



Dear ONE DC Family,

Coming out of Black August, we carry forward the mandate to **study, heal, and organize**. DC faces renewed federal overreach: MPD maintains agreements with [32 federal law enforcement agencies](#) roaming our streets—setting up checkpoints, policing youth on transit, and targeting immigrants. We rebuke this occupation and build the collective power needed for an **autonomous DC**.

Ground this moment in history with our [DC Home Rule Historical Timeline](#)—from the 1790 Residence Act and the 1973 Home Rule Act to the 2023 criminal code override and the 2025 federal police takeover. Our struggle for self-determination has deep roots and a long memory.

HEALING & WELLNESS OPPORTUNITIES



During this current moment of **federal takeover**, we know that care is not optional—it's survival. For our movement to grow with nurtured resilience, we create spaces that center community wellness, especially for those most impacted by the long history of unjust policing in DC. These gatherings are where we come together to breathe, train, laugh, and remember that healing together makes us strong enough to resist and reclaim our city.

Capoeira w/ Instructor Rasta

BWWC — Sept 12, and Sept 26 | 4–6 PM

Join us on Fridays at the BWWC—movement, rhythm, and call-and-response in a circle of resistance. These free community classes blend martial arts, dance, and song, honoring a tradition of liberation and joy. [RSVP here.](#)

Capoeira Angola DC

BWWC — Sept 21 | 10:30 AM–4:30 PM

Ground yourself in the ancestral rhythms of Capoeira Angola. Each session weaves movement, song, and strategy into practice, showing how culture and survival go hand in hand. [RSVP here.](#)

Men’s Support Group

BWWC — Sept 17 | 6–8 PM

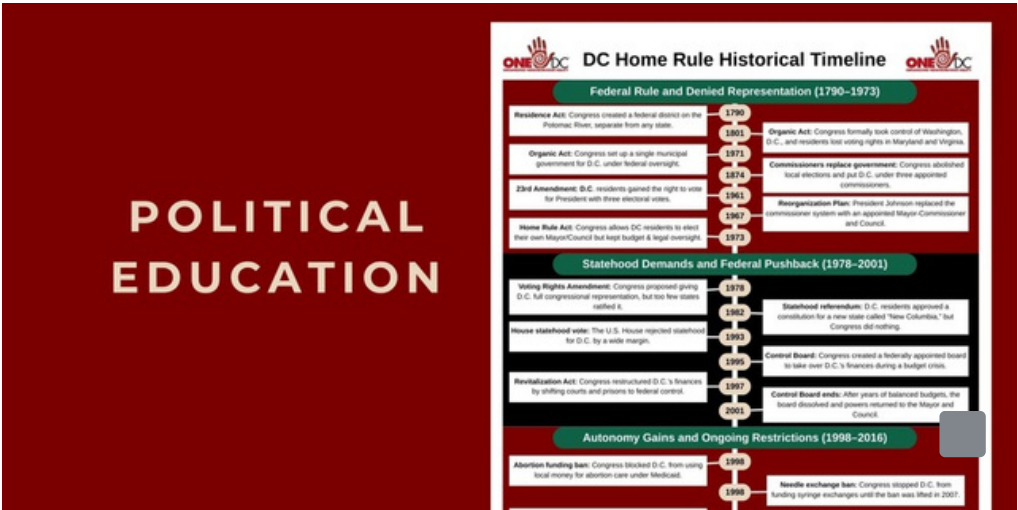
Come sit in a sacred circle where brothers share grief, joy, and the realities of Black manhood in DC. This is a space for honesty and strength, where healing ourselves becomes healing our homes. [RSVP here.](#)

Whoosah Wellness Session (3rd Thursdays)

Virtual — Sept 18 | 6:30–7:30 PM

Take a pause with Dr. Michelle C. Chapman and a circle of movement builders. Through breathwork and mindfulness, we reset our bodies, release stress, and return to the work grounded and strong. [RSVP here.](#)

POLITICAL EDUCATION OPPORTUNITIES



In this moment of federal takeover, clarity is power. Movements are sharpened when we study together, connecting our lived struggles to the lessons of past and present. By building leadership and revolutionary analysis in all of us, we prepare to dismantle oppressive systems and defend DC’s right to self-determination. These sessions are where knowledge becomes action, and action becomes freedom.

LEAP: Leadership Education for Action & Power

BWWC — Sept 6 | 4–7 PM & Sept 20 | 4–7 PM

Plug into hands-on training in campaign strategy, facilitation, and digital organizing. Come ready to learn with comrades and leave ready to lead. [RSVP here.](#)

DC Budget 101

BWWC — Sept 9 | 6–8 PM

Track where the money goes and learn who decides. Build the skills to redirect public dollars toward housing, wellness, and income—not policing. [RSVP here.](#)

PACA Assata Shakur Study Group (Biweekly)

BWWC — Sept 10 & 24 | 7–9 PM

Study Assata’s words with comrades who believe freedom is a practice, not a slogan. Use her teachings to build people’s survival programs and deepen self-determination. [RSVP here.](#)

BLM DC Street Law 101

BWWC — Sept 20 | 11 AM–2 PM

Learn how to navigate police encounters and defend each other in real conditions, not just on paper. Leave with practical tools and a plan to organize against occupation. [RSVP here.](#)

Climate Justice Teach-In

Virtual — Sept 27 | 12–1:30 PM

Map how environmental injustice links to over-policing, housing precarity, and displacement. Leave with concrete steps for community defense rooted in environmental justice. [RSVP here.](#)

SHARED LEADERSHIP OPPORTUNITIES



When power tries to centralize, we practice the opposite. Our committees embody shared leadership—members stepping up with their skills, questions, and ideas to carry the work forward together. From mobilizing resources to protecting tenants and guiding the BWWC, every committee strengthens our three pillars: the **Right to Housing**, the **Right to Wellness**, and the **Right to Income**. This is where vision becomes structure and structure becomes power.

Right to Resources (Fundraising) Committee

Virtual — Sept 9 | 6:30–7:30 PM

Join us to align our money with our values through grant work, budgeting, research, and resource mapping. No prior fundraising experience needed—your voice is the budget. [RSVP here.](#)

Shared Leadership Team (SLT) September Meeting

Virtual — Sept 15 | 4–7 PM

Bring your committee’s lessons and align strategy across the organization. This is where we coordinate, grow member leadership, and keep our work moving in sync. [RSVP here.](#)

BWWC Advisory Committee

Zoom — Sept 29 | 6:30–7:30 PM

Help shape programs, open hours, and the future of the Black Workers & Wellness Center. No titles needed—just your time and voice. [RSVP here.](#)

Homes For All DC (HFA DC)

BWWC — Sept 13 | 10:30 AM–1 PM

Gather with tenant leaders to swap tactics, strengthen building-level fights, and turn them into city-level wins. Childcare and rides are often available—bring your whole floor. [RSVP here.](#)

Admin & Org Management Committee

Virtual — Sept 26 | 6:30 - 7:30 PM

Plug into the behind-the-scenes work—communications, membership, outreach, and tech with soul. Learn how structure supports vision and keeps our movement flowing. [RSVP here.](#)

Healthy Workers Collective

Zoom — Sept 29 | 10–11 AM

Build worker-owner power and cooperative models that turn labor into liberation. Come share skills, learn together, and grow a just economy for our communities. [RSVP here.](#)

OUR Movement Lab: Community Organizing Incubator



We've resisted federal takeover in the streets and council chambers — now it's time to practice the cooperation that sustains our movement. The **OUR Movement Lab** is a new space where member leaders come together to Heal, Organize, Unite, and Reclaim through hands-on practice. Rooted in our Elemental Programming, the Lab offers short, welcoming sessions that build trust, sharpen leadership, and turn conflict into cooperation.

✨ **OUR Time is coming** — and you're invited to be part of the first circle of member leaders.

👉 [Sign Up for OUR Movement Lab](#)



SEPTEMBER AT A GLANCE

Date & Time Sep 9th 6:30–7:30 PM Sep 9th 6–8 PM Sep 10th 7–9 PM Sep 12th 4–6 PM Sep 13th 10:30 AM–1 PM Sep 15th 4–7 PM Sep 17th 6–8 PM Sep 18th 6:30–7:30 PM Sep 19th 4–6 PM Sep 20th 4–7 PM Sep 20th 11 AM–2 PM Sep 21st 10:30 AM–4:30 PM Sep 24th 7–9 PM Sep 26th 4–6 PM Sep 26th 6:30–7:30 PM Sep 27th 12–1:30 PM Sep 29th 6:30–7:30 PM Sep 29th 10–11 AM

Event @ Location

Resource (Fundraising) Committee @ BWWC [RSVP](#)
 DC Budget 101 @ BWWC [RSVP](#)
 PACA: Assata Shakur Study Group @ BWWC [RSVP](#)
 Capoeira w/ Instructor Rasta @ BWWC [RSVP](#)
 Homes For All DC (HFA DC) @ BWWC [RSVP](#)
 Shared Leadership Team (SLT) Meeting @ Virtual [RSVP](#)
 Men's Support Group @ BWWC [RSVP](#)
 Whoosah Wellness Session @ Virtual [RSVP](#)
 Capoeira w/ Instructor Rasta @ BWWC [RSVP](#)
 LEAP Workshop @ BWWC [RSVP](#)
 Black Lives Matter DC: Street Law 101 @ BWWC [RSVP](#)
 Capoeira Angola DC @ BWWC [RSVP](#)
 PACA: Assata Shakur Study Group @ BWWC [RSVP](#)
 Capoeira w/ Instructor Rasta @ BWWC [RSVP](#)
 Admin & Org Management Committee [RSVP](#)
 Climate Justice Workshop @ Virtual [RSVP](#)
 BWWC Advisory Meeting @ Zoom [RSVP](#)
 Healthy Workers Collective @ Zoom [RSVP](#)

SHARE OUR SPACE



Our Black Workers & Wellness Center is more than a venue—it's a hub for radical ideas, community empowerment, and shared leadership. The space is available for workshops, outreach events, health & wellness sessions, and more.

How to book: Visit our [webpage](#) to fill out the short space usage form or call **202-902-3944** and speak with Poncho.

Sliding Scale Fees: We work to ensure financial barriers don't stop important organizing efforts.

Plan Ahead: Please book at least 21 days in advance. See our [Events Calendar](#) for current availability.

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Let's Heal, Learn, Lead and Defend Together!

With revolutionary love,
The ONE DC Team

**Become a
ONE DC
Member**

**Donate
to the
Movement**

**Become a
Sustaining
Donor**

**Volunteer
Your
Skills**



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