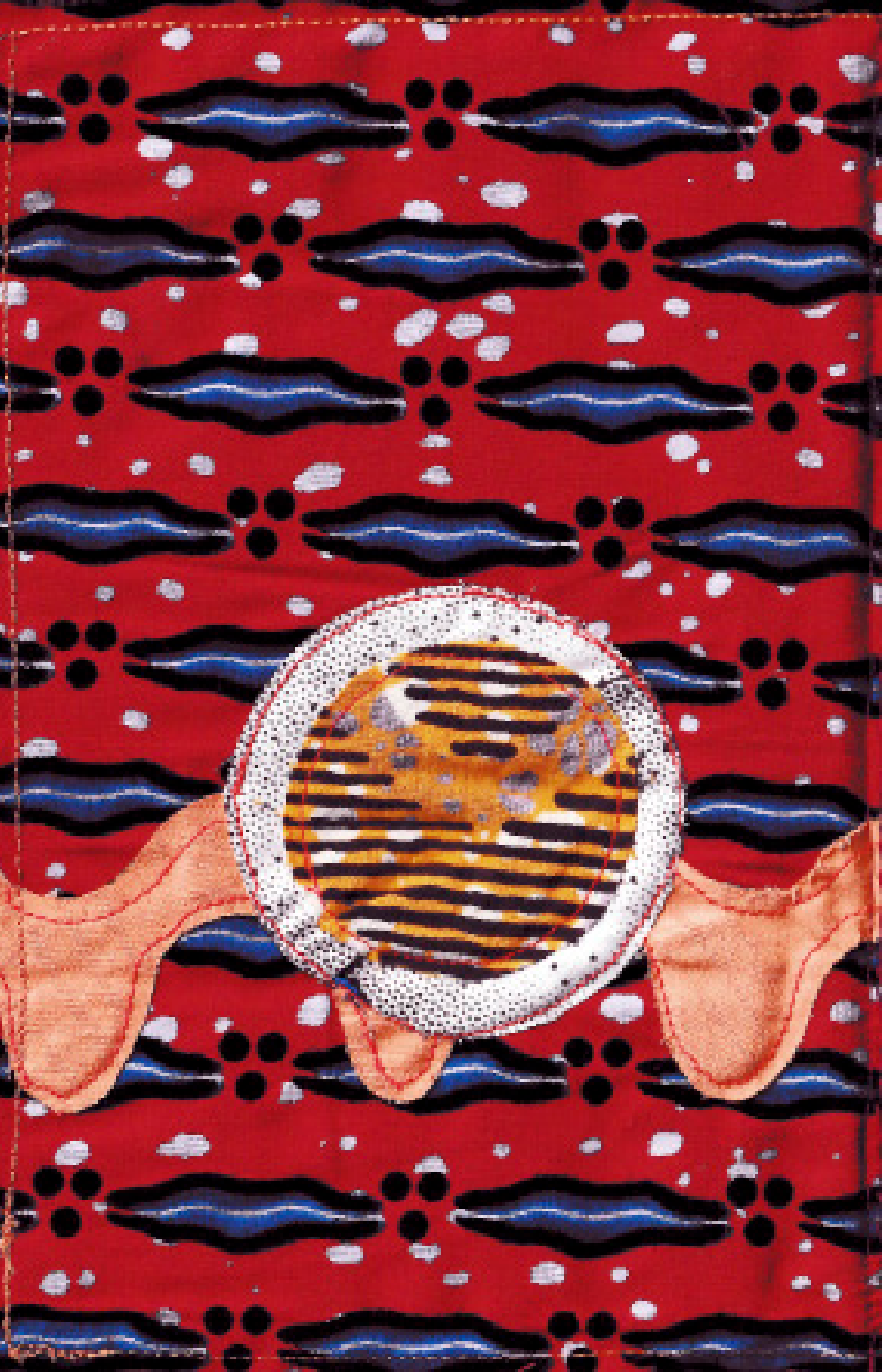
“When my partner recognizes that the best me shows up when I feel my best, all is well. When my partner gives me the room and supports me with words of encouragement, time alone or together, and/or taking up some of the many responsibilities, I am better.”

“Doing yoga together and writing things out when frustration abounds.”

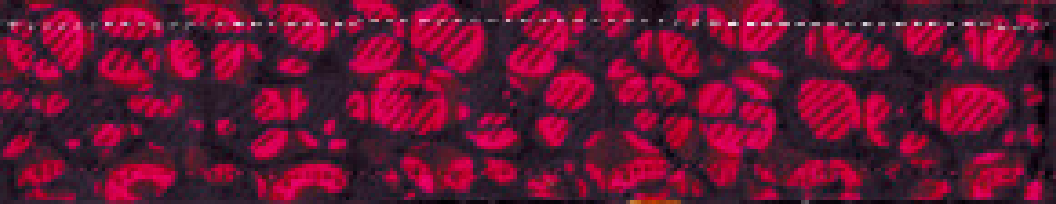
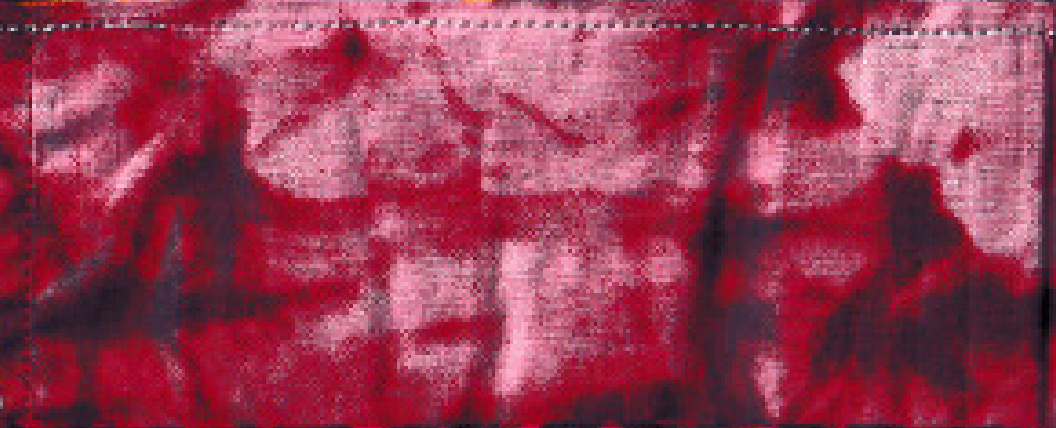
“Centering forgiveness and realizing that he has extended grace to me so many times. I also try to remember that I may not know all of the frustrations that are bombarding his mind.”

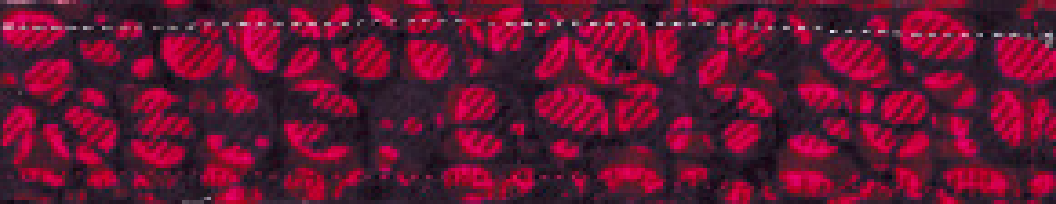
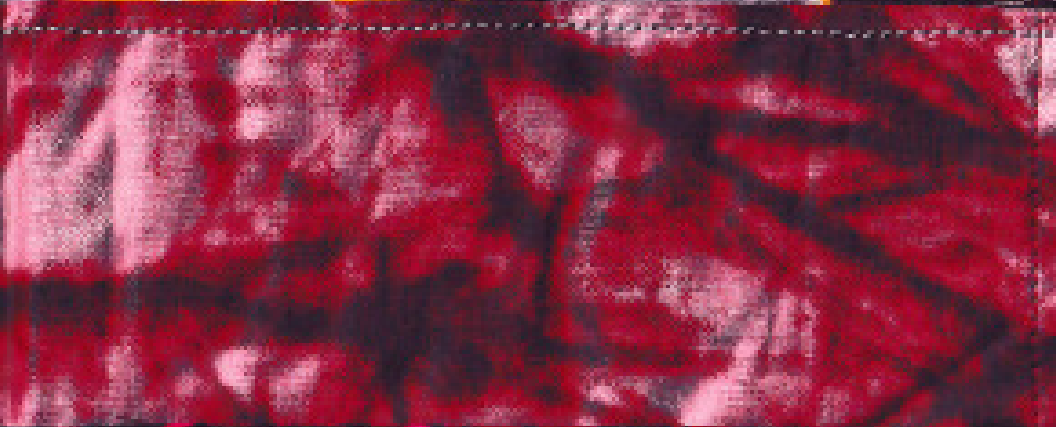




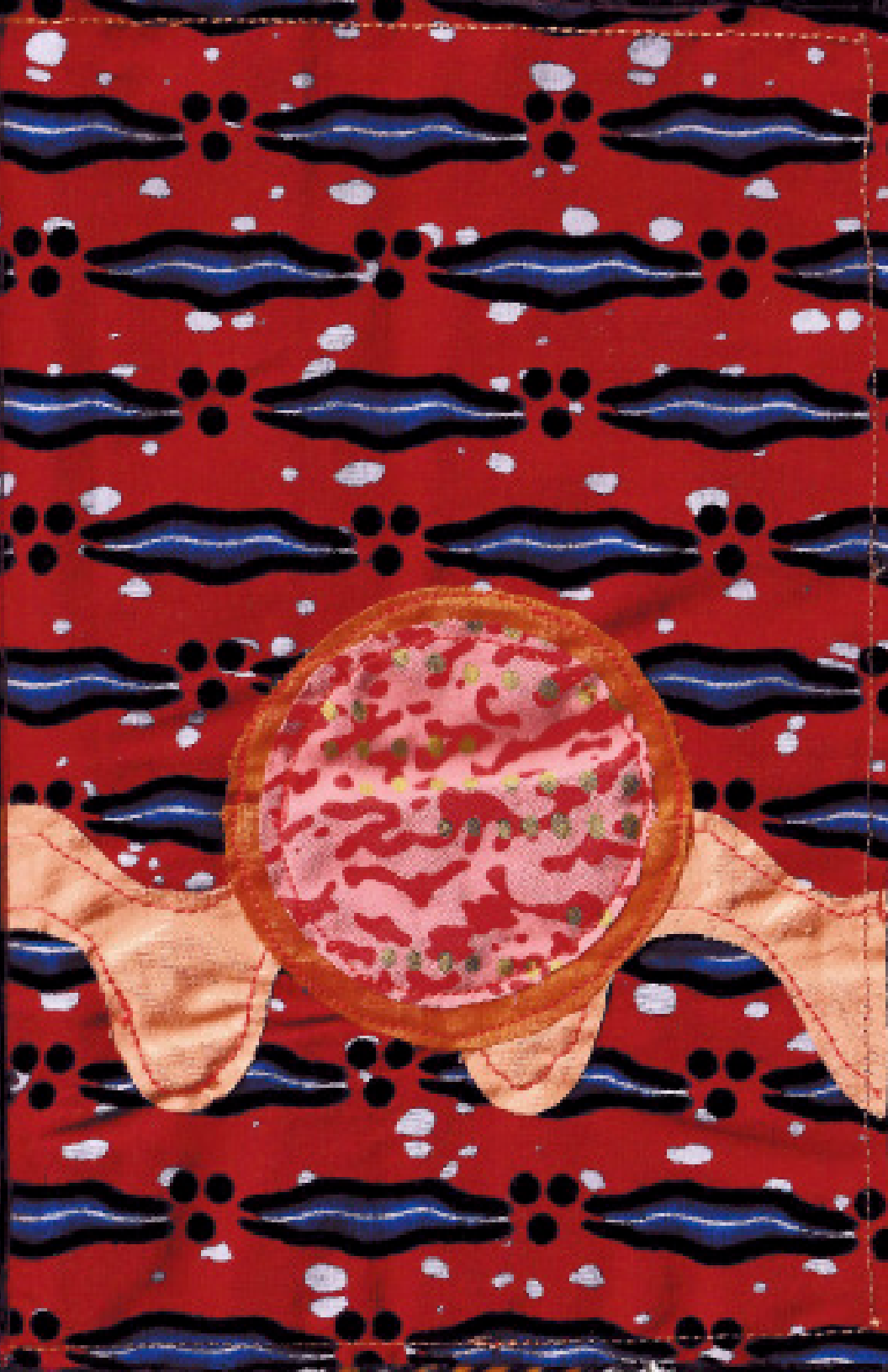




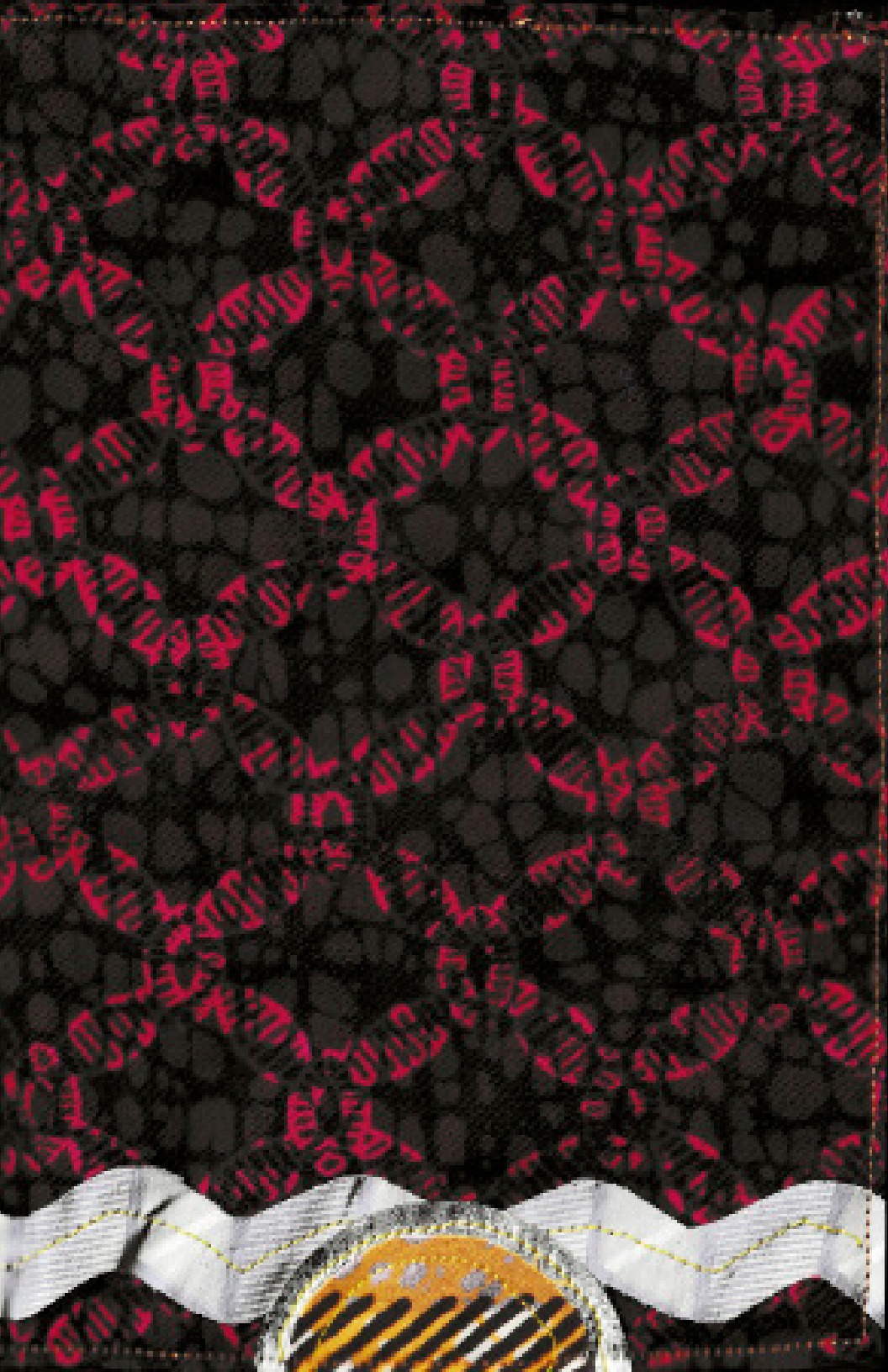












Communicate/interact well with your extended family

27

“Being intentional about maintaining consistent communication and realizing that we may not be able to communicate always.”

“Picture sharing of my daughter.”

“Open mindedness and unconditional love (whew).”

“Entering all situations with humor helps. Coming into conversations and interactions knowing that we all need to smile puts into perspective what our common goals are.”

“Acceptance and gratitude.”

Communicate/interact well with your elders

28

“Practicing patience and opening
my heart leads any interaction I
have with any elders.”

“Honoring their lives and contributions.”

“Respect for their contribution to
Black Struggle and humbleness to
know and learn from their expe-
riences and honoring the wisdom
they’ve garnered.”

“Accessing their wisdom.”

Communicate/interact well with with your neighbors

29

“Respecting each other’s space creates a very healthy relationship with my neighbors. We look out for each other and support one another by acknowledging that our homes are our sanctuaries and respecting each other’s physical, mental and spiritual property.”

“Tolerance, love and acknowledging our collective trauma and psychosis as a people and how that may present across environment, situations and circumstance; knowing that the community is more important than the individual.”

“Remembering the love of God and that it is undeserved and unconditional and trying to emulate that to the best of my ability.”

Communicate/interact well with your coworkers

30

“Remembering that everyone has the ability to exist as an asset to our work and that people should be appreciated for their contributions.”

“Sharing goals and aspirations.”

“Eating breakfast and lunch creates a healthy work space for all of us. We know that our work is for community and we keep that at the center. That focuses us all.”



MANAGE+MINIMIZE THE BAD

HOW TO HARD TIMES

how to

have

and

care

for

the

collective

Move out of a challenging time

“Prayer, persistence and leaning on family; facing fear knowing that change is the only permanence.”

“By first acknowledging the challenges and seeing my contribution to the issue. I know the benefits of challenges as well as the destruction that can be left behind if not properly addressed. I like to sit challenges down at the table (metaphorically or otherwise) and hash them out. Food always softens the heart so no matter the challenge, when it’s time to rectify, food is somewhere near.”

“Affirming the challenge is temporary and visualizing growing through the challenges.”

Heal from the loss of a loved one

33

“I remember that all things are energy and my loved ones have moved on to another realm. I hold them in my heart and have pictures on an altar in my home.”

“Yolanda Adams.”

“Talking them, calling their spirit into the room, connecting with them via my altar.”

“Belief that life is a continuum and a growth process that our loved ones are with us even when not in physical body.”

“Prayer and the birth of my children.”

“Cherishing memories and tangible items and knowledge they shared during their time.”

“Music best helps me heal from any type of loss. The vibrations and energy of certain sounds as well as lyrics that say what I can't carry me.”

Manage a big change/ shift in your life

34

“Patience helps me manage big shifts and changes in my life. Being gentle with the circumstances and myself.”

“Keep a positive attitude and be ever faithful.”

“The belief that challenges are opportunities for BIG growth to expand/ growth.”

“Prayer and meditation.”

Manage financial instability

“Balancing wants and needs and self-determining what success looks like.”

“Sacrificing and focusing on gratitude.”

“Ooooh that is a tough one. I asked for help and had honest conversations with friends and family.”

“Finding joy in being thrifty and resourceful.”

“The only things that help me manage financial stability is getting to the money. I know about myself that I undervalue my skills, contributions and input often because I am usually depending on folks to be honest and recognize my value. In the past, this created so much stress and unhappiness that now, I am clear about my value up front and I give folks the opportunity to agree or disagree.”



GOOD TIMES HOW TO:

AMPLIFY + EXTEND THE GOOD



Make the most of/extend ³⁸ an exceptionally beautiful time in your life

“Laughing.”

“Being present during time off with my family. Not using my cellphone or responding to emails and texts.”

“I supported artists and artisans that I knew were struggling. I continue to support BIPOC led organizations and businesses.”

“Age and sense of place gives me a wisdom around knowing life is short and good times can be fleeting. With that, intentionally being fully present in moments by cutting off electronics and really giving all of my time and attention to what’s right in front of me extends the “good”.”

“Humility, gratitude and being present.”

Make an exceptionally beautiful time/ experience possible for someone else

“Being generous with time and resources.”

“Since I was a child, I have been able to notice and intuit other folks’ spirits. I have a natural inclination to spread joy, to see people and to let folks know they have value. I didn’t have to learn this.”

“A willingness to give more to receive less and feeling genuine joy from seeing them happy.”

“Being generous with my time.”

how to

live

and

care

for

the

collective



Where You Go (I Will Go) by Shoshana Jedwab

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Where you go, I will go, Beloved/
Refugee/Mother Earth/Children/
Ancestors

Where you go, I will go
Where you go, I will go, Beloved/
Refugee/Mother Earth/Children/
Ancestors

Where you go, I will go

And where you lie, I will lie, Beloved/
Refugee/Mother Earth/Children/
Ancestors

Where you lie, I will lie
Where you lie, I will lie, Beloved/
Refugee/Mother Earth/Children/
Ancestors

Where you lie, I will lie

And your people are my people
Your people are mine
Your people are my people
Your Divine my Divine

And your people are my people
Your people are mine
Your people are my people
Your Divine my Divine

© 2018 Shoshana Jedwab
Music by Shoshana Jedwab
Lyrics by Shoshana Jedwab
based on the Book of Ruth



Illustration by Monique Davis

Raw Collards Salad by Foot Print Farms



5 raw collards Greens, roll and chop fine
1/2 cup dried cranberries
1/2 cup walnut or any nuts
1/2 cup chop tomatoes
1/2 cup light brown onion(cooked or raw)
1/2 cup raw cut carrots
1/2 cup of bell peppers(any color)
Lemon or lime juice
Olive oil
Black pepper

Any one of these are optional
2 broil eggs
1/2 cup Shrimp or
1/2 cup smoke salmon or
1/2 cup cooked chicken
1/2 mushroom

by
Cindy Ayers Elliott,
Footprint Farms

Jackson Business Resource List

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Chef Enrika Williams

IG @chefenrika

Diamond Rodgers, Yoga Instructor

IG @_diamondqrodgers

Fauna Food Works

www.cultivationfoodhall.com

FootPrint Farms

www.footprintfarmsms.com

Herbal Blessings

www.herbalblessings601.com

Jack Zen Healing Arts Center

www.jax-zen.com

Keyah Williams, Yoga Instructor

IG @keyahw

Louise Marshall's Book Store

618 N Farish St, (601) 355-5335

Magnolia Sunset Market

www.magnoliamarketsjxn.com

Mama Nature's Juice Bar

IG @mamanatures

Risk & Rewards Video Production

IG @RisksAndRewardz

Therapeutic Connections

www.therapeuticconnect.com

Xessory Freex

www.xcessoryfreex.com

Jackson Area Community Wellness Organization Resource List

COOP New West Jackson
www.coopnwj.org

Greater Jackson Arts Council
www.greaterjacksonartscouncil.com

Higher Purpose Co.
www.higherpurposeco.org

Jamboree Child Development Center
(601) 981-6642

The LGBTQ Fund of Mississippi
www.lgbtq-update.creativedistillery.com

Mothers Obtaining Justice and Opportunity
www.mojomama.org

People's Advocacy Institute
www.peoplesadvocacyinstitute.com

Pickles & Popsicles
www.picklespopsicles.com

Sipp Culture
www.sippculture.org

Six Dimensions: Black Woman Owned Public Health Agency
www.sixdims.com

Southern Rural Black Women's Initiative for Economic and Social Justice
www.srbwi.org

Springboard To Opportunities Magnolia Mother's Trust
www.springboardto.org/magnolia-mothers-trust



In Her Arms, by Ava Jeanne Davis, 2022

Oil on Canvas, 18"x24"

Commissioned by a friend of the artist, as a gift for her mother

Designed by

The Black School: Design Studio
the in-house, youth staffed
design firm of The Black School

Project Design Team:

Triché Shelton, Lead Youth Apprentice Designer
Shanti Broom, Contributing Youth Apprentice Designer
Joseph Cuillier, Creative Director and Instructor