

## 34 Days Completed

### Learning Focus

Here I am ready to consider **trust** and **worth** on this journey, undertaking to know more each day about the workings of oppression, so that we might get ourselves, all of us, out from under this millstone that is the Narrow Place.

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A few years ago, a shooting around the corner from my house resulted in neighborhood calls for more police. One neighbor, a non-Jewish Black CRD participant, Maurice Cook, and I together wrote to our local *Hill Rag*:

We are experiencing an escalation of Anti-Black expression in Hill East from residents expecting a level of safety and comfort that has been unavailable to longtime residents over the last 35 years. The result, if the course is not changed before it's too late, will be traumatizing, if not lethal, to Black residents and ineffective in creating better community for anyone.

Research shows that the U.S. population, Black and not, is susceptible to anti-Black bias which is reinforced in countless ways every day. Additional research shows that police training, however inadvertently, promotes associations between "black" and "criminal"...

The two of us are members of DC's Cross River Dialogue...We are learning together that fear and lack of contact between communities too often breeds objectification and danger and even calls for extermination. So we applaud [a community leader's] suggestion to get neighbors together, for a street party or other communal activity, as a response to the growing unrest. But we equally believe that Black residents of, and visitors to, [the area] must never be expected to prove their innocence or worth, to other neighbors or to police.

...CRD recognizes that real safety can only be built through trust and trust can only be built by truly being in relationship with one another. We, CRD members and long-time residents of what is now "Hill East," call on all our neighbors to work toward true relationship and to consider the costs to our neighborhood as a whole and to our Black neighbors in particular, of increased police presence.

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**How do we foster** true relationship and trust across disparate groups?

**How do we ensure** that innocence or worth are never up for debate?

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## Ritual Focus

### Here I am, ready and prepared

[use traditional *kavanah* and/or continue here]

Here I am, ready and prepared to fulfill this project of counting 49 days,  
from Narrowness to Expansion,  
seeking to examine oppression and envision liberation,  
inspired by the Torah's counting of the Omer,  
counting seven full weeks, from Liberation to Revelation,  
until I reach fifty days,  
and prepare to bring new thoughts before the Eternal and into the world.

### Bless

[See "Blessing" page for masculine or feminine God-language]

*Brokheh ateh YHVH*

*Elohéinu hei ha'olamim*

*asher kidshétnu*

*bəmitzvotéihe vatzivétnu*

*al sefirat ha'omer*

בְּרוּכָה אַתָּה יְהוָה

אֱלֹהֵינוּ חַי הַעוֹלָמִים

אֲשֶׁר קִדְּשָׁתָנוּ

בְּמִצְוֹתֶיךָ וְצִוִּיתָנוּ

עַל סְפִירַת הָעֹמֶר

Blessed are you, YHVH,  
our God, Life of endless worlds,  
who made us holy  
with Voix commandments and commanded us  
to count the Omer.

### Count

הַיּוֹם חֲמִישָׁה וּשְׁלֹשִׁים יוֹם שֶׁהֵם חֲמִשָּׁה שְׁבִיעוֹת לְעֹמֶר.

*Hayom chamishah ushloshim yom  
shehem chamishah shavuot la-omer.*

Today is thirty-five days, which is five weeks of the Omer.

visit <http://Rereading4Liberation.com> for more on Recounting Exodus  
and Rereading Exodus along the Anacostia