



"If you want to go fast, go alone. If you want to go far, go together."

— African Proverb

Dear ONE DC Family,

You already know: when we heal, learn, earn, and own together, we go from surviving to thriving. All month long we're lifting up Cooperative Principles—democracy, shared wealth, and deep concern for community—because that's the recipe our ancestors handed down and the future our children deserve. Scroll on, pick your lane, and let's get free side-by-side.



FEATURED CONVERSATION



***Collective Courage Presents — "Riding the 4th Wave"
with Dr. Jessica Gordon Nembhard***

Dr. JGN—our movement's favorite economic historian—breaks down how the next surge of Black cooperatives can fund our dreams and heal our neighborhoods. This event is sponsored by the good people at The Kheprw Institute. Bring your burning questions, your notebook, and your

vision for DC; you'll leave with better plan forward and new comrades. The event will take place Wednesday, July 30th from 6 - 8pm. [RSVP to claim your Zoom seat](#)

HIGHLIGHTS FROM JUNETEENTH CELEBRATION

Your drums, dances, and freedom banners turned the BWWC into a living mural of Black joy! Check the collage in your inbox—every smile is a reminder that the power we felt in June is fuel for July's cooperative journey. Share a photo or memory with us on Instagram @one_dc—let's keep the love circulating.



Dancing & Joy



Families & Community Care



Local Artist Performances



Vendors in Action



Coalition Building



Youth Dance Squad

- **Dancing in Joy + Liberation** - Laughter echoed and hips swayed as folks hit the dance floor in celebration of our past, present, and future—embodying the powerful joy of Juneteenth in every step.
- **Poetic Reflection + Live Music** - Led by True Intentions GoGo Band, the mic became a vessel as local poets and artists like Devin and the BWWC Chorus stirred our spirits with messages of healing, fire, and freedom—sounding off the call for justice and joy.
- **Families, and Community Care** - Liberation looks like black parents refilling water bottles, elders guiding children, and families moving as one—reminding us that care is radical and collective.
- **Local Vendors in Action** - From handmade cosmetics to wearable art, local Black artisans showcased their brilliance, transforming the event into a marketplace of creativity and self-determination.



COMMUNITY WELLNESS

We center community wellness as a necessary part of liberation in July. Healing together means sharing space, breath, and care. We can strengthen our individual resilience and the collective power we need to thrive.

Capoeira w/ Instructor Rasta

Friday, July 11th & 25th from 4–6 PM · BWWC

Capoeira connects spirit to rhythm, resistance to joy, and movement to ancestral healing. Capoeira is an Afro-Brazilian martial art that blends dance, music, and acrobatics. It is rooted in the journey for freedom. Healing is a revolutionary act transformed in every kick, clap, and drumbeat.

Join us at the **ONE DC Black Workers & Wellness Center** for *free* Capoeira classes led by the incredible **Instructor Rasta**. All ages and all bodies are encouraged to attend. These sessions offer a portal into Black diasporic traditions of liberation, rhythm, resilience, and physical fitness.

Feel the rhythm—[let us know you're coming!](#)

Capoeira Angola DC Immersion

Sunday, July 20th from 10:30 AM – 4:00 PM · BWWC

Where the Ancestors Dance advances stillness into strategy, and movement is communication. Ground your body close to the earth and connect with the spirit of deep tradition. Each Ginga, look, and song allows our village to enter a conversation across time. Step into the time machine of Capoeira Angola DC on Sunday, July 20 from 10:30 AM – 4:00 PM at the **ONE DC Black Workers & Wellness Center** where we will immerse ourselves into the roots of Afro-Brazilian resistance, rhythm, and remembrance together.

Step into the time machine—[Sign up today.](#)

Healing Hour: Like Happy Hour but Healthier

Saturday, August 2nd from 11 AM – 1 PM · BWWC

Our freedom struggle is a marathon—so we're weaving rest into the revolution. Starting **Saturday, August 2**, ONE DC will host a **Healing Hour every first Saturday** at the Black Workers &

Wellness Center. Expect grounding breathwork, our Wellness Wheel self-assessment, story sharing across committees, a kid-friendly art corner, and plenty of herbal tea. It's free for our members and their guests/kids.

Together, we heal so we can keep building power. [RSVP today!](#)

LEARNING TOGETHER



Knowledge is nourishment—so we're serving soul-fuel all month. Pull up to LEAP sessions, study circles, and film chats where we flip history into strategy, sharpen our analysis, and leave ready to teach the block next door.

Diaspora Pa'lante Film Screening

Sunday, July 13th from 12:30–2:30 PM · BWWC

Join DPC for an afternoon of political education and community as we gather to screen *Las Carpetas*, a 2011 documentary by Maite Rivera Carbonell that uncovers decades of FBI surveillance targeting “subversive” Puerto Ricans from the 1930s through the 1980s. The film reveals how thousands of Puerto Ricans—activists, artists, organizers, students, and everyday people—were tracked and harassed for daring to dream of a free Borikén. After the files were declassified in the 1990s, many finally confronted the depth of the colonial state's reach into their lives.

This is not just a screening, it's a space to **reflect, connect**, and **organize**. Together, we'll explore what state repression looks like in our past and present, and how we build toward a future rooted in **sovereignty, dignity**, and **self-determination**.

[Learn more about the Las Carpetas—free screening at BWWC.](#)

Unsafe Housing Conditions? Learn how to take action!

Saturday, July 15th from 6 – 8 PM · BWWC

Leaks, mold, broken heat— we're done suffering in silence. Pull up to the Housing Conditions Action Hub to **learn** how to flip every hazard into leverage for change. We'll break down tenant-rights law, workshop DCRA complaint filings, and swap winning tactics like press blasts and coordinated rent-withholding. You'll leave with a step-by-step toolkit, fresh allies, and the confidence to guide your neighbors through the fight for safe, dignified housing. Bring your photos, your questions, and a friend—because no one should learn (or fight) alone.

BLM DC Police-Abuse Political Education

Saturday, July 19 · Noon – 2 PM · BWWC

Community organizations have long offered *Know Your Rights* trainings to empower and protect people in the face of state violence. BLM DC's *Street Law 101* goes deeper—helping participants understand not only what the law says about our rights on paper but also how those rights are denied or distorted in real life. This interactive workshop breaks down legal rights, reveals the gaps between official policies and what happens on the streets, and equips you with practical knowledge to navigate police encounters safely.

With police presence growing stronger in our neighborhoods, this training will also provide strategies to recognize police abuse and build collective power to resist and end the occupation of our communities.

Pop by to **learn**, **organize**, and **strengthen** the networks that defend our freedom and dignity.

Assata Shakur Study Group

Wednesday, July 23rd from 7-9pm · at the BWWC

Join Pan-African Community Action (PACA) for two transformative sessions this month as we examine the criminalization of Black youth in DC and collectively strategize ways to fight back. Guided by the revolutionary vision of Assata Shakur, this study group is a space to sharpen our understanding, strengthen our organizing, and reimagine what true safety looks like in our communities.

Together, we'll explore how to build people's survival programs rooted in liberation and self-determination, while grounding ourselves in **healing**, **study**, and **collective power**.

As we learn from the past and commit to the future, this space reminds us: **abolition begins with us.**

[Learn more or Sign up today!](#)

LEAP #2: Does Black Work = Sh*tty or No Work?

Saturday, July 26 4–7 PM · BWWC

Black workers in DC continue to be pushed to the margins—underpaid, overworked, or locked out of employment altogether. LEAP is pulling back the curtain on the real culprit: racial capitalism. This session dives into how economic systems have been weaponized against Black communities, from the false promises of job training programs to the everyday realities of exploitation and displacement. Come ready to challenge the lies we've been sold, connect with others who want change, and **build toward a future where our labor serves us—not the system**.

Join the conversation! Email poncho@onedconline.org to RSVP.



EARNING TOGETHER



JOBS & CO-OP OPPORTUNITIES

Freedom looks like paychecks that honor our worth and co-ops that share the pie. Browse living-wage openings, stipends, and worker-owner tracks that turn talent into collective wealth—because earning together beats hustling alone.

ONE DC is hiring 4 New Organizers!

Got passion for the people and power in your step? ONE DC is calling in movement builders ready to lead, organize, and uplift our communities. We're hiring for four paid positions: **Lead Organizer · Director of Operations · Cooperation DC Organizer · Bilingual Homes For All DC Organizer.**

These are opportunities to make history, earn a living wage, and join a legacy of collective radical change. We're building Black worker power from the ground up.

[Apply today or share with someone who needs to see this!](#)

Douglass Change Makers Cooperative: Art. Ownership. Power.

Born from the brilliance of East of the River residents, the **Douglass Change Makers Cooperative** is where **Black creativity meets cooperative economics**. From candles to murals, this member-owned collective is turning cultural excellence into community wealth.

Rooted in the **Swahili principle of *ujamaa* (collective work and responsibility)**, **Change Makers support** artists, makers, writers, and dreamers who are reclaiming the Black dollar and **flipping consumer culture into ownership culture**. Whether you're East of the River or just East of ordinary, this is where creativity becomes legacy.

[Support, join, or learn more about Change Makers today](#)

Digital Liberations: Tech. Training. Freedom.

Digital Liberations is a **media and technology cooperative led by Black creatives and freedom fighters** who believe digital work should build real-world power. From social media strategy to video production to community-centered design, this team is **shaping the tools and narratives that drive our movements**.

With a mission rooted in **equity, ownership, and training**, Digital Liberations is now **onboarding new worker-owners** ready to learn the ropes and **build together**. Whether you're a digital native or just getting started, this is your place to skill up and plug in to a justice-first tech future.



OWNING TOGETHER



At ONE DC, nothing moves without the committees. Our committee members are the soul of our movement. **We Build Together and We Own Together.** Don't wait to be invited. You're already needed.

Right to Resources Committee Meeting

Tuesday, August 12th from 6:30 - 7:30 pm · Virtual

Moneytalks—and we're making sure it speaks our language. This committee is where we figure out how to fund our freedom. Grant writing, budgeting, research, or resource mapping, we do it together and for each other.

Don't know how to write a grant? Cool. You'll learn.

Got a talent for finding hidden gems? We need you.

Every voice adds value. Every effort pushes us forward. **Come put your hands on the future.** [Learn more or RSVP!](#)

HFA DC Circle Meeting

Saturday, July 12th from 10:30 AM–1 PM · BWWC

This is where struggle gets real. Resident leaders, elders, neighbors, and organizers are holding it down. Building power from the ground floor, tenant by tenant, building by building. We're claiming this space as sacred, starting with a collective silence and healing circle.

If you've ever faced the lows of housing or just want to fight back with your people, this is your committee. **Come through. Learn. Lead. Heal. Fight.** [Learn more or RSVP!](#)

Admin & Org Management Committee

Friday, Jul 25th from 12–1 PM · Virtual

If ONE DC were a body, **this committee is the heart and nervous system.** We handle the details that keep everything moving: communications, outreach, structure, membership, interns, and more.

Got a gift for organizing behind the scenes? Want to learn how to run a movement with flow and power? This is where you plug in. We do newsletters, blog posts, social media, and tech support with soul. **This is where structure meets vision.** [Learn more or RSVP!](#)

Healthy Workers Collective

Friday, July 25th from 10–11 AM · Virtual

This is the committee for dreamers who build together. Whether you're in a co-op, starting one, or just believe that work should *liberate* us, not drain us. This is your squad. Don't sleep on worker ownership, business with values, and collaboration that feeds the block.

You don't have to figure it out alone. **Come learn. Come share. Come build a work life that works for you and all of us.** [Learn more or RSVP!](#)

BWWC Advisory Committee

August 25th, 2025 from 5:30 - 6:30pm

This is your space. Your building. Your voice.

The Black Workers & Wellness Center is a legacy in motion. This committee makes the *big calls* about how it operates, how we grow, and how we stay rooted in our mission.

You don't need a fancy title to have a say. You just need to care. Pull up, speak out, and shape what we're building together. [Learn more or RSVP!](#)



JULY AT A GLANCE

Date / Time	Event Title @ Location
Jul 11 · 4 -6 pm	Weekly Capoeira with Rasta @ BWWC · RSVP
Jul 12 · 10:30 am–1 pm	HFA DC Circle @ BWWC · RSVP
Jul 13 · 12:30–2:30 pm	Diaspora Palante Screening @ BWWC · Learn more
Jul 15 · 6–8 pm	Housing Conditions Action Hub @ BWWC · RSVP
Jul 19 · Noon-2 pm	BLM DC Police-Abuse Ed · Just come through
Jul 20 · 10:30 am–4 pm	Capoeira Angola Immersion @ BWWC · RSVP
Jul 23 · 7 pm	Assata Study Group @ Online · Learn more
Jul 25 · 10–11 am	Healthy Workers Collective @ BWWC · RSVP
Jul 25 · 12–1 pm	Admin & Org Mgmt Committee @ Zoom · Link

Jul 25 · 4 -6 pm

Weekly Capoeira with Rasta @ BWWC · [RSVP](#)

Jul 26 · 4–7 pm

LEAP #3 @ BWWC · Email Poncho@onedconline.org

Jul 30 · 6–8 pm

Collective Courage Conversation @ Zoom · [RSVP](#)

Aug 2· 11 am–1 pm

Healing Hour - 1st Saturdays @ BWWC · [RSVP](#)

SHARE OUR SPACE



BLACK WORKER & WELLNESS CENTER SPACE USAGE

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.

STAY CONNECTED

Write, Edit, or Design for ONE DC: Interested in contributing your skills to future newsletters? Email organizer@onedconline.org.

Follow Us: Keep up with ONE DC on [Instagram](#), [Twitter](#) or [Facebook](#).

See you at the BWWC, in the streets, on Zoom, and in community spaces all month long.

In solidarity,
The ONE DC Team

**Become a
ONE DC
Member**

**Donate
to the
Movement**

**Become a
Sustaining
Donor**

**Volunteer
Your
Skills**



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