



**ARTS AS
HEALING
FOR
FREEDOM**

BOLDLY
CREATING
WHAT'S
NECESSARY

**ROOTED IN
SPIRITUALITY**

ACTIVE HOPE
AND DEEP
REST AS
SPIRITUAL
PRACTICES

**THE
DUGAS
METHODS**

HOLISTIC
DECLUTTERING
AS A STRATEGY

**connecting
with the
collective**

the artistry x activism of candi dugas collective



ALL THE BEST HOLIDAY WISHES
TO YOU ALL! ✨

That said, this is a different
kind of holiday newsletter ...
are you surprised? 😊

I've started and
stopped articles, et
al, attempting to
curate everything
around some aspect
of this huge holiday
season. But none of
it hit for me.



(continued on p. 10)

PEACE + ALL THAT IS GOOD,
rev dr candi dugas
LEAD CREATIVE + PRESIDENT
CANDI DUGAS COLLECTIVE

**peace + all
that is good**
candi

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the

Arts

as healing for
freedom



the Arts as healing for freed·dom

artist spotlight

Ava DuVernay

THIS WOMAN RIGHT HERE!
#ReadOn, #WATCH, and be inspired to follow your inspirations, dreams, and what you know is right -



©: buzzfeed.com

no matter your age or resources. 🙌

Also, (re)read [a 2016 conversation](#) with DuVernay and one of her directors of photography, Bradford Young at Aperture.org. What truly stands out is the awareness - **and resistance** - of operating within a field (*filmmaking*) that was not created as a space for Black people. And then asking the question, "WHY then do we chase after its accolades???"

Using behind-the-scenes access to her current film, ORIGIN, DuVernay joins the MasterClass roster to teach, "Direct the Life You Want." ONLY thru Christmas Eve, you can get 2 MasterClass memberships for the price of one. Learn more and donate [here](#) to buy a \$16 seat for a 16 year-old to see ORIGIN in select theatres next month!



Ava DuVernay is Coming to MasterClass and this is masterclass.

©: tiktok.com

Ask, and get what you asked for ... when you're operating in your purpose, gifts, and divine timing. **#WATCH** Ava DuVernay describe this reality: 🙌



TikTok @ avaduvernayfans

Instagram @THEWRAP

repost The Wrap IG

©: tiktok.com

#WATCH on TikTok

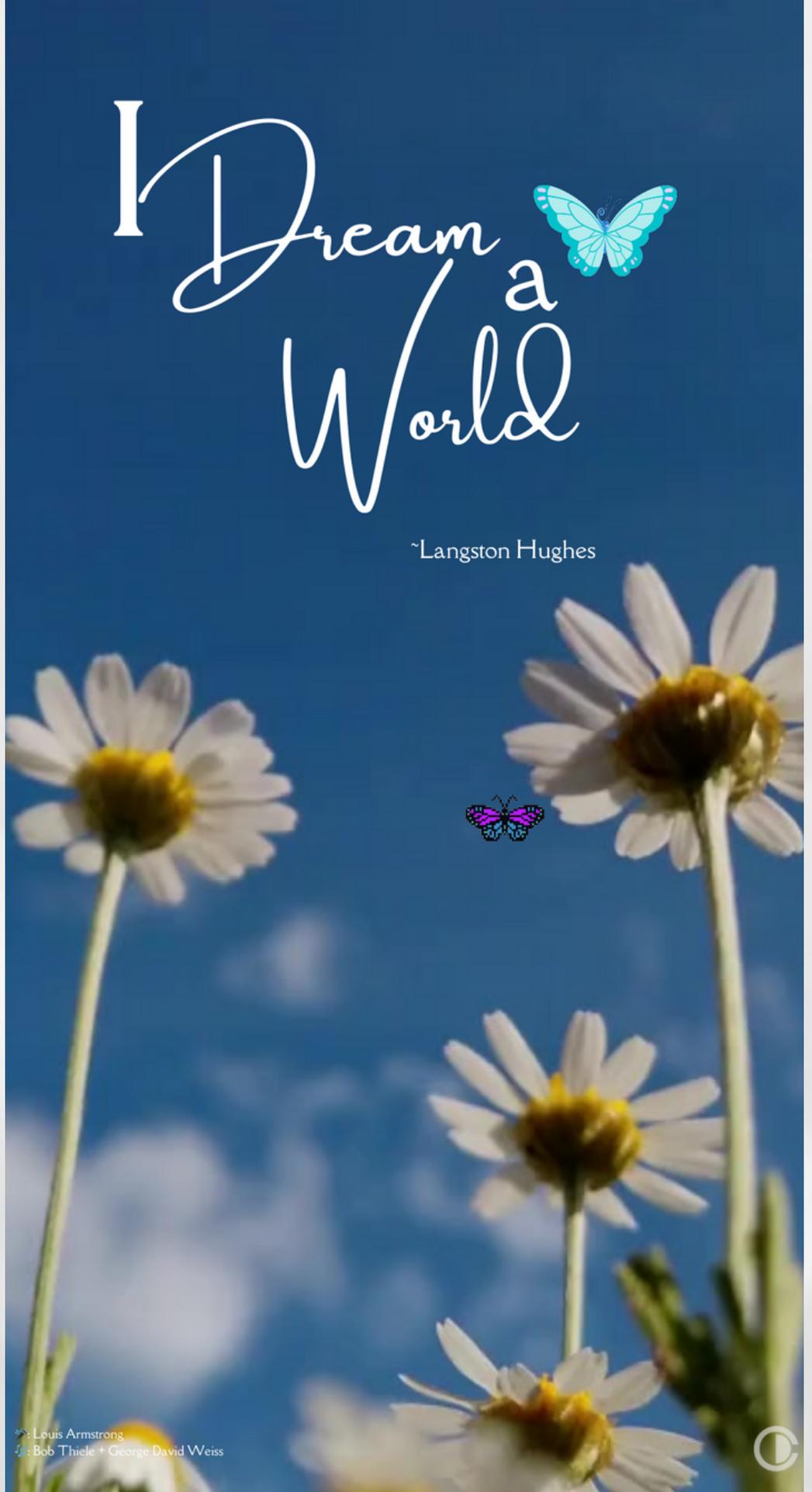
as we affirm supportive, soul-nourishing insights
toward our growth, **healing + freedom!**



I Dream a World



~Langston Hughes



🎵 Louis Armstrong
🎧 Bob Thiele + George David Weiss



DONATE





**The black artist
is dangerous.
Black art
controls the
'Negro's'
reality, negates
negative
influences, and
creates positive
images.**

~Sonia Sanchez

about

The Arts as healing for freedom

Healing is necessary for full freedom.

Often healing that eludes can be due to situations or people that we do not want to face. If it's safe, and if it's time, the **Arts** provides the most profound + poignant path into these areas that can call for our attention so that we can (*finally*) heal.

candi dugas collective specializes in producing storytelling art forms in safer + supportive spaces, shaping today narratives while honoring tradition's wisdom + steadfastness. We thoughtfully infuse our work with alternative approaches to recognizable issues to shift us forward in meaningful ways, allowing our healing to be sustainable.

This is **contemplative creativiTea™**.

READ MORE >>

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Illustrations by Larmarous Shirley. Original Mrs. King portrait by Bachrach Photography©. 2023/2024 CSK Legacy, LLC on behalf of the Estate of Coretta Scott King. Original portrait of Dr. King by Yousuf Karsh. © 2023/2024 Permissions granted by the Estate of Martin Luther King, Jr.

2024 KING HOLIDAY



IT STARTS WITH ME:
SHIFTING THE CULTURAL CLIMATE THROUGH
THE STUDY AND PRACTICE OF KINGIAN NONVIOLENCE



thekingcenter.org

candi's message continued:

And, you know that resonance is very important to me, and I do not put just anything out here for us.

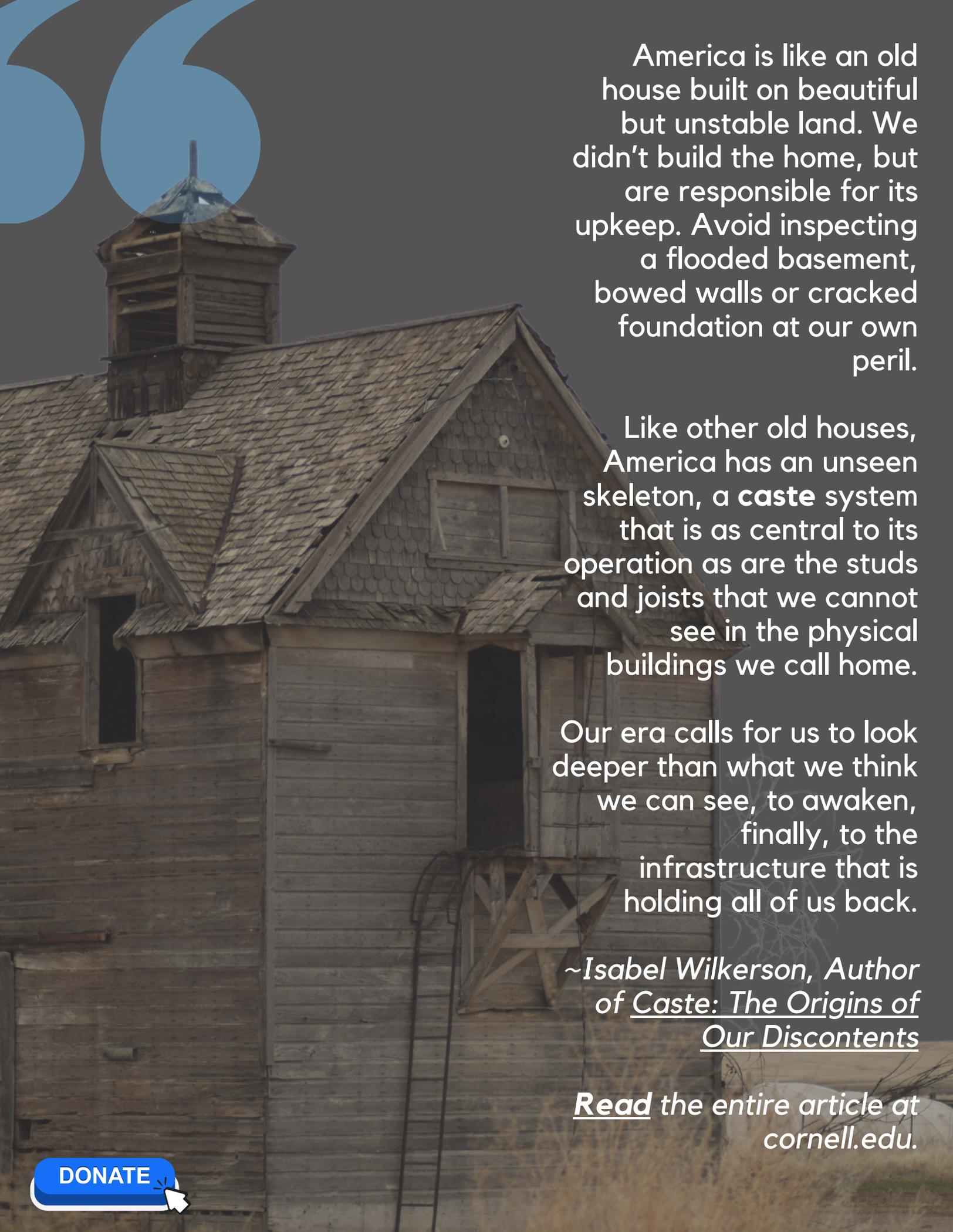
Sooo, **#LISTEN** to my monthly message, grab your warm beverage of choice, and enjoy flipping/scrolling thru the pages of this different kind of holiday newsletter 🥂!



Learn More about all things King Holiday 2024

What's happening in your community?

Post on TikTok, and tag us!
(@candigirlfreedom)



America is like an old house built on beautiful but unstable land. We didn't build the home, but are responsible for its upkeep. Avoid inspecting a flooded basement, bowed walls or cracked foundation at our own peril.

Like other old houses, America has an unseen skeleton, a **caste** system that is as central to its operation as are the studs and joists that we cannot see in the physical buildings we call home.

Our era calls for us to look deeper than what we think we can see, to awaken, finally, to the infrastructure that is holding all of us back.

~*Isabel Wilkerson, Author of Caste: The Origins of Our Discontents*

[Read](#) the entire article at cornell.edu.

DONATE 



rooted in

Spiritual



Cultivating HOPE: 3 Daily Practices

In the hustle and bustle of our daily lives - especially during the holidays, abiding in hope can be challenging. And ... it *is* possible, a transformative practice that nurtures well our souls. Here's a three-step practice to cultivate hope daily, to infuse our lives with ultimate optimism:

1. **Grateful Reflection:** Begin with daily moments to reflect on what you're grateful for; acknowledge **both** challenges + triumphs, small **and** large. Gratitude has the power to shift our focus from what's lacking to what's abundant, laying the foundation for hope to take root.
2. **Mindful Presence:** Embrace the present moment through mindfulness. Engage in activities that bring you joy, whether it's sipping a cup of tea, taking a walk in nature, or losing yourself in a creative endeavor. By being fully present, you can break free from the burdens of the past and worries about the future, fostering a sense of hope grounded in the now.
3. **Connection + Community:** Build connections with others by sharing your thoughts, dreams, and challenges with trusted friends or family. Engage in meaningful conversations that uplift + inspire. In the collective embrace of a supportive community, hope thrives, reminding us that we are not alone on our journey. 🤝

hope

“Where there is no **vision**,
there is no **hope**.”
~George Washington Carver

[DONATE](#)



Check out
Lala Delia's
guided meditation,
"Trust the Process"

rooted in Spirituality

ME Time

Consistent EXERCISE

SPIRITUAL Practices

Grace + REST

Meditation + JOURNALING

READ the entire article.

Source: canyonvista.com



Wellness
Routines
Essence
Editors Are
Practicing
This Holiday
Season



Spirituality is the heart + soul of building freed•dom for Black people.

It's our life-force.
It's our essence.

the **candi dugas collective** (*cdc*) invites you to immerse yourself in our visionary, syncretic spiritual offerings - from meditations to other spiritual practices like journaling - to help heal + ground you, increase your mindfulness, support your decision-making, manifest your dreams, and more! 🧡



about

[READ MORE »](#)

rooted in

Spirituality

SUBSCRIBE



#LISTEN on InsightTimer + #WATCH on YouTube
as we focus deeply on the kinds of thoughts
that help us **heal**, grow, thrive + **BE FREE!**

melanated meditation

for the
descendants of
those who
crossed the
waters



Stiffness

Melanated Meditation
for Healing & Self-care

candi dugas

an *interactive* experience

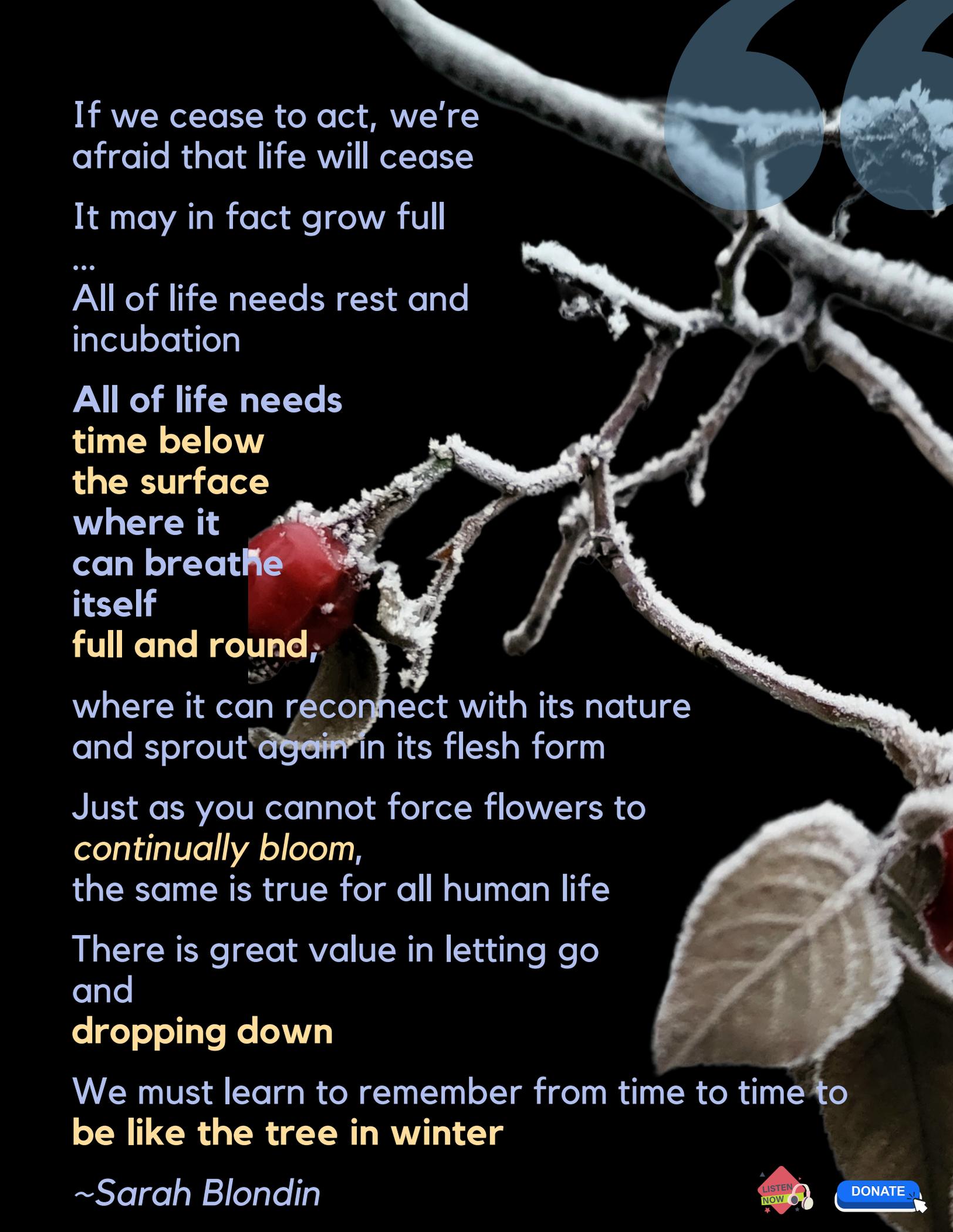
New to meditation?

No problem ... 😊 🙏

We have a wonderful, introduction to
meditation just for you!

Download it, **FREE**, and let us know how
it's going 🧘 🧘 🧘





If we cease to act, we're
afraid that life will cease

It may in fact grow full

...

All of life needs rest and
incubation

All of life needs
**time below
the surface**
where it
can breathe
itself
full and round,

where it can reconnect with its nature
and sprout again in its flesh form

Just as you cannot force flowers to
continually bloom,
the same is true for all human life

There is great value in letting go
and
dropping down

We must learn to remember from time to time to
be like the tree in winter

~Sarah Blondin







The
dugyas
Method

It's Giving 365

/ from candi dugas + United Way of Southwestern PA

HOW are we packing 52 weeks of resources into 4??? Retail health rides on the Christmas season, and nonprofits can

receive 33% of their donations during this same time period. Doesn't it make more sense to give throughout the year - spread the love ... out? Don't the people we're supporting with our gifts have needs throughout the year - just like we do?

Or are we not thinking about other people during the other 11 months of the year?

United Way of Southwester Pennsylvania lists **5 reasons** we should give all year long:

1. Need exists throughout the year.
2. Giving changes lives.
3. Doing good feels good.
4. Giving brings people together.
5. We learn more about our communities.

Read the entire article. Share **your** thoughts + tag us: @candigirlfreedom on Insta + TikTok.

DONATE

Decades ago now I began making sure that my act(s) of giving/serving during the holiday season always happen **prior** to my enjoying my privileges of shelter, warmth, family/friends, food feasts + gifts! It's a reminder of reality, and a tangible way of saying, "Thank you." 😊😊 ~candi



23

CANVA STORIES

This Christmas



TOP Black Christmas Movies



Best Man Holiday.

What are YOU streaming this season?
post on TikTok + tag us! (@candigirlfreedom)

Jingle Jangle

Check out
Entertainment
Weekly's entire list.
📷: ew.com





The Journaling Challenge

with licensed therapists



CLUTTER

21 days
January 6-26, 2024

SIGN UP

Free

"Clear Horizons: A Journaling Journey to Make Space for Dreams"

Join this journaling challenge to clear the clutter **emotionally** while you may also be purging those junk drawers 😊 ... **#LISTEN** to learn more 🗣️



Expression

**gotta
think
about
that shit**

building
freed•dom™



**GRAB
your cdc building
freed•dom merch!**



SHOP NOW

6 styles - hoodies,
journals + candles:

free ... Since I said
so 😊

gotta think about
that shit

light up your
voice; ignite
impact

savage & chic

standing on
business 2024

stay out of Black
folks business

**standing on
business**

2024

building
freed•dom™

about

The *dugas* Method

Crafting YOUR Blueprint for Success with
and
Unlocking the Power of

The **dugas** Method™

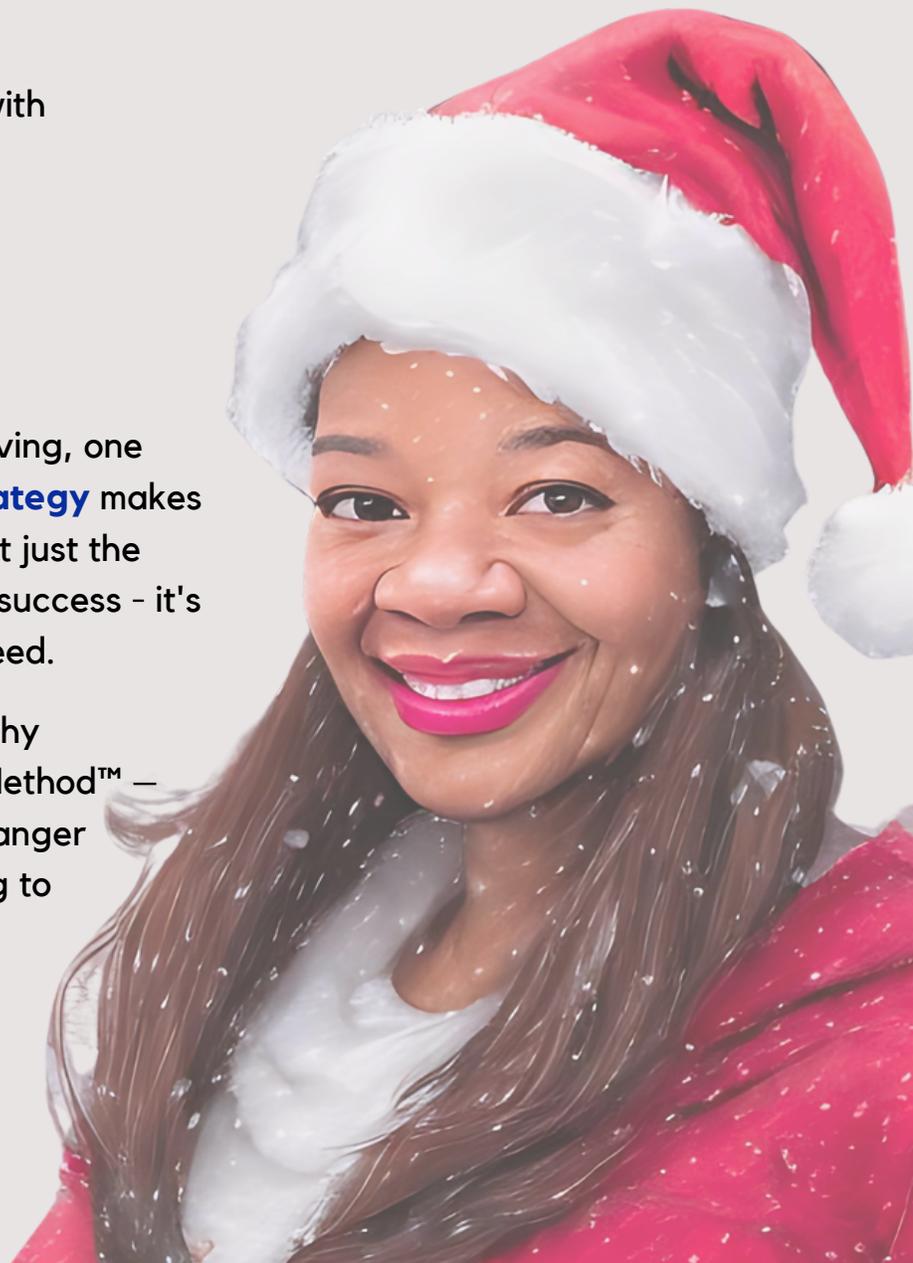
Hint: Strategy is Everything ... 😊🙌

As our global marketplace is ever-evolving, one undeniable truth remains constant: **strategy** makes allllll the difference in the world. It's not just the guiding star that illumines our paths to success - it's how we garner the momentum *to* succeed.

Experience taught us this, and that's why strategy is at the heart of The **dugas** Method™ — an approach that is a proven game-changer in whatever work we do. From planning to producing - our Method is the essence of transformation, the embodiment of rationale, and the guarantor of your efforts' results.

[READ MORE](#) »

[SUBSCRIBE](#)

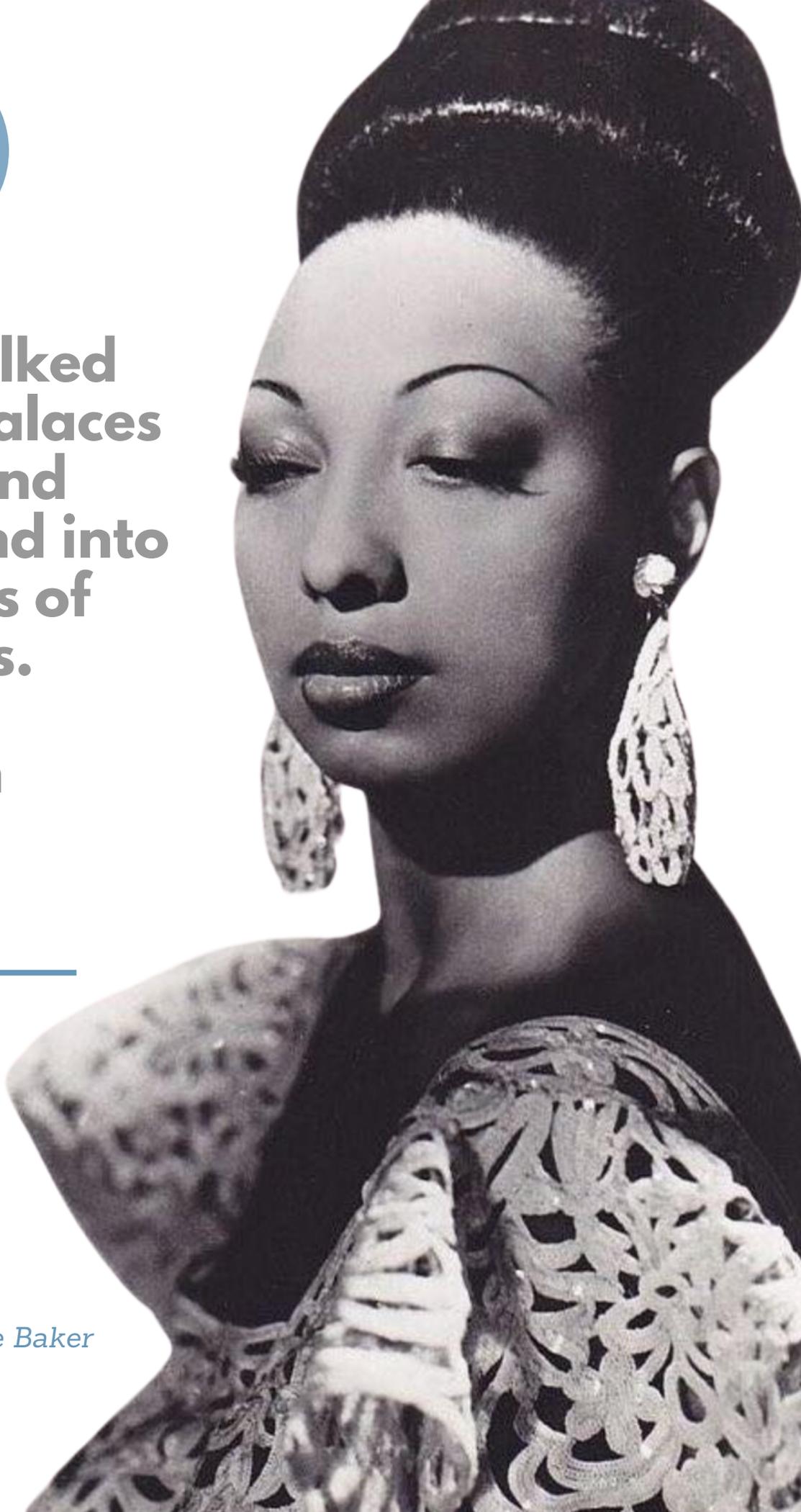




**I have walked
into the palaces
of kings and
queens and into
the houses of
presidents.**

**And much
more.**

~Madame Josephine Baker





Stewardship of the Collective



HANSBERRY

Your support at this first level, \$25, honors Lorraine Hansberry, the first-ever African-American woman to write a play performed on Broadway - *A Raisin in the Sun* (1959). **FOCUS:** supporting creative + mental health resources + community for the Collective's artists.



POINT DU SABLE

Your gift of \$50 honors Jean Baptiste Point du Sable, a pioneering trader/settler born in Haiti and founder of the settlement that later became the city of Chicago, Illinois. **FOCUS:** supports the creation of transformative content for cdc's spirituality programs that empower individuals on their life journeys.



L'OUVETURE

Your gift of \$75 honors Haitian leader of that land's independence movement, François Dominique Toussaint L'Ouverture. His leadership included the liberation of his enslaved people, restoring his people's economy. **FOCUS:** helps support community outreach + engagement for initiatives that drive social impact.



CHISOLM

Your gift of \$125 honors Shirley Chisolm, "unbought & unbossed," the first-ever African-American woman elected to the U.S. Congress, and the first Black person to make a bid for the U.S. presidency as a major-party candidate - no permission needed. **FOCUS:** supports 10 meals at a Broadway Brunch.



MANGOU

Your gift of \$250 honors Sarraounia Mangou, fearless warrior-chief priestess of the largest ethnic subgroup of the Hausa, a people of northern Nigeria and surrounding areas. She successfully fought off the French, trying to colonize her land. **FOCUS:** supports professional development for emerging + established artists.

X



Your gift of \$500 honors El-Hajj Malik El-Shabazz - better known as Malcolm X. One of his most famous quotes is simple, and inspires perspective + resilience, "Stumbling is not falling." **FOCUS:** supports focused marketing, social media boosts, and other amplified outreach to cdc audiences.



TUBMAN

Your gift of \$1,000 honors Harriet Tubman, 1st-ever woman to lead a U.S. armed military operation, most widely renowned for freeing dozens of her enslaved people. "I freed 1,000 slaves. I could've freed 1,000 more—if only they knew they were slaves." **FOCUS:** supports cdc technology from upgrades to subscriptions for apps, enhancing digital communications + advances.

As you prepare + send your year-end giving, we ask that you consider sharing a gift with **candi dugas collective**.

Your gift helps support our work at the intersection of artistry, spirituality + social impact.

Every gift makes a significant difference in the lives of communities, audiences + artists whom we touch. Read more in the description to the left of what you're supporting when you generously give to cdc. **Thank you so much, always, for your support!**



Thank YOU!!!

candi dugas collective donors

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- Maria Carter | Marlan Crawford
- Darryl Crowder | rev dr candi dugas
- Rev. Dr. Patricia Dugas | Theodore Florence
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- Nick Hathorn | Rev. Anika Jones
- Sabrina + Arre Kennedy
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- Rev. Robyn Morrison | Denise Mosley
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2024

Loading...



**Have an
a-mazing
rest of December/
beginning of 2024
and we'll see you
with the January edition!**

xoxo

Happy Holidays!!!



connecting with the collective

the artistry x impact of candi dugas collective

LINK
IN
BIO



SUBSCRIBE

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REMEMBER to
FOLLOW us
on TikTok!!!