

- [f Share](#)
- [Tweet](#)
- [in Share](#)
- [g+ Share](#)



Share

- [f](#)
- [Tweet](#)
- [in](#)
- [g+](#)



Dear Friends,

Be gentle with yourself.

The U.S. Inauguration this week exhausted me. It was the kind of exhaustion you feel when the marathon you've been running is finally over or when the weight you have been carrying is finally set down. There is that shaky feeling first, and then pure relief, tears, and laughter.

The Trump administration was a bully administration. We were all targets, but some more than others. My son, Feliks, has a disability and is transgender, for example, so he was doubly targeted by a bully who makes fun of and discriminates against both people with disabilities and LGBTQIA+ people. My BIPOC friends and immigrant and Muslim friends have lived the past four years in deeper fear than they already felt. There was no minority group untargeted by Trump. His white supremacist reign was a reign of terror, pure and simple. And one driven by pure, cruel ego and greed.

To watch a decent, loving, humble, empathetic, and service-focused man take Trump's place within the course of a few hours on Wednesday was thrilling, while being suddenly rid of the abusive relationship we've endured for four+ years was enervating. Joe Biden's inaugural speech centered on

other people, not himself. There was a message of hope, not the dystopian nightmare outlined in Trump's inauguration. The pageantry was inclusive, meaningful, and gorgeous.

The Inauguration began this first week of The Real Reconstruction.

I am still having a hard time focusing because it feels, for the first time in a long time, like there are so many possibilities again IF we each work hard to do what we can to create a new order, one that is just and equitable and inclusive...*for the first time ever in our nation's history.*

I want to help move beyond the nice words of the Inauguration to a new and inclusive reality, starting with honest and truthful conversations that center people and leaders who don't look like me. We need a national lesson in listening without defensiveness and acting in solidarity. We need to understand fully that real liberation means liberation for us, too.

We've been on high alert for the past four years. I can feel it in the exhaustion I am feeling as my shoulders fall after laying down that weight, but I am also feeling the high of possibility like I've eaten too much sugar and like my skin is tingling.

I stand ready. I hope you do, too.

LINKS YOU MIGHT ENJOY

In this pandemic, days have melted together. It has been easy to feel as if I'm not getting done what I want and need to. So this year, I have started a spreadsheet on which I can note my accomplishments each month, both personal and professional. It's a very simple document, but a useful one that I update every Friday. I thought you might like to start one yourself, so [here is the template](#). Simply make a copy, add your name to the title of the copy to personalize it, and start your own "accomplishments" file by noting what you've completed or done in each month's column.

[My beautiful Dr. Fauci is back](#) and more beautiful than ever. Plus, science is back! I've missed science.

[46 books to read in 2021.](#)

[All the best fashion news from the Inauguration.](#)

UPCOMING OPPORTUNITIES

WRITERS IN THE PANDEMIC (starts Jan 25, 2021)

ALL NEW! I started the first version of this online class when the COVID-19 pandemic struck in 2020, and, well, here we still are. This is a whole new course, with new prompts. So if you'd like a writing community, support, feedback, and motivation for your writing, you might enjoy "Writers in the Pandemic." This is a 2-week online class where you will receive several prompts each day to get you seeing, thinking, and writing more deeply and more consistently, with a group of other writers doing the same alongside you. Two one-hour Zoom calls are included, as well as the online classroom (open for three months) and an ongoing Writers in the Pandemic Facebook group. This is priced for the pandemic at \$37. [Go here for information and to register.](#)

FREE WRITING PROMPTS FOR 2021

Do you want to get back to a consistent writing routine in the New Year? I am offering free writing prompts **every Monday-Friday** in 2021. If you'd like to receive them, you can do so in either of the following ways:

By text: Text "writing prompts" to me at 828-248-7513 to sign up for free. Your first prompt will arrive via text the day after you sign up.

By email: [Go here](#) to sign up for free. Your first prompt will arrive the day after you sign up. We added this method because some of you couldn't participate by text. I hope it is helpful!

HARD CONVERSATIONS BOOK CLUB

This ongoing group meets virtually every month to discuss the book for that month (The 2021 list is below). The cost to join is just \$5 *for the year*. We'd love for you to join these monthly conversations that deepen our understanding of racism and other -isms. You can find [more information here](#). Each call is on the third Sunday of the month from 8-9pm ET. If you are unavailable at that time, each call is recorded for later listening. Here is our booklist for 2021:

January - *Caste: The Origins of Our Discontents* by Isabel Wilkerson

February - *Killers of the Dream* by Lillian Smith

March - *The Family Tree: A Lynching in Georgia, a Legacy of Secrets, and My Search for the Truth* by Karen Branan

April - *Begin Again: James Baldwin's America and Its Urgent Lessons for Our Own* by Eddie S. Glaude, Jr.

May - *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem

June - *Crazy Brave* by Jo Harjo

July - *How to Be Less Stupid About Race: On Racism, White Supremacy, and the Racial Divide* by Crystal Marie Fleming

August - *Real American: A Memoir* by Julie Lythcott-Haims

September - *Twelve Angry Men: True Stories of Being a Black Man in America Today* by Gregory S. Parks & Matthew W. Hughey et al 4th QUARTER

October - *Inventing Latinos: A New Story of American Racism* by Laura E. Gómez

November - *Our History Is the Future: Standing Rock Versus the Dakota Access Pipeline, and the Long Tradition of Indigenous Resistance* by Nick Estes

December - *Uprooting Racism: How White People Can Work for Racial Justice* by Paul Kivel

Stay safe. I'll see you next Friday from my Orange Desk!

Patti

Sent to: _t.e.s.t_@example.com

[Unsubscribe](#)

Patti Digh, LLC, 638 Spartanburg Highway, Suite 70 #337, Hendersonville, NC 28792, United States

Email Marketing by ActiveCampaign