

45 Days Completed

Learning Focus

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

In DC, as in many other areas, gun violence has long been concentrated in certain sections. The result is that some DC folks are in trauma and mourning nearly all the time, have been for decades, while people in other areas are -- or have the option of being -- unscathed. Since mid-2015, "Say This Name" website has been listing DC homicides to help individuals, groups, and especially congregations, mark the losses...and perhaps be led to address the causes.

The idea was similar to what Gregory expressed about Pharaoh's household: that apathy would be impossible if local civic and communal leaders, from all over the city, took the losses as seriously as if the departed were someone close.... Say This Name was launched so that the deaths in DC could be marked and mourned. Anecdotal evidence suggests that this is having some impact on how close, or distant, various communities feel toward the losses; whether and how this is influencing policy is not clear.

Meanwhile, from a direct health perspective, much information is missing in a list of deaths by gun:

- physical trauma of non-fatal shootings;
- resulting disability, temporary or chronic;
- psychological trauma for those involved, or witnessing, an incident;
- stress of regular proximity for to gun violence; and
- impact, especially on children, in ways we don't yet understand.

Wards 7 and 8, along with Ward 5 -- DC's predominantly Black neighborhoods -- have been hardest hit in terms of all these areas and the impact is staggering and on-going.

Learn about and support the T.R.I.G.G.E.R (The Reason I Grabbed a Gun Evolved from Risk) Project.

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 kidshétu

bəmitzvotéihe vatzivétu

al sefirat ha'omer

בְּרוּכָה אַתָּה יְהוָה

אֱלֹהֵינוּ חַי הָעוֹלָמִים

אֲשֶׁר קִדְּשֵׁתָנוּ

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 שֶׁשָּׁה וְאַרְבָּעִים יוֹם
שֶׁהֵם שֶׁשָּׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לַעֲמֹר

Hayom shishah v'arbaim yom
shehem shishah shavuot v'arbaah yamim la-omer

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

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