Moving Forward with Hope: Reminder about this Saturday, April 5th and some reasons why it's so important whether in mind, body, or spirit

All: I was going to wait until later in the week to get this reminder out, but decided on doing it now since it might help you in your planning.

Some words crossed my mind that dramatically reinforce your needed presence no matter "whether in mind, body, or spirit" ... they each matter to reinforce and support what is now approaching a movement of multi-millions covering the universe of political affiliations and concerned citizens of all ages, colors, infirmities, and genders united in solidarity.

These words include **corruption, extortionist, fear-mongering, clownishness, chaos, delusional, mendacity (untruthfulness, lying), fear, submission, retribution, oligarchy,** and many, many more that  describe the evils of the Trump/Musk regime we are all trying to endure just a few months into its full term.

What future words might be added? Pray that they not be our own ignorance or obliviousness to what is happening all around us literally every waking, and non-waking, minute.

So to cut to the chase, here's the flyer for this Saturday's 'HANDS OFF' March here in Rochester. For information on the thousand or more other protests throughout the country, go to [handsoff2025.com](http://handsoff2025.com/).

To further support your physical, mental, or spiritual presence on Saturday and beyond, please see ..

* <https://www.wewynneauthor.com/2025/03/31/what-next-what-should-we-be-doing-written-recently-by-a-good-friend/> ... My most recent blog post regarding a friend's in-depth reflections including a tremendous resource guide
* <https://heathercoxrichardson.substack.com/p/march-31-2025>? ... a great letter and it closes talking about what Senator Cory Booker is doing right now as I write this, a true patriot!!
* <https://www.theatlantic.com/ideas/archive/2025/03/abundance-americas-next-political-order/682069/?utm_campaign=atlantic-daily-newsletter&utm_content=20250330&utm_source=newsletter&utm_medium=email&utm_term=The+Atlantic+Daily> ... you might need an Atlantic subscription; if you can't get it, let me know. I will be writing more about "Abundance vs. Scarcity" politics in the near future

Lastly, and although it presents a conflict with this Saturday's "Hands Off" protest, it's worthy of mentioning: <https://calendar.libraryweb.org.calendar/RPL/rainbowdialogues8> ... the 8th Annual Anthony Mascioli 'Rainbow Dialogues' .

Hope to see some of you on Saturday, but with any luck I won't because of the thousands that will be there!

Peace ... Bill