



# WORDS FROM THE WELL

**Book Discussion – I'm Still Here: Black Dignity in a World Made for Whiteness  
by Austin Channing Brown**

## RADICAL SELF-CARE IS NEEDED!



Compose a letter to your "inner-child" or a loved Black or Brown child in your life. Describe in your letter how you see them in all of their true glory and magnificence. State your dreams, hopes, and prayers for them. Describe the ways that you pledge to love, protect, fight, cry, and laugh with them. Pledge your vow to support them in times of trouble and be their biggest cheerleader in times of celebration. Once your letter is written, put it in an envelope and seal it. If you have written this letter for yourself, place it among your treasured keepsakes. If you have written this letter for a loved one, make sure they receive it.

## ADD THESE TO YOUR PLAYLIST

HERE ARE THE TWO SONGS THAT WE PLAYED DURING OUR PRESENTATION. TURN TO THESE SONGS FOR A REMINDER OF HOW BEAUTIFUL, STRONG, AND LOVED YOU ARE.

**LAURA MVULA- SHE**

**TASHA- LULLABY**



## Quotes from Austin Channing Brown

"I am grateful for my ancestors' struggles and their survival. But I am not impressed with America's progress."

"Reconciliation chooses sides and it always has to be justice."

- [Learn More about Austin Channing Brown and her work.](#)
- [Get access to the book discussion guide.](#)

**I'M STILL [REDACTED]  
[REDACTED] HERE [REDACTED]  
BLACK [REDACTED]  
[REDACTED] DIGNITY IN [REDACTED]  
[REDACTED] A WORLD  
MADE FOR [REDACTED]  
[REDACTED] WHITENESS  
AUSTIN CHANNING  
[REDACTED] BROWN [REDACTED]**



## ANCESTRAL INVOCATION PRAYER

My uplifted Ancestors, guides, fierce protectors and skilled healers. Please stand with me [say your name], child of [beloved parents names]. Be with me in this moment, and guide me along my road with a cool head and a clear mind.

I am root of your root, soil of your soil, bone of your bone, and blood of your blood.

Not deaf to our sincere cries; nor blind to our honest plactions, keep the gifts of perfect health, wealth, and prosperity close so that we may honor and grow your legacy.

I have not forgotten my commitment to our lineage, and I vow to never forget. Thank you.

FROM THEAFROMYSTIC.COM

ASE

## NEXT UP FROM THE WELL

6/17 @ 4PM EST

**TEACHING, LOVING, & BELIEVING IN BLACK GIRLS**

7/1, 7/15, 7/29 @ 4PM EST  
**LITTLE FIRES EVERYWHERE SERIES**