



## *Align and Connect*

So, go and make your mark

Have a potluck, have a yard sale,

Invite people from different communities

Help actions and change to emerge

Help people to hear each other's stories

And tell your own stories,

To learn how you came to be in the position and places  
that you are in

Connect these with other places and people in your  
community

Let stories flow together

Learn how you can, from where you find yourself, make a  
mark that makes the world a better place by connecting  
people and recognizing all of the needs and aspirations  
that flow around us

Open up to those needs and aspirations so they may  
flow with your own if this is meant to be, practice  
saying yes, and find your own yes

Let live and live yourself

most of all, go and do

*Mindy Thompson Fullilove, MD, Urban Alchemy*