

## **Resist Refresh Reset Resist**

Thank you all for attending

The Gray Hairs  
The Babies in strollers and their parents  
Young activists

In school we learned about the 3 R's  
Now we are in a new school — Learning how to Renew the Democracy  
Learning how to Renew the Dream

I am not going to talk about the 3 R's — — NO I urge you on to the 4 R's

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### **Resist**

No Kings ... not now ... not ever  
Stop the Lies, the Corruption, the Cruelty  
Stop Selling our future to the oligarchs

This Resistance is not just an occasional demonstration  
This Resistance is now a way of Life

Our life's work requires refreshment

### **Refresh**

My commitment to you ... to the healing necessary is

### **Poetry Emergency Services**

This is my way to join others

Sharing the words and inspirations of our poets  
believing our dream,  
becoming our best selves  
renewing our commitment to the struggle  
Langston Hughes in 1935 wrote:

*Let America Be America Again*

Out of the rack and ruin of our gangster death,  
The rape and rot of graft, and stealth, and lies,  
We the people must redeem  
The land, the mines, the plants, the rivers  
The Mountains and the endless plain—  
All, all the stretch of these great green states—  
And make America again!

## **Reset**

We commit to deep connections with each other and the roots of our wisdom tradition:

renewed insights and refreshed energy for the ongoing work of building vision, community and neighborliness.

From Wendell Berry's *Manifesto — Mad Farmer Liberation Front*

Ask the questions that have no answers.  
Invest in the millennium. Plant sequoias.  
Say that your main crop is the forest  
that you did not plant,  
that you will not live to harvest.

Prepare for a Life Committed to Justice, Equity, Beauty, and Community

## **Resist**

### **Now — today, tomorrow, and November 10th**

Resist. Plant sequoias. never give up. We will not surrender the Dream of a Better America

November 10th. Vote for Change — inspire 7 friends to vote, team up and drive others to Vote.

We the people must redeem the land.