

'We are sisterhood'

Big up di sista dem

The ones who formed a habit out of justice

To stand up and speak out just to be called divisive

As if it were just us, the sistas you sought to fight for

Big up di sista dem

The ones that knew without u and she there is no unity

Pouring water on the ground only to be burnt at the stake

We see you sis

Big up di sista dem

With the birth certificates that deprive you of adequate safety, shelter, resource or impunity

Because it's not just cis women who are my sistas

Big up di sista dem

Past, present and future

May you be held

May your way open

May you experience equity and harmony

Clean air and a vision of hope that will form a baton for those coming after you

Big up di sista dem

Living in occupied territories

Those who feels it knows it

The violence and complicity of the many

Do not only affect the few

No one is free until we all are

Big up di sista dem

Marginalised backgrounds can be impacted by a work harder mentality. reinforcing victim - persecutor dynamics. Seeing less results based on societies standards. The social inequalities recycle themselves.

Insert relevant theory and statistics. Do the work

Being underequipped and unresourced to respond to the signs of burnout.

Insert relevant theory and statistics.

Do the work.

So I again say, big up di sista dem and anyone who can relate in some way, whilst maintaining their separation. Balancing a foot on the riverbed and one in the water. Let's keep doing the work.

Ase o

To our black sisters, this month in 2023, we celebrate you!

We celebrate your contributions to the world, your presence and admirable beauty.

We celebrate your wisdom, perseverance, and authenticity.

You are more than the 'strong black woman'.

And you are definitely not the 'angry black woman', and if you are angry, so what- let it out!

Let us tell you that your vulnerability is seen, and the sisterhood is here to keep you safe.

We want to hear your stories, so unapologetically speak your truth.

Other people's discomfort is not your responsibility (I repeat)- you carry enough.

Don't you dare dim your light; we will hold you accountable and remind you of your potential.

Fiery, aggressive, 'difficult'- adjectives thrown at you from a society built to keep you last in line.

Cultivated to drown you in oppression, insecurities and darkness- know your place!

No really- know your place!

The platform your ancestors worked tirelessly to create so that you can thrive.

Know your place!

Our mothers, aunts and grandmothers did not carry us on their backs, for us to stand last in line...

move to the front and say your peace.

They will listen!

The microaggressions (yes that really did happen- don't second guess yourself),

The racism, the total disregard,

it's fear, they see how powerful you are...

they feel threatened.

Know your place...

To our sisters working endlessly for that promotion that you are overqualified for,
we see you sis.

To the black women nurturing, protecting their families, whilst holding the weight of their
black men's struggle and pain-
thank you.

To our black mothers who raised power houses such as the likes of Danielle and Marcelline.
You carried us on your backs,
taught us integrity and told us to keep our heads raised high, despite the waves of life-
thank you.

Black women: RTC are here to use their voices to change the narrative, for yours to be heard!

The sisterhood of RTC was formed at university, when Danielle and Marcelline were studying their masters in integrative counselling and psychotherapy. Two differently, similar women, grew to know and understand one another. They grew and connected their shared passions for social justice, inclusion and anti-oppressive practice. They formed an alliance so they can be the change they wanted to see. Both having different approaches, they shared a love and talent in creativity. They shared their stories as black women and gradually created a safe space for each other. Without realising, they formed a sisterhood and decided to disrupt the status quo together.

We are not just RTC, we are a sisterhood unapologetically creating change.

"I am resolute and stand firmly in my truth"- Angela Bassett

By Marcelline Menyié & Danielle Osajivbe-Williams