

a

Crip Ritual
care package

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To my friend I have not yet met,

this letter
announces and affirms my
love and care
for you,
my fellow disabled person,

my crip, d/Deaf, Mad, and
Sick family.

This is my ritual of crip love:
to unconditionally love
every bit of your beautiful
bodymind,
to care for your heart, your
mind, your well-being through
this letter,
and the objects it arrived
with.

Words, texture, images,
things that can be held
and used.

Contact.

In these times
(and in all times),

when the world
prefers us dead,
an acceptable loss for a
return to a normal that never
worked for us to begin with,

Here We Are.

A cause for celebration:
imagining, creating
valuable disabled presents
and futures.

My words descend from a legacy of ritual letter writing, of activist zines, of art, of mutual aid

- of sustaining each other, of creating and continuing connections between people who are physically far apart, some of us isolated from other bodyminds, from touch.

This zine is the ritual that works to build common understanding across crip communities because, like

the notion of access intimacy described by Mia Mingus, it draws on the shared cultural ground of disability expertise (1).

This multi-sensory care package is filled with processes, incantations, sustenance.

- Place the **button** on something you see everyday
- Use the **postcard** for knowing and describing your own cripRituals

- Explore the **affirmation card** from Margeaux Feldman
Keep it where you need it most
- Recite the **incantation**
- hold, use, or wear the **yarn** from Jess Watkin's installation
- drink some tea

This is for you.

Through the action of sharing these words, these objects, we engage in a mutual aid of sustenance, of initial connection.

Of potential collective futures.

We have always been in the interstices: liminal.

'Out there' just became another level of danger, one more layer of risk than was there before.

And we care for each other,
through sharing masks,
money, food, life-hacks, a
place to sit, putting ourselves
in places/spaces as refusal,
protest (2).

These are community care.

Community care is
#cripRitual.

All acts are iterative:
join us in the next iteration
of crip joy, of community as
cripRitual.

- send us audio to add to to a
playlist (cripritual@gmail.com)

- share your #cripRitual with
us through text, photo, video,
audio, art, social media.

- send parts of this care
package onwards to a friend

- perform your own
incantation

By responding or
sharing onwards:
further connection,
further sustenance.

This is for us.

Citations & Foundations:

Mia Mingus: Access Intimacy

Leah Lakshmi Piepzna-Samarasinha
Care Work Dreaming
Disability Justice,

Electronic Disturbance
Theater 2.0:
The Transborder Immigrant
Tool

Melissa Rogers: Making Queer
Love:
A Kit of Odds and Ends

Mimi Khuc: Open in
Emergency

Objects in care package:

Margeaux Feldman
affirmation cards

Tangled Art
button

Critical Design Lab
postcard

Jess Watkin
yarn

RA Walden
zine

Critical Design Lab
this zine

contact us at
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