



“African Americans have a long, hidden history of mutual aid and cooperative enterprise that has been key to both economic survival and social justice in our communities.”

- [Dr. Jessica Gordon Nembhard](#)

Dear ONE DC Family,

Welcome to our March edition of The Monthly Voice! This month, we spotlight cooperative economics—the power of pooling our resources and knowledge to uplift our collective well-being. From our Annual Membership Meeting to inspiring community businesses, read on for ways to engage in events, deepen your organizing skills, and build shared prosperity.

Upcoming Events & Meetings

2025 Annual Membership Meeting



Why Attend: Shape the future of ONE DC. Whether you're a long-standing member or new to the fold, this is your opportunity to guide our vision. Only current 2024 members can vote, but everyone is encouraged to attend. Unsure of your membership status? Contact Kelly Iradukunda.

Date & Time: Saturday, March 29, 2025 | 2pm–5pm

Location: Black Workers & Wellness Center, 2500 Martin Luther King Jr. Avenue SE

[RSVP Here](#)

Building Tenant Power: Join the HFA DC Circle



Why Attend: Homes for All DC connects Tenant Associations from across the city to collaborate on solutions for landlord responsiveness and tenants' rights campaigns. Learn strategies, share

experiences, and build power to secure safe and dignified housing for every resident. We'll be discussing our plan for pushing back against the RENTAL Act, proposed legislation that weakens TOPA & speeds up evictions.

Date & Time: Saturday, March 8, 2025 | 10:30am–1:30pm

Location: Black Workers & Wellness Center, 2500 Martin Luther King Jr. Avenue SE

[RSVP Here](#)

Fueling Our Movement: Become a Grassroots Fundraiser



Why Attend: Fundraising is political. This monthly session explores grassroots strategies that nurture cooperative support from our network of members, donors, and volunteers. Help shape a sustainable funding model that keeps our movement strong and independent. **Join our Right to Resources Committee's monthly meeting and learn how to be involved.**

Date & Time: Tuesday, March 11, 2025 | 6:30pm–7:30pm

Location: Virtual

[RSVP Here](#)

Movement, Music, and Solidarity

COMMUNITY CAPOEIRA CLASS



Why attend: Capoeira blends music, martial arts, and community for an empowering physical and cultural experience. All bodies and abilities are welcome. Donations appreciated.

Contact MXGMDC@gmail.com with any questions.

When: Mondays at 6:30pm

Location: Black Workers & Wellness Center

[Learn More](#)

Power Through Political Education

ASSATA SHAKUR STUDY GROUP



Why attend: Dive into radical political education with Pan-African Community Action. Study topics like capitalism, white supremacy, and patriarchy through the lens of working-class Black women, building a deeper understanding of liberation struggles.

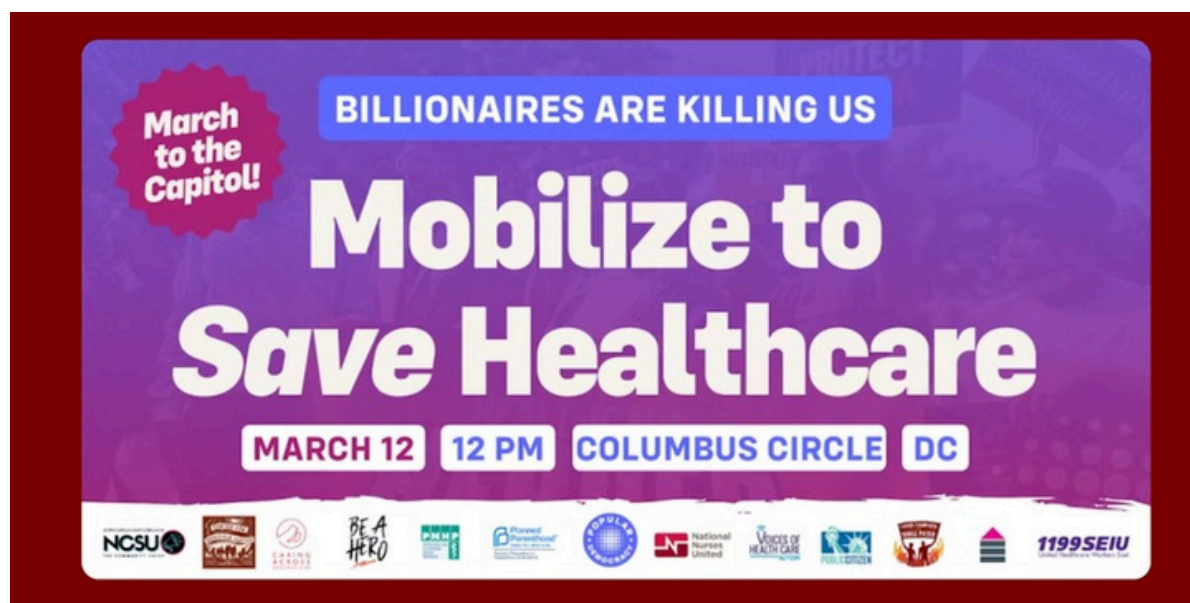
Hosted by: Pan-African Community Action (PACA)

When: Every 2nd & 4th Wednesday, 7pm–9pm

Location: Black Workers & Wellness Center, 2500 Martin Luther King Ave SE, Washington, DC 20020

[Learn More](#)

Defend DC Coalition: Mobilize to Save Healthcare



Why attend: Join *Popular Democracy* and partners (including ONE DC) on Capitol Hill to demand equitable healthcare for all. Let's push back against any cuts to Medicaid, Medicare, and essential medical services. Text **CARE** to **25463** for updates

Dates: Wednesday, March 12, 2025 | 12–2pm

Location: Columbus Circle, 35 Columbus Monument Dr. NE, Washington, DC 20002

Carpenters Union Open House & Apprenticeship Competition

CARPENTERS UNION



Why attend: Are you or someone you know interested in a hands-on, high-demand trade? The Eastern Atlantic States Regional Council of Carpenters invites you to explore careers in construction at their open house. Tour the training center, talk with apprentices, and see if this path is right for you..

When: April 23, 2025 | 8am–4pm

Location: 8510 Pennsylvania Ave, Upper Marlboro, MD 20772

[Learn More](#)

Where Men Connect & Support Each Other

MEN'S SUPPORT GROUP



Why attend: Better Man & Senergy Presents invite you to a safe space for men to discuss how trauma and mental health shape everyday life. Gather in solidarity, build support, and cultivate healing. For more information, email Mustafa Abdul-Salaam.

Hosted by: W8CED Think Tank

When: Every 3rd Wednesday of the Month, 6pm–8pm

Location: Black Workers & Wellness Center, 2500 Martin Luther King Jr. Ave SE

[Learn More](#)

3rd Thursday Whoosah – Virtual Mindfulness Series



Why attend: Hosted by Dr. Michelle C. Chapman, a DC native, professor, and founder of the Black Mindfulness Summit. Grow your compassion, reduce stress, and support your mental well-being. Open to all; language is tailored for those most impacted by today's climate.

When: March 20, 2025 | 6:30pm–7:30pm (Online)

Location: Virtual

[Learn More](#)

A Personal request from Poncho: Jamila needs a kidney!

A PERSONAL REQUEST

PONCHO
BWWC COORDINATOR



JAMILA LIVINGSTON


I'm Poncho, BWWC Coordinator at ONE DC. As some of you may know, I have Lupus. Lupus is an illness that occurs when the immune system attacks healthy tissues and organs. Systemic lupus erythematosus is a long-lasting, known as chronic, illness that can affect many parts of the body. These can include joints, skin, kidneys, blood cells, brain, heart and lungs.

My very close friend Jamila Livingston also has Lupus. She has recently been put on the kidney transplant list. Please help a young, Black leader receive a donor kidney so she can live a long healthy life. Even if you're not a match, you can donate through the Paired Kidney Donation program or share her story.

Jamila's Story

Member-Owned Businesses Embracing Cooperative Economics

BOLD YOGA COLLECTIVE PRESENTS

ADULT & YOUTH YOGA CLASSES


WITH

RELEASE THE WEEK SELF CARE MOBILE SAUNA & YOGA SESSIONS

FEBRUARY 5th - MARCH 28th

ADULT YOGA 8 SESSION CLASS PASS \$125 DROP-IN CLASS PASS \$22 WEDNESDAY NIGHTS 7PM - 8PM	YOUTH YOGA FREE THURSDAY NIGHTS 6PM - 7PM	MOBILE SAUNA \$50 PER PERSON MOBILE SAUNA \$40 REIKI PER PERSON \$40 PER PERSON FOR MESSAGES \$75 FOR TWO SERVICES \$120 FOR VIP <small>(FREE GIFTS, BOLD YOGA MERCH, PICK WHICH 3 SERVICES YOU WILL RECEIVE)</small> FRIDAY NIGHTS 6PM - 8PM
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ANACOSTIA ART CENTER
 1231 MARION BARY AVE SE WASHINGTON DC 20020



Bold Yoga

- Hosted by ONE DC member Chanal Chaney
- Offers both adult and youth yoga sessions for holistic wellness.
- Email Bold Yoga boldyogallc@gmail.com for class details or [Get tickets here](#).




Serves Breakfast, Lunch, and Dinner
 < One-Stop Shop for Herbal Remedies & Natural Health Products >




SECRETS OF NATURE

A Secrets of Nature Health Food Market & Restaurant

- Owned by ONE DC member Coy Dunston
- One-stop center for organic produce, holistic supplements, and vegetarian meals.
- **Location:** 3923 South Capitol St. SW, Washington, DC 20032
- **Phone:** 202-562-0041
- Facebook @SecretsOfNatureDC or [Website](#)



Community Grocery Co-op

- A consumer-owned cooperative that keeps resources circulating within the community.
- Influences product selection, pricing, and local farm partnerships.
- [Learn more](#) about membership and co-op benefits.



**BUILDING &
GROWING A
MORE
INDEPENDENT
SUSTAINABLE
CULTURE**

aGro Culture

- Owned by ONE DC member Curtis Pearson
- Creates planter boxes, greenhouses, and offers fresh produce deliveries to underserved "food deserts."
- Email aGro Culture or visit aGroCultureUSA.com for residential or commercial services.

Share Our Space: Book the Black Workers & Wellness Center



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 & Informed

Past Editions: You can find past issues of *The Monthly Voice* [here](#).

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](#).

Thank you for joining us in our mission to embrace cooperative economics as a path toward shared prosperity. Together, we will continue forging a just, inclusive future for all communities in the District.

In Collective Strength,

ONE DC

**Become a
ONE DC
Member**

**Donate
to the
Movement**

**Become a
Sustaining
Donor**

**Volunteer
Your
Skills**



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