

MARCH MONTHLY THEME:
EMPOWERMENT—THE VALUE OF SHARING AND GROWING TOGETHER

To be empowered is to have the ability to act, to influence and impact a target. Often empowerment is framed in terms of individuals and our own personal growth. However, empowerment can also be understood as what we can do for others. If we are in a position of power, how do we use this power? Do we hoard our power and privilege? Or do we give it away? This month's theme asks us to reflect on how power flows to and through us as we consider both our own experiences of empowerment as well as the ways we have—or could—empower others.

Which question is calling to you? Where is it leading you?

1. Describe a time you felt empowered.
2. Who has helped to empower you in your life in your goals or growth?
3. In what ways have you helped to empower others close to you? (Family, friends, work)
4. Consider a time you have witnessed yourself or others be disempowered.
5. How can individuals or groups support the empowerment of marginalized and silenced people or groups of people?

Wise Words:

You can do what I cannot do. I can do what you cannot do. Together we can do great things.

Mother Teresa

Nonviolence will empower and equip us to bring generations to the table and fuse our knowledge, gifts, and zeal together.

Bernice King

There will be many people whose lives you have enriched who may never tell you it - or that you've never even met - but you will have enriched them none the less.

Rasheed Ogunlaru

The things you do for yourself are gone when you are gone. But the things you do for others are your legacy.

Kalu Ndukwe Kalu

A life is not important except in the impact it has on other lives.

Jackie Robinson

The beauty of empowering others is that your own power is not diminished in the process.

Barbara Coloroso

I think every revolutionary act is an act of love. Every song that I've written, it is because of my desire to use music as a way to empower and re-humanize people who are living in a dehumanizing setting. The song is in order to better the human condition.

Zack de la Rocha

We have to continue to empower each other... we do not have to live in this marginalization, we do not have to live in oppression, but our fight to get out of it is not going to be an easy one.

Dominique Jackson

My humanity is bound up in yours, for we can only be human together.

Desmond Tutu

Politics means striving to share power or striving to influence the distribution of power, either among states or among groups within a state.

Max Weber

The failure of academic feminists to recognize difference as a crucial strength is a failure to reach beyond the first patriarchal lesson. In our world, divide and conquer must become define and empower.

Audre Lorde

Those who have true power share it, while those who hunger power abuse it.

Royalton Ambrose

We rise by lifting others.

Robert Ingersoll