



# WE GOT US

## *Staying Human in Hard Times*

*A Chasing Justice zine that  
grounds us in our collective  
power, faith, and hope.*



CHASING  
JUSTICE

# “2025”

*A poem by Roslyn M. Hernández*



*they terrorized communities,  
kidnapping women, men, and children  
off the street,  
snatching people from their jobs,  
invading school graduations,  
tearing families apart.  
they put some in internment camps,  
and killed some with malice.  
In the year of 2025.*

*they tried to demonize US,  
tried to intimidate US,  
to break US...  
they tried to subjugate US,  
tried to eradicate US.  
In the year of 2025.*

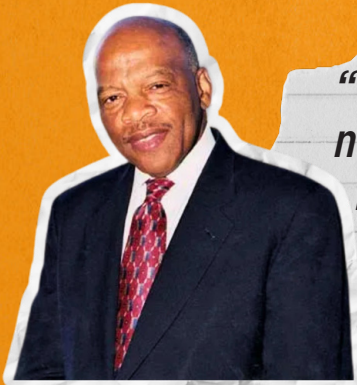
***BUT WE DIDN'T LET THEM.**  
WE learned our rights  
and taught our elders.  
WE got activated and organized.  
WE came and stood together.  
WE protected each other.  
WE rose up!  
In the year of 2025...*

# WORDS TO FUEL OUR COLLECTIVE POWER

*“Organizing is a process of getting people to be aware of their own power.”*  
- Dolores Huerta



*“Get in good trouble, necessary trouble, and help redeem the soul of America.”*  
— John Lewis



4

*“I don’t have the power to change the world, but I might have the power to change how a little girl sees the world.”*  
- Plestia Alaqad



*“We must shift our thinking away from short-term gain toward long-term investment and sustainability, and always have the next generations in mind with every decision we make.”*  
- Deb Haaland



*“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”*  
- Audre Lorde



*“Because you are young and have dreams and want to do something meaningful, that in itself makes you our future and our hope.”*  
- Yuri Kochiyama



5

# ANCESTRAL RESILIENCE TEA

*For generations, our ancestors have known that plants are medicine for our body, mind and spirit. This tea gently calms the body and creates space for reflection, prayer, or quiet listening. Take a few minutes to savor the tea, take deep breaths, and reflect.*

## RESILIENCE TEA RECIPE

**1 tea bag or 1 tsp dried chamomile**  
*Gently calms anxiety, supports sleep, and eases tension in the body.*

**1 teabag or 1 tsp of dried mint**  
*Relaxes the nervous system, brings mental clarity, and steadies breathing.*

*Optional: honey or sweetener to taste*

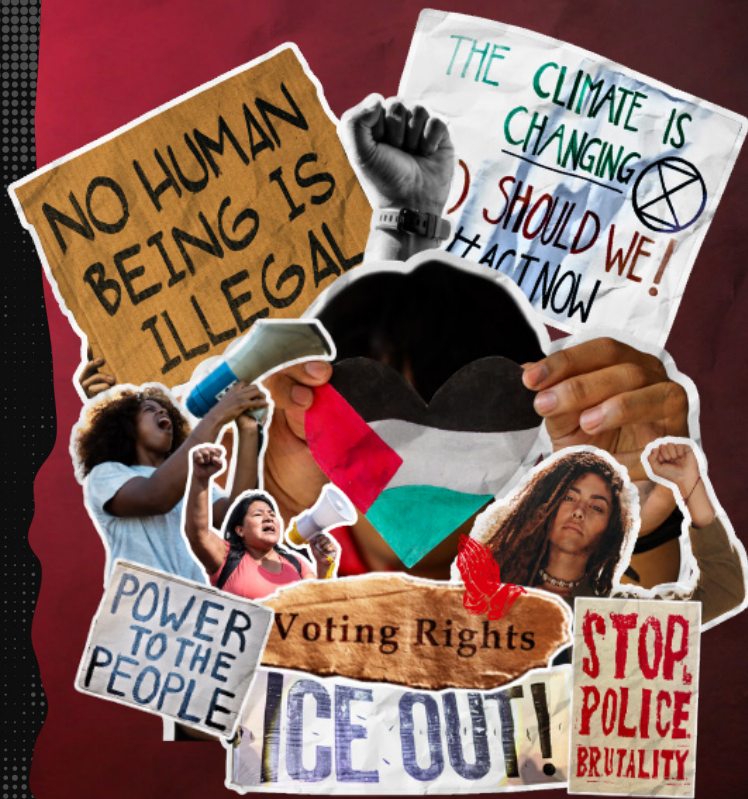
***Cover your cup as it steeps for 5-10 minutes.***

### Reflection Questions

- *How have you seen people show up to say “we got us” (in your community or historically)?*
- *If hope took shape in your community, what would it look like?*
- *What are three things you are grateful for at this moment?*

# WRITE A LAMENT

*Lament is the practice of telling God the truth about what hurts, without guilt, or rushing to fix things. This is between you and God; be real, raw, and unrestrained!*



## WRITE A LAMENT

### 1. Name what is heavy

- Write honestly about what breaks your heart, angers you, or exhausts you. Let it out.

### 2. Speak directly

- Address God, ancestors, your community, or your own heart.

### 3. Remember We Got Us

- Name people who have come before you, or those who are with you.

### 4. Leave space for hope

- You don't need answers. Even a small desire for healing is enough.

# BEATS FROM THE RESISTANCE



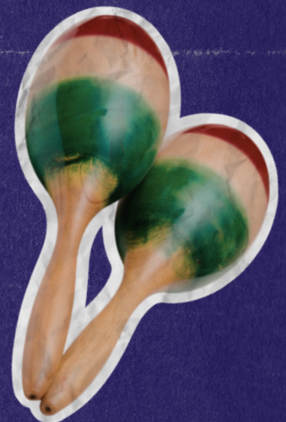
10



*Before movements had hashtags, they were known by hymns, corridos, chants, and anthems. These songs remind us of a simple truth: we survive, resist, and thrive together. Music can fuel our activism, our communion, and our resistance.*



*Reflect, sing, dance, cry, enjoy!*



11

# BREATH PRAYERS



**INHALE:**  
**We are not alone**

**EXHALE:**  
**We got God, and we got us**

**INHALE:**  
**Hold us in your Love**

**EXHALE:**  
**Teach us to hold each other**

**INHALE:**  
**This is hard**

**EXHALE:**  
**Spirit, steady me and help me  
show up**

**INHALE:**  
**I am tired**

**EXHALE:**  
**I can ask my community for  
help**

**INHALE:**  
**I can feel difficult emotions**

**EXHALE:**  
**And still practice hope**

**INHALE:**  
**God of Justice**

**EXHALE:**  
**Make us faithful**

**INHALE:**  
**Our ancestors of justice carried  
hope**

**EXHALE:**  
**And we keep carrying it  
forward**



# BENEDICTION

*These are difficult days.  
So much feels unjust and  
heavy.*

*But we are still choosing to  
stay engaged.*

*We are grateful for the ways  
you are showing up:  
for the care you offer,  
the work you carry,  
the courage you  
practice  
both in expressive and  
quiet ways.*

**IT MATTERS. YOU MATTER.**

*As we close this zine, receive this  
blessing for the road ahead:*

*May you remember  
you were never meant to do this alone.  
May your grief be honored,  
your anger clarified,  
and your hope strengthened  
in community.*

*May you rest when you need to.  
May you find the courage to do  
what is yours to do.*

*And when the road feels long,  
May you hear this in your soul:*

**WE GOT US**

THE ONLY THING MORE  
POWERFUL THAN HATE IS LOVE

TOGETHER,  
WE ARE AMERICA

