

experiments in communal care  
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*the weeks of work in  
this Year of Healing seem to  
rattle me the most--was American  
society ever set up for us to learn how to do  
things differently? And I often wonder if my  
instincts on work don't somehow defeat its  
purpose. then again, this project, as with all of life,  
is just one big experiment. I'm writing this to  
encourage you (and myself!!!) to try it out--step into  
communal spaces with a different rhythm in your  
body and song in your heart. it might "feel  
wrong," but that just means your experiment is  
working, you are connected to what is around  
you and from this awareness, you may  
make new decisions.*

what exactly is mpchuck  
year of healing

# communal care

experiment #1 in

*letting people over in  
traffic/making sure the  
cyclist or pedestrian is more  
than safe on the road*

YEAR OF HEALING

# experiment #2

in communal care

taking the time,  
energy, and effort to be  
present with whichever  
service worker is servicing my  
needs at that time. am i able to  
reciprocate with a kind smile  
from behind a mask? an extra  
tip? or a simple and genuine.  
“how are you doing?”

experiment

#3 in communal

care

*offering to help someone  
with a mobility device or a  
baby stroller. how can i provide  
support and add ease to  
someone's day?*

YEAR OF HEALING

communal care

telling my friends  
i'm thankful for them.  
and getting specific.

experiment #4 in

# communal care

experiment #5 in

*being kind in  
emails, allowing for the  
weight of the pandemic to be  
witnessed even as we are told  
to continue trucking along.  
humanize this experience of  
deep anxiety and loss. don't  
feel the need to normalize  
powering through.*

YEAR OF HEALING