

43 Days Completed

Learning Focus

Here I am ready to consider **planning** 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...

In the United States capitol city, 20% of the population lives where the best they can expect -- even as a new hospital is planned -- is a Level III trauma center.

In a city where gun violence has long been more prevalent east of the river, the City is planning -- actively, purposefully -- to leave the area most affected by gun violence without a shooting victim's best chance of survival.

In a city where a greater proportion of traffic accidents take place east of the river, the District has chosen -- actively, purposefully -- to leave the area most affected by life-threatening car crashes without a victim's best chance of survival.

In a City where access to health supports of all kinds have long been egregiously uneven, the plan is to leave those most in need with less -- again. Still.

It took five years, but Black Youth Project in Chicago led a successful Trauma Center Campaign, pressuring a private south side hospital into opening a Level I Trauma Center, to help prevent deaths on the long ambulance ride to north side trauma facilities.

Where are the Level I or II trauma centers near you? (If you live in a rural area or certain parts of some cities, it can be quite a distance.)

What kind of arrangements are available for transporting stabilized patients who must be moved from a Level III or IV center, if there is one, to a facility with more resources?

Who makes the decisions about resource distribution?

How can planning decisions be influenced?

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

Elohéinu hei ha'olamim

asher kidshétnu

bəmitzvotéihe vətzivétnu

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 אַרְבָּעָה וְאַרְבָּעִים יוֹם שֶׁהֵם שְׁשָׁה שְׁבִיעוֹת וּשְׁנַיִם יָמִים לְעֹמֶר.

Hayom arbaah v'arbaim yom

shehem shishah shavuot ushnei yamim la-omer

Today is forty-four days, which is six weeks and two days of the Omer

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