**S.Fletcher – Clore Inclusive Cultures blog 2023 (mini-zine)**

*A hand drawn mini zine, pencil on paper, including 8 small pages with drawings and text.
Each page has half a page of text and half a page of drawing.
The drawings are quick sketches of various leaves, shrubs, plants, flowers.*

FRONT PAGE -
HONOUR OURSELVES, HONOUR EACH OTHER
(Time, Space, Grace, Justice, Integrity, Energy)

1 -
What types of **time** are we missing out? Slow time, crip time, me-time, play time…Biological clocks and circadian rhythms…How else could we keep time or feel our way through the days? How about if we moved with the seasons, not just the minutes and seconds?

2 -
Can we reimagine this **space**, this room, this building, this institute – hell, this universe? Or at the very least…can we move our bodies, get more comfy? Meet me on the grass, in the mud, on the floor, on the sofa…

3 –
Beyond care and beyond kindness, can we move and act with **grace?**

4 –
Isn’t **justice** just a word for superheroes? Or is it for us mere mortals too. What are our superpowers? Can we rest after being super for a bit?
Can social justice and environmental justice and everything-else-justice each build each other? (Forever? Towards utopia? Is that too much to ask?)

5 –
Stop! **Integrity** check time!!

Do your thoughts match your feelings?
Do your feelings match your words?
Do your words match your actions?
Do your actions match your values?
Do your values match your thoughts?
*[a hand drawn arrow loops the last sentence back around to the first sentence]*6 –
**Energy** from the sun to the earth, to the plants to our bodies,
into our blood and hearts and fingertips and mouths.
from there into our actions, carefully chosen, we use it wisely and intentionally,
no more, no less

BACK PAGE:

S. Fletcher
A mini zine (Autumn walk)
20/21/22 October 2023
Preston
After Clore Inclusive Cultures