

42 Days Completed

Learning Focus

Here I am ready to consider **infants and mothers** 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.

The predictable -- but not immediate -- result would be the baby boy's death.

-- commentary in *Torah: A Women's Commentary* (URJ, 2008)

Back in 1974, Dick Gregory noted that conditions of the time had resulted in an "infant mortality rate that is at least twice as high for Black folks as it is for white folks. a genocide plan a lot more subtle than Pharaoh's" (more from this passage, including full citation, to come).

According to the CDC, the infant mortality rate for Black women in the U.S. is today -- nearly 50 years on -- still twice as high as that for white mothers. Inside DC, the rates have been an egregious FIVE TIMES higher. Accord-ing to the DC Department of Health, the infant mortality rate (per 1000 live births) in DC was as follows:

- for non-Hispanic white mothers: 2.55
- for Hispanic mothers: 5.33
- for non-Hispanic black mothers: 11.49

The rates also follow a clear geographic pattern, with Wards 7 and 8, east of the river, suffering far higher rates than whiter and wealthier wards.

The maternal death rate for Black women in the U.S. more than double that for white women, according to U.S. Centers for Disease Control. Moreover, the maternal death rate in DC is roughly twice the national average, with large and persistent disparities across race.

How are you supporting healthier outcomes for Black mothers and babies right now?

Learn about and support the Black Mamas Matter Alliance.

If you can offer material support, find an organization local to you and/or support Mamatoto Village in DC.

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]

Brukheh ateh YHVH

בְּרוּכָה אַתָּה יְהוָה

Elohéinu hei ha'olamim

אֱלֹהֵינוּ חַי הַעוֹלָמִים

asher kidshétnu

אֲשֶׁר קִדְּשָׁתָנוּ

bəmitzvotéihe vətzivétnu

בְּמִצְוֹתֶיךָ וְצִוִּיתָנוּ

al sefirat ha'omer

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 שְׁלֹשָׁה וְאַרְבָּעִים יוֹם שֶׁהֵם שְׁשָׁה שָׁבוּעוֹת וַיּוֹם אֶחָד לְעֹמֶר

Hayom sh'loshah v'arbaim yom

shehem shishah shavuot v'yom echad la-omer

Today is forty-three days, which is six weeks and one day of the Omer

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