

# LOVE is ACTION

**Love is a way to fight hatred.  
Action is a way to fight despair.**

The world needs your brilliance right now. It needs your joy, your truth, your creativity and your commitment to justice. It needs your fierce and unapologetic demand for equality and opportunity and freedom for all. It needs your attention and your energy and your most tenacious effort.

The world also needs your faith, your hope, and your recognition that we really are all connected; that we really are interdependent with one another and absolutely dependent upon the earth, the water, the air, and the life force of the entire planet. Reaching out, speaking up, listening, asking for help, and most importantly, offering it—this is how we build community, and deepen understanding and compassion.

**Take good care of yourself.  
Take extra care of those around you.**

Make yourself uncomfortable to make someone else safe. Stand up to hatred in every way. Speak up to those who are dishonest or cruel, and protest every infringement on civil rights and human decency. Find your calling as protector of those whose lives are not as fortunate as your own.

Seek out ways to get involved with the things you care about. Learn more about things you may have not cared so much about until now, and find opportunities to support those doing necessary work. Question your assumptions. Recognize your biases. Offer your leadership with humility and your allyship with grace.

Open yourself to possibility no matter how improbable it may seem. Challenge yourself to be braver and more generous than you have ever been.

Love with all of your heart. Act with all of your soul.

## LOVE

#LeadWithLove  
[leadwithlove.vision](http://leadwithlove.vision)

SPCL—Ten Ways to Fight Hate:  
A Community Response Guide  
[goo.gl/iC5ued](http://goo.gl/iC5ued)

Movement Strategy Center  
[movementstrategy.org](http://movementstrategy.org)

Dream Corps #LoveArmy Project  
[thedreamcorps.org](http://thedreamcorps.org)

## SPEAK UP

Contact Federal Elected Officials  
[usa.gov/elected-officials](http://usa.gov/elected-officials)

Equal Rights Washington  
[equalrightswashington.org](http://equalrightswashington.org)

Injustice Boycott  
[injusticeboycott.com](http://injusticeboycott.com)

Southern Coalition for Social Justice  
[southerncoalition.org](http://southerncoalition.org)

Natural Resources Defense Council  
[nrdc.org](http://nrdc.org)

## HELP

Center for the Working Poor  
[centerfortheworkingpoor.org](http://centerfortheworkingpoor.org)

National Association for the  
Advancement of Colored People  
[naacp.org](http://naacp.org)

Support.fm  
[support.fm](http://support.fm)

## ASK

Center for Diversity and the  
Environment  
[cdeinspires.org](http://cdeinspires.org)

El Centro de la Raza  
[elcentrodelaraza.org](http://elcentrodelaraza.org)

Legal Voice  
[legalvoice.org](http://legalvoice.org)

LGBTQ Allyship  
[allyship.org](http://allyship.org)

King County Sexual Assault  
Resource Center  
[kcsarc.org](http://kcsarc.org)

Refugee Women's Alliance  
[rewa.org](http://rewa.org)

The Trevor Project  
[thetrevorproject.org](http://thetrevorproject.org)

Washington State Coalition Against  
Domestic Violence  
[wscadv.org](http://wscadv.org)

## CARE

Center for Reproductive Rights  
[reproductiverights.org](http://reproductiverights.org)

Disability Rights Education and  
Defense Fund  
[dredf.org](http://dredf.org)

Lifelong Aids Alliance  
[lloa.org](http://lloa.org)

Planned Parenthood  
[plannedparenthood.org](http://plannedparenthood.org)

## SHARE

Fare Start  
[farestart.org](http://farestart.org)

Food Line  
[foodlifeline.org](http://foodlifeline.org)

Northwest Harvest  
[northwestharvest.org](http://northwestharvest.org)

Real Change  
[realchangenews.org](http://realchangenews.org)

## RESPECT

Council on American Islamic  
Relations  
[cair.com](http://cair.com)

OneAmerica  
[weareoneamerica.org](http://weareoneamerica.org)

Pride Foundation  
[pridefoundation.org](http://pridefoundation.org)

## PROTECT

350  
[350.org](http://350.org)

American Civil Liberties Union  
[aclu.org](http://aclu.org)

Amnesty International  
[amnestyusa.org](http://amnestyusa.org)

AntiDefamation League  
[adl.org](http://adl.org)

Border Angels  
[borderangels.org](http://borderangels.org)

Children's Alliance  
[childrensalliance.org](http://childrensalliance.org)

Coalition to Stop Gun Violence  
[csgv.org](http://csgv.org)

Committee to Protect Journalists  
[cpj.org](http://cpj.org)

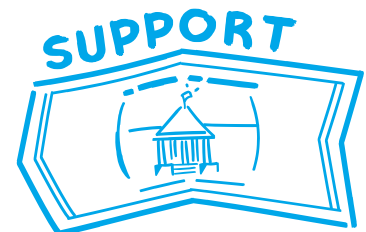
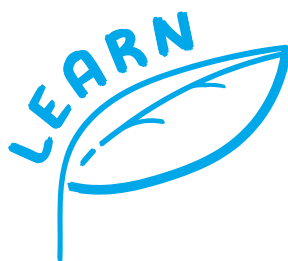
Indigenous Environmental Network  
[ienearth.org](http://ienearth.org)

Northwest Immigrant Rights Project  
[nwirp.org](http://nwirp.org)

Southern Poverty Law Center  
[splcenter.org](http://splcenter.org)

The League of Women Voters  
[lww.org](http://lww.org)

Trans Relief Project  
[transrelief.com](http://transrelief.com)



## LEARN

Climate Solutions  
[climatesolutions.org](http://climatesolutions.org)

NARAL Pro-Choice America  
[prochoiceamerica.org](http://prochoiceamerica.org)

National Center for Trans Equality  
[transequality.org](http://transequality.org)

National Immigration Law Center  
[nilc.org](http://nilc.org)

Safe Schools Coalition  
[safeschoolscoalition.org](http://safeschoolscoalition.org)

## SHOW UP

Black Lives Matter  
[blacklivesmatter.com](http://blacklivesmatter.com)

Campaign Zero  
[joincampaignzero.org](http://joincampaignzero.org)

Stand with Standing Rock  
[standwithstandingrock.net](http://standwithstandingrock.net)

Showing up for Racial Justice  
[showingupforracialjustice.org](http://showingupforracialjustice.org)

togetherlist  
[togetherlist.com](http://togetherlist.com)

## LISTEN

#Green for All  
[greenforall.org](http://greenforall.org)

Indigenous Rising  
[indigenousrising.org](http://indigenousrising.org)

Shelf Life Stories  
[shelflifestories.com](http://shelflifestories.com)

The Center for Investigative  
Reporting  
[revealnews.org](http://revealnews.org)

*These are just a few starting places to support and get involved, and are not a complete list of all of the necessary work available. Whatever is beckoning you is where you will be able to sustainably commit time and energy. Choose that and promise yourself to it.*