

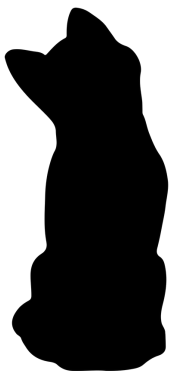


EMPATHY FORWARD

Curiosities

Re: Pride in the Plaza

Date: June 28, 2026





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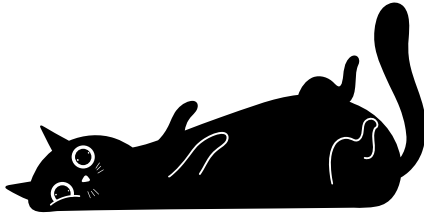
In the earthquakes to come, please remember that fascist authoritarianism is the opposite of love.

Loving someone in a practical, detailed, gentle way disproves the basic tenets of fascism. It shows that all bodies are alive and are worthy of love and care.

Doing the slow, difficult, messy work of loving is resistance. Care work is anti-fascist work.

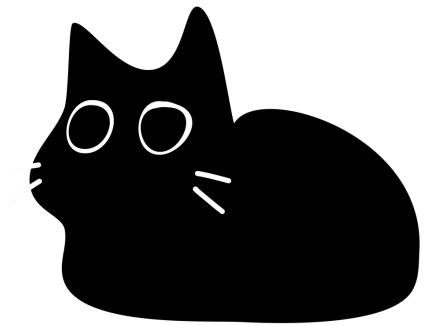
Turn off the screaming. Care for yourself. Care for others. Understand this to be radical.

--- @ContraindiKate@zeros.ca



Ten Project Management Problems

1. Paralysis by Analysis
2. Unrelenting Schedule
3. Burnout
4. Thrashing
5. Scope Creep
6. Poor Communication
7. Micromanagement
8. Operational Debt
9. Overcommitment
10. Stakeholder Misalignment



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We need to normalize the behaviors
that we want to protect.

Ways to Avoid Burnout



Each hour, move around. Look out the window.
Watch the trees moving in the wind.

Each day, find something in your work that brings you joy.

Each week, reflect on what you have accomplished.

Each month, try to take a three-day weekend to do something else.

Pace yourself. Not everything is urgent. Fill your day with a mix of important and not important tasks.



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We should all be able to get up in the morning, look in the mirror, and see ourselves rather than someone society insists we must be.

Some Local Nonprofit Organizations

Bethesda Cares
bethesdacares.org

Bethesda Help
bethesdahelp.org

Briggs Center for Faith and Action
briggscenter.org

Capital Area Food Bank
capitalareafoodbank.org

Chesapeake Climate Action Network
chesapeakeclimate.org

DC's Different Drummers
dcdd.org

Gender Research Advisory Council & Education
grace-now.org



Give an Hour
giveanhour.org

Interfaith Works
iworksmc.org

Manna Food Center
mannafood.org

Maryland Food Bank
mdfoodbank.org

National Alliance to End Homelessness
naeh.org

National LGBTQ Task Force
thetaskforce.org

SOME (So Others Might Eat)
some.org

United Way of Central Maryland
uwcm.org

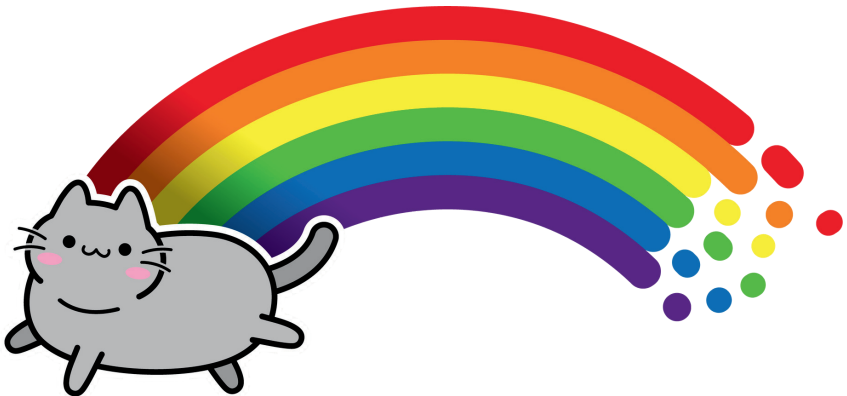


Support Resources in Montgomery County

Live in Your Truth
liveinyourtruth.org/mocolgbtqia

Rainbow Youth Alliance
www.rainbowyouthalliancemd.org

PFLAG
pflag.org





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If we see a storm coming, but it's still all sunshine and rainbows for us, know that someone else is already living through the darkest part of it.

Local Chapters

Local chapters let you find or create a group of like-minded people who want to build stronger communities, healthier relationships, and positive social change.

Connect with people in your community who share your commitment to empathy, inclusion, and understanding.

Learn from each other, exchange ideas, and discover new resources.

Lead through volunteer roles, workshop facilitation, and regional and national opportunities.

Advocate for meaningful change in your community. Support local initiatives and raise awareness.

Interested in starting or joining a chapter in your community? Let us know!

empathyforward.org/chapters



Some Things to Read

Chachra, Deb. How Infrastructure Works. 2023.

Eberhardt, Jennifer L. Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do. 2020.

Graeber, David, and David Wengrow. The Dawn of Everything: A New History of Humanity. 2021.

Graeber, David. Debt: The First 5,000 Years. 2011.

Singer, Peter. The Expanding Circle: Ethics, Evolution, and Moral Progress. 1981.



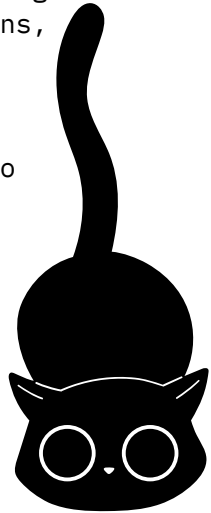
Strategic Planning Workshop

Join our interactive workshop exploring our community's strengths, aspirations, and opportunities.

We are looking for nonprofit organizations across the community to participate.

What You Will Get

- Networking with others like you
- Insights into common aspirations
- Discovery of shared opportunities



Check out upcoming sessions and register.

empathyforward.org/events



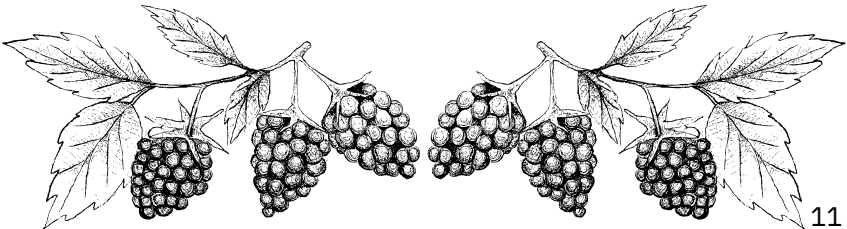
Quick Fruit Cobbler

113 g butter (1 stick)
240 g all-purpose flour
400 g granulated sugar
1½ tsp salt
3 tsp baking powder
488 g whole milk
1-2 pints of berries or prepared fruit



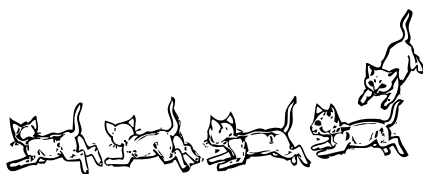
Preheat the oven to 350°F. Put the butter in a 13"x9" baking dish and place it in the oven. Mix together the flour, sugar, salt, baking powder, and milk. Once the butter is melted, pour the mixture into the dish. Pour the fruit on top of the mixture, but don't work it in. Place in the oven and bake for 30-45 minutes or until the top is golden brown and a toothpick comes out clean.

You can get away with less butter if you are trying to reduce fat, since it's not mixed into the other ingredients. You should be good as long as you use enough to cover the entire interface between the batter and the dish.





Today's empty rhetoric
becomes tomorrow's truth.



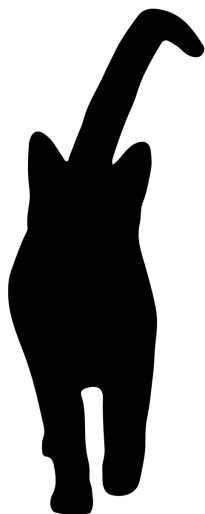
In a crisis?

Montgomery County Crisis (240) 777-4000
Center & Mobile Crisis Team

Montgomery County Hotline (301) 738-2255
(SMS available 8am-midnight)

988 Suicide & Crisis Lifeline 988

If calling 911, let the operator know that it is a psychiatric emergency and ask for responders trained in crisis intervention or trained to assist people experiencing a psychiatric emergency.



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