

Writing@UW Fellowship

Rachel Chapman, Department of Anthropology

Fellowship Project

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Freedom Writing Workshop

Cultivating Embodied Pedagogies for Enhancing Multimodal Language and Literacy Repertoires

Foundational PWR Program Principles

1. Contextualize writing as a socio-political practice that helps students and instructors examine how writing might be practiced as personally and socially impactful, ethical, and empowering forms of literacy;
2. Practice ongoing metacognition and self-reflexivity with regards to our own teaching philosophies, classroom practices, power, policies, and positionality to help create more equitable classrooms and curricula;
3. Create a culture of unlearning the norms and characteristics of systems of White supremacy and continually build a more actively antiracist writing program and praxis.
4. Nurture classroom learning environments in which students and teachers are committed to engaging in critical and productive dialogue on issues of equity, justice, difference, and power as they manifest in class readings, writing, discussion, and more broadly;
5. Encourage students to think about the social impact of their writing and the social groups and communities they are accountable to as part of audience awareness;
6. Create composing occasions through assignment design that invite students to practice their multilingual, translingual, and multimodal language and literacy repertoires for different audiences, contexts, media, and situations with varying stakes
7. CCCCC - teachers develop and teach Black Linguistic Consciousness that works to decolonize the mind (and/or) language, unlearn white supremacy, and unravel anti-Black linguistic racism!

Homework: Love as a Practice of Freedom – Ceremonies for Dancing our Social Ghosts

Reading: 1

Anna Cooper. 2013. "Introduction: Situated Dancing." In Albright. 2013. *Engaging bodies: The politics and poetics of corporeality*. 1-19.

Written Assignment:

1. In "Situated Dancing" Ann Cooper Albright lays out a history and brief development of her methodology of *engaged corporeal phenomenology* that centers "embodied experience in constructing theories of cultural meaning... to think seriously about somatic practices that might help us survive and revise cultural metaphors." Do your best to unpack this big idea and lay out in a page of your own language your understanding of this approach and "dwell in the possibility" she lays out.
2. Similarly to what she was doing in her project described following 9/11 (last two pages of the article), what questions would you ask about embodied experience today and use embodied experience to think deeply about? What events? Conditions? Cultural metaphors would you want us to try to unpack with our bodily "Individual responsiveness and communal resonance?"
3. Have these questions and metaphors ready for the afternoon playshop.

Reading 2

bell hooks. 1994. "[Love as the Practice of Freedom](#)". From *Outlaw Culture: Resisting Representations*

Essex Hemphill. 1992. *Ceremonies: Prose and Poetry*

Written Assignment:

1. Read the chapter by bell hooks and answer ALL the questions at the end including the timed writing piece.
2. Then read as much as you can from "*Ceremonies*", Essex Hemphill's iconic book of poetry from the frontlines of the US AIDS epidemic AND/OR the many authors in *This Bridge Called My Back*. Travel through the world alongside Essex Hemphill and identify, draw out and describe the list of what alter/native ideals, values and (to borrow from ann cooper) *engaged corporeal phenomenology* you sense organized these writers doingbeing in the world. Be curious enough to research Essex Hemphill and at least one other writer.
3. Write another 10 minutes from your body a timed writing exercise without stopping considering the benefits of this doing being. Bring this list to guide movement.

Workshop

1. Clean and clear the space: Flocking all directions clearing and moving the air in all parts of your space as a flock no hurry no pause intuitive leading. Please each take one turn.
2. Poem popcorn reading:

“Through Me”, by Pauline Alexis Gumbs, a collective Poem *on the scale of breathing by the participants in the first ever Undrowned writing workshop* (to be read aloud if possible)

a future is flowing through me
a life-tide is flowing through me
those who have met in the water undrowned are
flowing through me
ripples ripples ripples
ripples are flowing through me
genesis is ongoing and it is flowing through me
abundance is flowing through me
the infinite love of the universe is flowing through me
love is flowing through me
ancestral affirmation is flowing through me
love is flowing through me
village is flowing through me
love is flowing through me
the glow of each other's love is flowing through me
gratitude is flowing through me
all the places I have ever been are flowing through me
gratitude is flowing through me
softness is flowing through me
gratitude is flowing through me
grounded divinity is flowing through me
gratitude is flowing through me
the breaths we take together are flowing through me
gratitude is flowing through me
silky waters full of nourishment are flowing through me
gratitude is flowing through me
deep gratitude for the core of my belly is flowing
through me
gratitude for the unknown and the unlearning is flowing
through me
wind is flowing through me
oxygen is flowing through me
all of you are flowing through me
us together is flowing through me
connection is flowing through me
glowing thick connection is flowing through me
luz is flowing through me
the stars are flowing through me
amber is flowing through me
glory is flowing through me
resonant song is flowing through me
the dance of the unknown is flowing through me
wonder is flowing through me
tenderness is flowing through me
spirit is flowing through me
movement is flowing through me

lands and seas are flowing through me
exhaustion is flowing through me
cariño is flowing through me
surrender is flowing through me
release is flowing through me
relief is flowing through me
death is flowing through me opening my heart and
vision
my ancestors are flowing through me
generations to come are flowing through me
life is flowing through me
clarity is flowing through me
grace is flowing through me
ease is flowing through me
abundant trust in myself is flowing through me
grace is flowing through me
hope and stardust is flowing through me
laughter and trouble-making is flowing through me
joy is flowing through me
hope is flowing through me
quiet power in community with bits of glitter are
flowing through me
hope is flowing through me
wow is flowing through me
rusty hard rain is flowing through me
unafraid song is flowing through me
bravery is flowing through me
trust is flowing through me
faith is flowing through me
light is flowing through me
truth is flowing through me
possibility is flowing through me
movement is flowing through me
magic is flowing through me
iridescent light and sound are flowing through me
coolness and clarity are flowing through me
expansion and co-creation are flowing through me
compassion for the bumps and bruises is flowing
through me
longing for sea tendrils reaching the moonlight is
flowing through me
trust is flowing through me
manifestation is flowing through me
balance is flowing through me
poetry is flowing through me
spirit is flowing through me

3. Open Circle with Name as gesture and “What is flowing through you right now?” as gesture. All reflect back.
4. Discussion of readings
5. Viewing – [Escrache, Peru - Performances and the Reclaiming of Identity, Ana Correa, Chang](#)
 - a. Collect binaries from all levels of
 - b. Boardstorm binaries
 - c. Choose farthest apart
 - d. Bridgework from Theater of the Oppressed
 - e. Witnesses reflect back Bridge
 - f. Bridgers write about the bridgework doing seeing feeling remembering and read
 - g. Witnesses write about bridgers writing and read
 - h. Bridges perform insights
 - i. Everyone writes
6. Discussion of what questions would you ask about embodied experience today and use embodied experience to think deeply about? What events? Conditions? Cultural metaphors would you want us to try to unpack with our bodily “Individual responsiveness and communal resonance?”
7. Participants write this I believe timed statements
8. Group chooses one issue to move together.
9. Participants brainstorm one way to use this to move writing, thinking, feeling, community, love or content in their classes. One paragraph. One experiment.