



## 5 Things

We are all experiencing the psychological warfare waged by this criminal in office. I've heard from many of you that following the news is terrifying and heartbreaking. Here is what I want you to do: 5 things

- Look for news of resistance. Notice the acts of resistance. Why? Do not tell yourself we are all just going to let our democracy be stolen. There are acts of resistance and courage every single day.
- You are not powerless. Find your own way to separate from enhancing the wealth of those trying to destroy our democracy. This is very challenging as we have all been lulled into participating in systems and products that have enriched the very people who are attacking our democracy, as they have control over most online platforms, social media, and online pay platforms. Many small business owners in your communities are depending on these platforms to make a living so please be strategic and thoughtful about how you can use your personal resistance.
- Take care of yourself and each other. You will need your strength for the days ahead. Notice when you have capacity to offer care and step back to rest when you don't.

- You may notice that my newsletters come out a bit slower. I am pacing myself and being very careful with what I ask of myself. I thought I would offer more writing classes in the fall but the election was consuming and I couldn't. I do not have unlimited energy and neither do you. You need your boundaries. Keep your eye on them. Go at the pace of "doing things" that makes sense for you.
- Find a way to help out in your community. This year I started volunteering to read every week with first graders. Reading scores are way down. Our schools are getting beaten down. The pillars of democracy are public ed, libraries, a free press, a justice system, and voting. I've heard many inspiring ways you are all stepping it up. This is how we stand.

Stand Together,

Sarri



---

Feb 14, 2025: SoulCollage Group

[Feb 21, 2025: 12:30pm PST- 1:30pm PST](#) Join Sarri online to create your SelfCare Wheel for 2025. If you are new to this topic, please go to Sarri's YouTube channel to see prior ones. Free event on Zoom. Meeting ID: 835 8481 3074; Passcode: 364656

Bring your pens, crayons, markers, paper.

[March 28, 2025 11-1: "Cocoon" and Memoir Writing with Sarri Gilman](#)

Join local author and community advocate Sarri Gilman, in her newest book Cocoon and her favorite writing exercises for your memoir.

Clinton Community Hall: 6411 South Central Avenue, Clinton WA 98236  
Free event. Sponsored by Sno-Isle Libraries

[May 1, 2025: Conference for Parent to Parent Network \(Private\)](#)

Topic: The Repair Shop - What helps when you are under continuous stress.

The Washington State Parent to Parent Network provides compassionate support and resource navigation to families of children with disabilities.

The Summer Inspired Writing Circle: May 6, 2025-July 10, 2025 This is a one hour group meeting weekly to develop your stories and memoir writing skills. It will meet online Tuesday nights 7:00pm-8:00pm PST. There are 12 spots in this group. Sarri will share her favorite writing tips and exercises. \$300 for the class. If you are interested in reserving a spot, please email me ... [Sarri@sarrigilman.com](mailto:Sarri@sarrigilman.com)



While LA fires raged, this song came to mind. "Ordinary People" by Aaron Espe (feat. Jilian Linklater). I heard Jilian sing this on Whidbey Island a few weeks ago.

**Sarri Gilman**

PO BOX 1076, LANGLEY  
United States of America

You received this email because you signed up on our website or made a purchase from us.



[Unsubscribe](#)