

HONOUR OURSELVES,

HONOUR EACH OTHER,

(TIME, SPACE, GRACE, JUSTICE, INTEGRITY, ENERGY)



What types of time are we missing out? Slow time, crisp 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 & seconds?



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...

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





Isn't justice just a word for super-heroes? 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 ~~on~~ each other? (Forever? Towards utopia? Is that too much to ask??)



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?

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.



S. FLETCHER

A <sup>mini</sup> zine (AUTUMN WALK)  
20/21/22 OCTOBER 2023  
PRESTON, AFTER  
CLORE INCLUSIVE CULTURES