





**We are swimming through the honey,  
I know my people love me.  
We will be gentle with ourselves,  
And gentle with each other.**

# CONTENTS

00

## Cover Image

Catherine Villalonga (@catherine\_villalonga)

01

## Grounding

Dive Into Our Collective Practice

02

## More Than Eye Candy

Poem By Mya Postell

03

## Art - Painting

By Grace Martinez

04

## Power U Chant

Art By Ian White

05

## Art - Illustration

By Ashe Thomas

06

## Self Care Bingo

07

## Member Imagery

By Kay-Ann Henry

08

## How To Tap Into Power U

09

## About the Orgs

10

## Thank You

# GROUNDING

As you begin to dive into this piece we welcome you to center yourself before reading. We often use grounding exercises just at this with Power U staff and members at the beginning of our meetings. We use grounding to strengthen our awareness and give attention and focus to our bodies as well as our minds.

## TRY THE FOLLOWING TECHNIQUE FOR 5 MINUTES:

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-  **Sit or stand with your feet planted on the ground.**
-  **Close your eyes.**
-  **Begin to focus on your breathing.**  
What do you notice about yourself?  
Is there tightness in any part of your body?  
Do you feel heavy or light?
-  **Try 3- 5 deep and audible exhales.**  
Don't be afraid to let it out.
-  **Welcome any distractions.**  
Acknowledge them and refocus on your breathing.
-  **What do your others senses tell you?**
-  **Give yourself gratitude.**

# **MORE THAN EYE CANDY**

Mya Postell

**What**

**Does it mean**

**To be a woman in America?**

**Notice how the term "woman" has the word "man" in it as if a woman cannot stand alone**

**Ironic how the significance of women is near rarely shown**

**For we give life, yet are still marginalized**

**America loves to normalize things that shouldn't be normalized**

**And toxic masculinity is the root of the reason why**

**Why**

**Women are dehumanized**

**As if we are objects**

**Something that can be possessed but not cared for**

**Which causes the very purpose of our existence to be ignored**

**We are denied from careers before we can even reach occupational doors**

**Because men are more confident and assertive right?**

**As if reproductive organs determine the abilities of one**

**And the way that men treat women is just so overdone**

**How can a concept such as misogyny even exist in this world?**

**Technically all men aren't the same, but a generalization is best fit when the vast majority has a communal impact**

**I'm sick and tired of seeing women in various regions getting attacked**

**Families**

**Are mourning**

**The loses**

**Of their daughters, nieces, cousins, and more**

**All because a woman had the guts to say a word as simple as no**

**Don't teach young girls how to dress or how to act teach ignorant boys to NOT**

**throw**

**Themselves onto women as if we exist for the benefits of them and them only**

And let's, not dis acknowledge how femininity is rooted in pedophilia  
unholy  
Because men believe that possessing certain qualities makes a  
woman more feminine  
Petite, short, hairless, young  
How can childlike characteristics even influence a grown man to be  
sprung?

What I'm trying to say is that women deserve respect  
We are NOT  
Housewives or  
Caretakers  
Or sex toys  
Invented  
For the benefits  
Of boys  
And our presence  
In a room  
Should spark  
The most noticeable noise  
But male dominance  
Is a concept that destroys  
The value of women

Yet regardless women empowerment is heartfelt  
And our movement is NOT done  
We will not stop fighting for rights that should have already been  
birth ones

We as women are graceful, poised, intelligent, strong, and beyond  
And it shouldn't take men to acknowledge that for it to be  
phenomenon



**ABOUT THE WRITER:**

MYA POSTELL, 16  
1ST YEAR POWER U MEMBER



ILLUSTRATION BY GRACE MARTINEZ

**THE GRASS  
IS GREENER  
WHERE YOU  
WATER IT**



**POWER**

**TRANSFORMATIONS**

**MIRACLES**

**I WANT IT**

**I NEED IT**

**I'VE GOT TO  
HAVE IT**

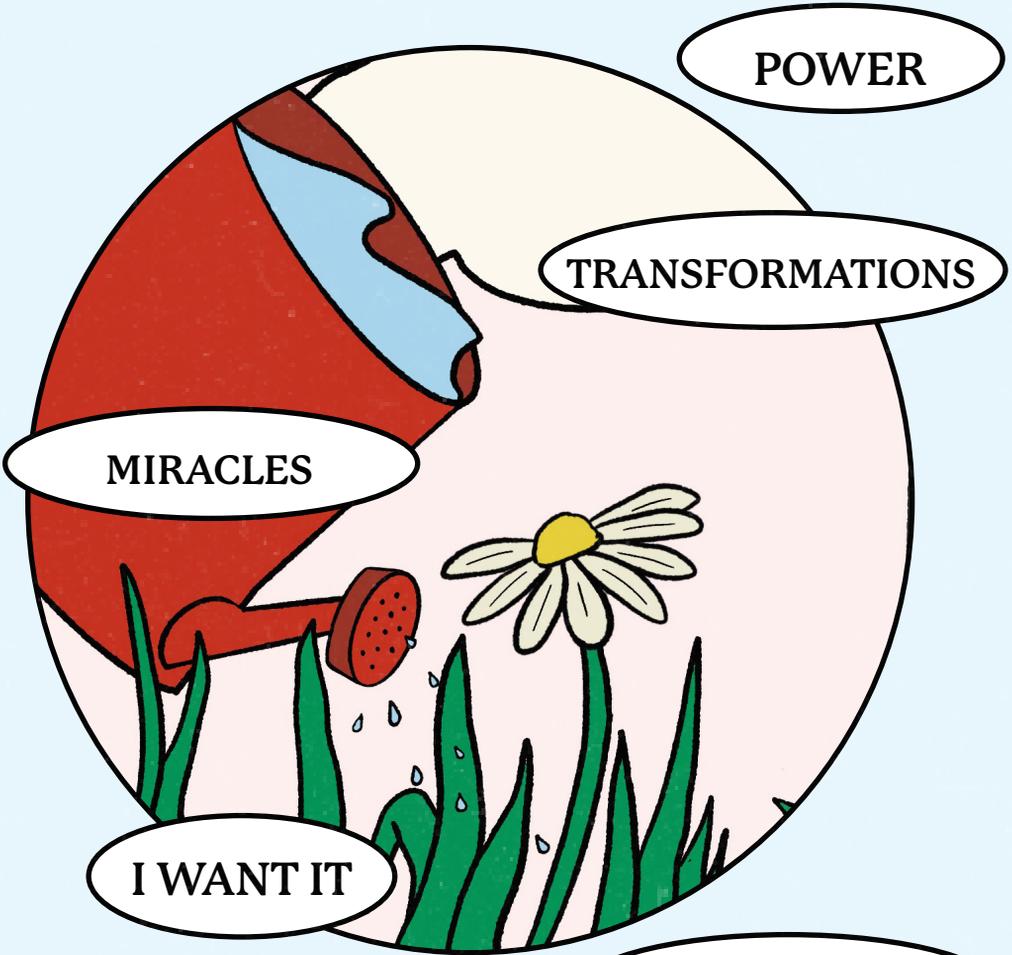




ILLUSTRATION BY ASHE TOM

# The Ultimate **PERSONAL CARE BINGO**

#POWERxFEMPOWER

EAT  
VEG/FRUIT  
IN THE  
MORNING

PRACTICE  
THE  
BREATHING  
EXERCISE  
FOR  
5 MINS

RECITE  
POSITIVE  
AFFIRMATIONS

TAKE 5  
MINS  
TO  
JOURNAL

RELAX  
WITH A  
GOOD  
BOOK

GIVE  
YOURSELF  
A NIGHT OFF  
OF SCREEN  
TIME

ATTEND A  
POWER U  
EVENT

2X POINTS

PUT ON  
THE  
POWER U  
PLAYLIST

CALL A  
FRIEND  
OR  
LOVED  
ONE

DO YOGA  
OR  
STRETCHES  
FOR 10 MINS

READ THE  
LATEST NEWS  
ABOUT YOUR  
COMMUNITY

CATCH  
THE  
SUNRISE &  
MEDITATE





PHOTOS BY KAY ANN HENRY

**OVER THE PAST FEW MONTHS, POWER U MEMBERS HAVE BEGUN TO DEEP-DIVE AND BUILD THEIR SHARPNESS OF WHAT MATTERS MOST TO CONSTITUENTS IN THE COMMUNITY. IN MARCH MEMBERS TOOK TO THE STREETS TO CANVASS OVER 500 RESIDENTS. THE INFORMATION GATHERED FROM THE CANVASS LED TO INTERESTING RESULTS AND BEGAN THE JOURNEY FOR MANY OF OUR MEMBERS TO CONNECT WITH THE SURROUNDING COMMUNITY. POWER U IS IN THE CURRENT PHASE OF NOW SHIFTING INTO COMMITTEES AND THEIR WORK WILL FOCUS ON KEY ISSUES SUCH AS SAFE SCHOOLS, COUNSELORS NOT COPS, AND CIVIC ENGAGEMENT. IN THE COMING MONTHS, THESE COMMITTEES WILL ONCE AGAIN CANVASS EVEN MORE RESIDENTS AND PRACTICE RALLYING IN PREPARATION FOR THE MIAMI DADE PUBLIC SCHOOLS ANNUAL SUMMER BUDGET HEARINGS.**



**DONATE TODAY TO DIRECTLY SUPPORT BLACK AND BROWN YOUTH IN MIAMI. YOUR CONTRIBUTION WILL SUPPORT OUR ABILITY TO PROVIDE OUR YOUTH MEMBERS WITH LEADERSHIP DEVELOPMENT, POLITICAL EDUCATION, CIVIC ENGAGEMENT TRAINING, SAFE TRANSPORTATION, QUALITY MEALS, ACCESS TO MENTAL HEALTH SUPPORT, AND BI-WEEKLY STIPENDS FOR THEIR ORGANIZING WORK.**



**SCAN THE CODE TO DONATE NOW!**

## **POWER U** CENTER FOR SOCIAL CHANGE

Power U Center For Social Change (Power U) was co-founded in 1999 by renowned organizers, Denise Perry and Sheila O'Farrell. Being originally based in Miami's Historic Black Community, Overtown. Much of our early work centered on environmental justice, affordable quality housing, and fighting gentrification. Currently, our central focus is on organizing young people to fight for safe and supportive schools. We are building Power U chapters in different high schools and fighting for schools that prioritize human development over profit, where all youth have the resources, access, and opportunity to reach their full potential and where they are treated with dignity, regardless of race, gender or economic situation.

READ MORE ABOUT POWER U'S HISTORY AT [HTTPS://WWW.POWERU.ORG/ABOUT](https://www.poweru.org/about)

## **(F)empower**

In the summer of 2017, before becoming a collective, (F)empower originated as a zine and speculative photo story, depicting a post-apocalyptic Miami run by a revolutionary girl gang. Uniting under radical Black femme leadership was our only hope for surviving the future. This imaginative story birthed the artist collective, then liberation book club closely followed. Since 2017, (F)empower has hosted dozens of cultural events and programs. Now it is comprised of several branches: the fairy garden, the community bond fund, masisi, liberation book club and the artist collective. (F)empower is made up of artists, activists, organizers, djs, event producers, gardeners, healers and witches using their unique powers to reign in a new, breathable world.

READ MORE ABOUT FEMPOWER AT [HTTPS://WWW.FEMPOWERMIA.ORG](https://www.fempowermia.org)



**SCAN TO LISTEN TO OUR JOINT PLAYLIST**

# THANK YOU

TO OUR SUPPORTERS & CONTRIBUTORS



