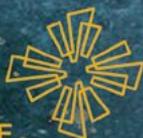


*Love,  
a state of grace*



GRACE  
CATHEDRAL

ZACCHO  
DANCE THEATRE

Zaccho Dance Theatre and Grace Cathedral present

# *Love, a state of grace*

**Direction and Choreography by** Joanna Haigood

**In collaboration with**

**Composer:** Walter Kitundu

**Scenic Designers:** Wayne Campbell and Sean Riley

**Rigging Designer:** David Freitag

**Lighting Designers:** Norm Schwab and Krissy Kenny of Lightswitch

**Costume Designer:** Joan Raymond

**Ritual Designers:** Yohana Junker and Cláudio Carvalhaes

**Performing Artists:**

Veronica Blair, Suzanne Gallo, Ciarra D'Onofrio,

Nina Sawant, Saharla Vetsch, Helen Wicks

**Organist:** Christopher Keady

**Production Manager:** Matt Leonard

**Research Assistant:** Ciarra D'Onofrio

**Rehearsal Assistant:** Clare Whistler

**Stage Manager:** Jessica Parsons

**Scenic Fabrication:** Wayne Campbell, Jack Campbell, Lawrence LaBianca

**Rigging Crew:** Andrew Castle, Scott Cameron, Sean Cotton, Spencer Evans, Sean

O'Brien, Jennings McCown, Ben Seilen, Philip Heron

**Stagehand:** Jake Lavinghouse

**Production Support:** Phil Ho and Victoria La, Villan Design Studios

**Lighting Programmer:** Mitchell Jakubka

**Lighting Crew:** Ryan Calkin, Ach Kabal,  
Ruben Markowitz, Brian Schumann, Kyle Slaugh

**Audio Technician:** Chris Palowitch

**House Manager:** Lizzy Spicuzza

**Publicist:** Mary Carbonara

**Haptic Access Tour and Audio Description by**  
Gabrielle Christian of Gravity Access Services

Read our  
collaborators'  
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## ABOUT ZACCHO DANCE THEATRE

Founded in 1980, Zaccho Dance Theatre is an innovative force in both the world of dance and our home community of Bayview Hunters Point. We create and present performance work that investigates dance as it relates to place. Artistic Director Joanna Haigood and collaborators pursue unique and challenging visions of dance, including spectacular aerial choreography, evocative site-specific performances, and culturally significant subject matter. Zaccho collaborates with an extraordinary group of diverse artists to create unique and innovative performances and elevate the work to international acclaim.

Zaccho Dance Theatre is San Francisco's oldest Black-run dance company and the only professional dance company based in Bayview Hunters Point. The Zaccho Studio is a 4,200 sq ft facility utilized for rehearsals, performances, community events, and educational activities for youth and adults. Our work draws inspiration from social histories and racial justice themes, and returns it to the community through youth arts education, adult classes, artists in residency programs, and the biennial San Francisco Aerial Arts Festival. Our Youth Performing Arts Program is a collaborative youth arts education program developed to enhance classroom learning, educating both the mind and the physical body of our young Bayview Hunters Point neighbors. As a longstanding nonprofit program, we pride ourselves on maintaining our artistic integrity, social consciousness, and community involvement.



## ABOUT GRACE CATHEDRAL

Welcome to Grace Cathedral and Spacious Grace. Grace Cathedral is an inclusive community of seekers and believers, scholars and artists, innovators and people of action. We work to advance social justice, embrace creative thinking and open-minded conversation, and strive to live out our beliefs. Through hosting civic conversations, cultural events, and worship, we hope to be a place where you can connect with others. Grace Cathedral is a house of prayer for all people. Spacious Grace is the cathedral's annual free-form arts festival when we remove the pews and fill our wondrous space with dance, music, and theatre.

### Coming Soon: Carnivale - March 1, 2022

A 1920s Mardi Gras for the Modern Era, an incredible night of connection and community you won't want to miss! Grace Cathedral's annual gala connects our global community and influencers in the city with the mission of the cathedral. Funds raised through Carnivale provide vital support for Grace Cathedral and its many innovative ministries and programs across worship, education, social justice, and the arts.

<https://gracecathedral.org/carnivale-2022/>

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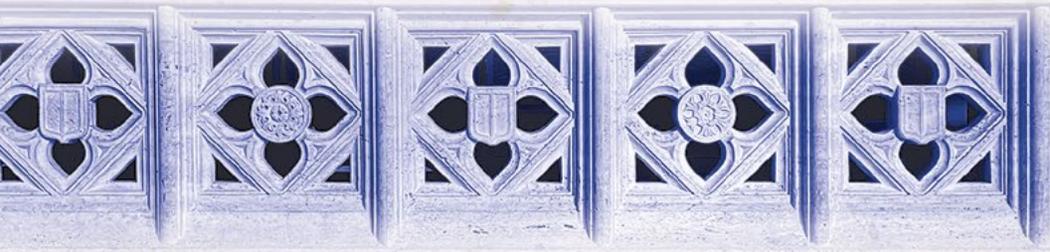
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## FUNDERS

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## THANK YOU'S

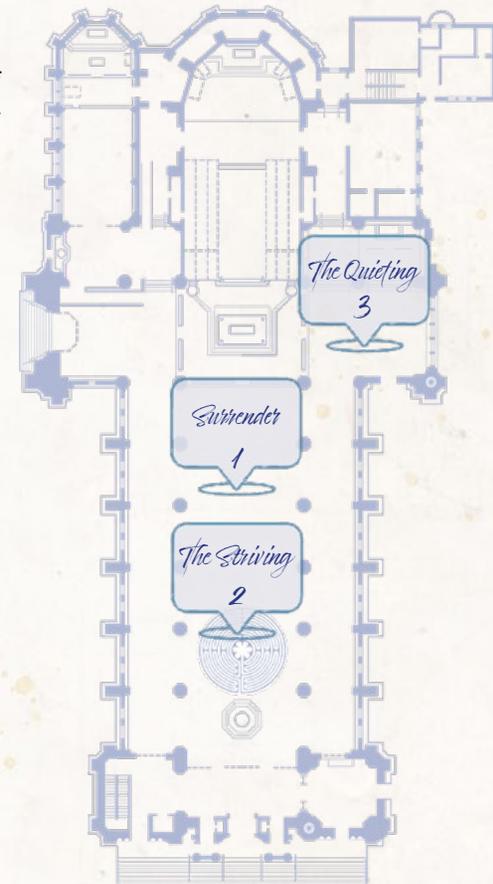
Our community partner, Grace Cathedral, has a well established tradition as a cross cultural sanctuary. Its leadership and innovative programming has inspired much of the conceptual aspects of this work. We are pleased and honored to be collaborating with Grace Cathedral's staff, especially Rebeca Nestle, within the context of an arts experience. Our deepest gratitude also goes out to Clare Whistler, Peter Streitman, Albert Streitman, Cassidy Friedman, Anne Bluethenthal, Skywatchers, Eric Walner, Ann Berman, Wendy vanden Heuvel, Ben Davis, Phil Ho, Janine Shiota, Adriana Grino, Jack Campbell, Leslie and Hal Kruth, our family at Bandaloop, Larry Arthur and Mountain Tools, Mélea Emunah, Tyra Fennell, Cheryl Ward, Hala Hijazi, Kavitha Dulai, Kirk Davis, Arianne Dar, Shirin Vossoughi, Azadeh Welu Kitundu, Carey Perloff, Jo Kreiter, Lightswitch, Felix Lighting, ACT Lighting, Erik Cutler, Norm Schwab, Frances McDormand, Wayne Campbell for his brilliant almost last project, Zaccho's amazing Board of Directors and staff, all of the anonymous folks who supported us (you know who you are), and the extraordinary artists who gave their love and talents to this work.

## ARTIST STATEMENT

In *The Fire Next Time*, James Baldwin reminds us that *"Love takes off the masks that we fear we cannot live without and know we cannot live within. I use the word 'love' here not merely in the personal sense but as a state of being, or a state of grace - not in the infantile American sense of being made happy but in the tough and universal sense of quest and daring and growth."* This state of grace is what I am wondering about. How do we empower ourselves with this grace? How do we maintain it in these tumultuous and violent times? How do we nurture and love ourselves through our never ending doubts and self judgment? And how do we love the planet in a way that secures a future of generous reciprocity?

After a couple of years of research, I reached out to my community, family, and friends to find out what they were thinking. Our connection is where love impacts and matters the most in my life. I received almost one hundred responses that are deeply poignant, sincere, earnest, and hopeful. This work is becoming an expression of this exchange with others, and of the learning and relearning of love in its broadest sense. I am grateful to the extraordinary artists and supporters who have contributed to the work and for this opportunity to share it with you.

**Joanna Haigood**





## Surrender

**Location: The Nave**

**Performers: Suzanne Gallo and Helen Wicks**

Courage is only possible in community. When you find yourself afraid and you don't know if you can survive it: Close your eyes and breathe and remember the one who loves you. Love will make you brave.

**Valerie Kaur**

It is a world of elemental attention, of all things working together, listening to what speaks in the blood. Whichever road I follow, I walk in the land of many gods, and they love and eat one another. Suddenly all my ancestors are behind me. Be still, they say. Watch and listen. You are the result of the love of thousands.

**Linda Hogan**

## The Striving

**Location: The Labyrinth**

**Performers: Ciarra D'Onofrio and Saharla Vetsch**

Agape is not a weak, passive love. It is love in action. Agape is love seeking to preserve and create community... Agape is a willingness to sacrifice in the interest of mutuality. Agape is a willingness to go to any length to restore community. It doesn't stop at the first mile, but it goes the second mile to restore community. It is a willingness to forgive, not seven times, but seventy times seven to restore community. The cross is the eternal expression of the length to which God will go in order to restore broken community."

**Martin Luther King, Jr.**

For one human being to love another; that is perhaps the most difficult of all our tasks, the ultimate, the last test and proof, the work for which all other work is but preparation."

**Rainer Maria Rilke**



The one hundred foot ladder I made for *Love, a state of grace* was inspired in part by Martin Puryear's Ladder for Booker T. Washington. I thought this site specific ladder to the heavens should twist and turn as it ascends into infinity, in counterpoint to the Cathedral's orthodox symmetry. **Wayne Campbell, Scenic Designer**

# The Quieting

**Location: North Transept**

**Performers: Veronica Blair and Nina Sawant**

The seeds of true love - loving kindness, compassion, joy, and equanimity - are already there in our stored consciousness. Through the practice of deep looking, the seeds of suffering and attachment will shrink and the positive seeds will grow.

**Thich Nhat Hahn**



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## UPCOMING EVENTS

### San Francisco Aerial Arts Festival - August 18-21, 2022

Zaccho Dance Theatre's San Francisco Aerial Arts Festival is San Francisco's premiere aerial arts event featuring internationally recognized aerial artists and exciting newcomers breaking into the field. Hosted at the historic Fort Mason Center for Arts & Culture, the 2022 festival will premiere choreographer Veronica Blair's work COLORED GRRLS, a contemporary circus reimagining inspired by playwright/poet Ntozake Shange's *For*

*Colored Girls Who Have Considered Suicide/When the Rainbow is Enuf.*

## ROOTED IN LOVE

In many religious traditions, the concept of journeying towards oneself, community, and the earth are movements towards the Sacred and have been fundamental in structuring ritual practices. The series of meditations and small rituals provided in the program's insert invite you to ground yourself as you experience love and art. At the heart of each station, questions, ruminations, and invitations will guide your pilgrimage.

In Love, **Yohana & Cláudio**

Love. Where do we even begin?

To write and think and feel and embody love is to touch constellations of teachers, ancestors, spirits, communities, places, plants, peoples, worldviews, animals, and enchanted beings who have expanded our webs of affection, mutuality, reciprocity. Beloved Thich Nhat Hanh often talked about love as that nest in which we can practice lovingkindness to ourselves.

"Love yourself," Mary Oliver writes, "Then forget it.

Then, love the world." Love blooms when we learn to dance first with ourselves, and then, with the earth... For those of us who have survived systems of violence and wounding, bell hooks alerts us, love is a mandate.

Love, gente amada, is not only a revolutionary act - it's one of our deepest and most ravenous necessities. It's the gossamer that sustains all of our relations! Let us, then, love, heal, bloom, and feast!

In Love, **Yohana**

Love is a current underneath everything, it is all the symbiotic movements everywhere. We came from it, we walk on it, our deepest core belongs to it, we will return to it. Love is what we give each other, to the land, the fruits we bear from these relations. In the same way that life is different at each biota, love also moves and happens differently at each place. The wonder of our planet is that we have many worlds living together. I'd suggest that love is the holding of these worlds in flux, the expansion of spaces for all these worlds (land and beings) to live. To love is to recognize the land we live in, the soil we are. It is to protect every living being around us. The more we learn about the land we live in, the closer we get to true love. The way the earth loves us is by giving us sustenance and medicine. That's how we should also love each other: offering mutual sustenance and healing. On the other hand, the destruction of the land is the end of love. Without love entire worlds disappear. When the land dies, we also die. The end of the forests is also our end, the poisoning of bees is the poisoning of our bodies. The death of the oceans is our common death. Christians call love God, life flowing everywhere. Gilberto Gil, a Brazilian singer, shows us in a song what love is and I believe it reflects so beautifully what happens here at *Love*, a state of grace.

In Love, **Cláudio**

### *Tie Your Plough To A Star*

*If the fruits produced by the earth  
Are still not so sweet and pulpy  
As the pears of your illusion*

*Tie your plow to a star  
And time will give  
harvests and harvests of dreams  
pounds and pounds of love  
On other planets of laughter  
Other kinds of pain*

*If the fields cultivated in this world  
are too hard  
And the war-torn soils  
do not produce peace*

*Tie your plow to a star  
And then you will be  
The mad farmer of the stars  
The peasant let loose in the skies,  
the farther from the earth we get,  
The farther away from God we become*

*Cláudio Carvalhaes*

# What does love mean to you?

love is a spirit within us, that must be nurtured and tended with great care. when attended, it gives us a sense of peace, joy, courage and conviction that we are complete as we are... right now. it is reflected to us in music, in the ocean waves, in the luscious soil under our feet... the earth is made of love. **amara**

The awareness that all living things are precious and worthy. Unconscious movements to put others before yourself. **Joey**

I offer here three primary inspirations. First, love is an umbrella term. I find it overused. It's often confused for other sentiments, like affection, need, lust, care, admiration, infatuation, attraction, etc. In the late 90's when I had become completely confused about love and my love life had become unmanageable and chaotic, someone gave me the book *The Road Less*

*Traveled* by M. Scott Peck, in which love is defined as, "The will to extend one's self for the purpose of nurturing one's own or another's spiritual growth." For the past 24 years, I've adopted this basic meaning of love. bell hooks quotes Peck's definition in her book "all about love" and adds, "Love is an act of will – namely, both an intention and an action."

Second inspiration, since my teens (though I often completely disregarded this wisdom!) is from Kahlil Gibran's *The Prophet*. Paraphrasing, he emphasizes the importance of autonomy and individuality with metaphors like "the pillars of the temple stand apart" and «even as we drink together, never from the same cup." It is key in our fear or need or passion not to collapse into the other, not to forget to respect the crucial space between us. It helps me to think of all dyads as triads, all duets as trios. The third element is the space between us, and has equal value as the two active subjects. The space is like the rests in music notation: without them all the space would be forever, exhaustingly filled in.

My third inspiration is the ancient Greeks' seven different kinds of love. Eros: romantic, passionate love. Philia: intimate, authentic friendship. Ludus: playful, flirtatious love. Storge: unconditional, familial love. Philautia: self-love. Pragma: committed,

companionate love. Agápe: empathetic, universal love. I try to nurture all seven! **Jules**

From my humble perspective, we are all LOVE at the core essence of Who We Are. We are sparks of the Life Force Energy which for me, is the Ultimate Love... We all possess Light & Dark. Through our lifetime(s), our Love has been challenged and tested on many many levels through society, parents, school, government, religion, various aspects of life and living, etc. How many of us have been able to be True to ourselves to really BE the Love for our own selves, our families, friends, community, the world, and beyond? When we are able to do the inner work, releasing, letting go, healing, forgiving, transmuting and transfiguring all that doesn't serve us, that is not of the Light of Love, we can begin to arrive in some kind of inner peace and radiate unconditional, selfless Love. When we can simply Be... For me, Love begins with me, it's an inner job, an inner game, a constant inner compass that I am continually navigating, choosing, taking action, being fully present, conscious, and aware through my thoughts, words, deeds, etc. that feel good, and assist to raise the good spirit, the Love Vibration on our dear Mother Earth, all her Kingdoms. To me, this is the journey home, to be the balanced, wholesome divine masculine and feminine energies each of us possess. For when we can really, truly love ourselves, we can

then begin to naturally Love others and everything, do no harm and contribute to helping create a better world for All, joyfully bringing, shining, radiating, emanating our beautiful spirits, sharing our "Heart's Power" with the world and beyond... They say "Love Makes the World Go Around," Hallelujah! Let It be So... **Keiki**

Love is what makes our differences workable - what holds our collective imagining of freedom to times past and future; devoid of fear, of loss, of death and dying, metaphorically and literally. **Tamara**

Love used to not mean anything to me - something others experienced. Now, love means hope and promise and safety. **O**

Love, the source, the well out of which all springs, the very reason we are here at all, the main dish and the seasoning, ineffable ties that bind all together, no matter the weather, not always pleasant but always potent, fomenting the deepest sighs, bellyful laughter, flow ingest tears, before, during, after, it's all love, below and above.

**Diane**

Love is the channel that moves us. It is like the crest and trough of a wave in the course of the water. **Katy**

My whole self being accepted, appreciated, and cherished. **Tamara**

Going through hell and back. guys you dont gotta be scared about love. **Zzz**

LOVE is NOT TRANSACTIONAL. It is a State of Being in which loving MYSELF and loving ANOTHER are one and the same. LOVE is not hearts and flowers. LOVE is not warm, fuzzy, mushy, tingly. LOVE is a powerful force. A soft power. Effortless. Transformative. Full-bodied, open, expansive. Deep connection to oneself and to another. Deep faith that all is & will be okay. \*\*\* LOVE is an inner state that needs nurturing, awareness, discipline, vigilance. **Anonymous**

Silent love is everlasting love, if we could only resist the temptation to shout it out, in our quest to feel loved. **JP**

Love means nothing to me. It gets used in so many ways, it needs clear intent and context to be understood. Love at its best can imply solidarity, inspiration, and blessing. **Keith**

Love is what compels us to stay alive in the face of suffering and negotiating the complexity of being human. It is love that allows us to feel the persistence of life however tiny, however large, however illusive that exists around us. **Mary**

Love is energy that connects us through time and space. **Cherie**

My first reaction is, I wonder how the natu-

ral world would answer this question. Listening to a non-human epistemology on this topic would be useful. I like to think love is offering one's attention and holding what is real. That love is an exchange between beings. And I personally try not to overstate, romanticize, or own the other part of that exchange. **KT**

It's the word for where we begin and where we end - the journey between is what we call life or living. I see and feel this every time a baby is born and what happens at the end of our bodies. Love is a way of understanding the soul of the universe. **Chuck**

**Chuck**

Deep generous listening. **Carey**

Love is an essential life giving force that connects all living things. It is as essential as the elements: air, water, fire, and earth. Love is simple, and yet complex. **Anonymous**

**Anonymous**

Love means caring, holding and being held, infinite expansion and beauty. **SAV**

Love is devotion, even through the moments when we do not always love our loved ones. Love is a mother stealing glances at her son late at night on the couch in front of the TV, because he is nearly grown up and will be leaving the house soon. Love is the drive that powers you through, so

you can gather with other artists and make something happen in the world. Even when the world is inhospitable to imagination. **Jo**

To be Held. To lend Hope. Carry me Home.

**Marina**

*How do you practice self love and self care? How does it impact how you are able to love others?*

Practice is key. Every day, every time I feel disconnected or anxious, I'm learning to stop and breathe and pay attention. Notice who I am, welcome myself again, be grateful to be alive, and do what I need to live strong and creative in an aging body. Many times I forget. Then it's possible to practice forgiveness and compassion and return to the love that I believe is always there. Practice that belief. Start over a million times. If I can abide with this state, my care for others becomes lighter and more joyful. And I remember my desire to relax and let the weight of loss and sorrow go and simply be with the others, with the earth, and be kind in whatever ways show themselves when I stay in love. **Janet**

I have never thought of self love and self care as a personal goal of mine especially given the present use of these concepts.

I am interested in a more world-imagining project that signals care and love for community (whatever that may be) than the emergent centering of the self. Thinking of others first makes my caring for them possible and urgent. **Neo**

I talk myself down off the ledge when I'm feeling insecure. I monitor how insecurities affect my opinions of other people and I make a correction. I find joy in putting aside 'myself' when I'm with other people. Contact with others is part of my self care. **Gail**

**Gail**

In these times of uncertainty, loneliness is the invisible enemy. **Anonymous**

Sacred space is morning walks in the park, smelling fresh oxygen, viewing beautiful skies at dawn, and appreciating nature. I also pray. All of the aforementioned are my forms of worship. **Tyra**

I journal everyday and have done for many years. It gives me the opportunity to vent and own my part in conflict. It gives me an opening to find clarity about what is and isn't love. **Silver Hawk**

I meditate, going within, to the infinite source of creativity. It allows me to share that experience with others, extending that potential with them. **Halifu**

Walking, walking, walking through the forests of the Presidio, silently feeling how ancient the world is. I come home much calmer and less argumentative! **Carey**

I practice self care by doing things that make me feel good, like baths, basking in the sun, or buying something I desire. I practice self love by staying away from people, places, and things that make me feel bad. I also hug myself and tell myself how amazing, loved, and beautiful I am. By loving on myself and taking me time, I have more energy, patience, and grace when I am around others. **Ray**

separation  
from the intimacy of public life  
is the real battle

It turns out  
that the barber, the butcher, and the baker  
were actually  
a lovely dance with the familiar

no longer taken for granted  
their absence  
has awakened me  
to what they  
contribute to the quality of my life.

my "thank you's" are more sincere now  
how could they not be? **Farley**

Love is being real. Love means trust. Love

means continuing to walk towards truth and freedom. Love is the inertia of life happening in the vital and sparking alive sense of emerging presence. **Andrew**

My feelings about myself pretty much govern my ability to love others. I have to remember to love myself; I don't wake up that way. **Lance**

Communication!, sobriety, therapy, manicures, journaling, chocolate, meditation, reading, doing things for others. The abundance of selfless patience and desire to experience God's full expression felt. **Kirk**

I try to examine my words and actions at the end of every day to make sure I was as good and kind of a person I could possibly be. **Jamie**

Respect your own pacing. It comes from your hard drive. **Naomi**

*How have you witnessed love in action in community or with others? In what ways has it been transformative?*

I have witnessed love in action when I have come together with others to learn, dance, cry, honour, and stand with people who care about justice and care about the

world. I have experienced love in action when my loved ones have forgiven my flaws, supported my dreams, and cared for my family and me in hard times. I have been transformed by love when I have given of myself and my resources, attempting to ease the pain of others or smooth the way for others and their loved ones. In this sense «others» embraces all living beings, not just humankind. **Julia**

I just lost a dear friend a few days ago. Witnessing the community come together around him, forgetting all the ridiculous fights within the group, and just watching our friend leave this Earth peacefully and loved was transformative. I feel less scared about losing people and Michael made me feel like there is a lot of light in death if you have love on your side. It created peace in my heart and took a lot of the pain away.

**Charlie**

I see my neighbors look out for other neighbors, and I see people taking time to protect the rights of others. The love people do share around me allows for more experiences connected to hope (and optimism) in my own life. **Stephan**

Maybe when I saw my brother washing my mother and when I saw my son taking care of other people... I think that love in the community can coincide with taking care of others physically. **Wanda**

I have witnessed boundless love between friends bearing witness, being present, and showing up with open and vulnerable hearts. Love is transformative when we remain true through the best and worst of times. **Shelley**

To look back as a climber, down upon each timorous precipice - from which my vantage ahead could yield no more than a wall of stone - love was a net, woven of cords by diverse names. Anchored just beyond my sight, it was only by ascending that I could see it, suspended there, to catch me. About the peaks, love is the chain marking the edges of danger, the wind which pushes back against my solitary drive toward toppling. **Montgomery**

I've witnessed love through the fire of loss and had my experience of loving transformed by it. **Ann**

When I truly understood my husband, and loved him despite his difficulties, it transformed our marriage. Until then we just wanted each other to change. **MG**

Random acts of kindness and senseless beauty. **Judith**

Love is the passion behind creativity. Love is the balance between trusting and sharing. **Malik**

The we of me. **Janice**

Knowing someone is there to grow with you, no matter how each of you changes. **Q**

I have witnessed a staff at a tea house bring coats for Michael, a homeless man that is always in the area, always losing his coat. The staff keeps extra coats there for when he comes and they feed him every time. This always reminds me that the smallest gesture, repeated over and over makes a lasting difference. We are not heroes, but we can be human! **Jiron**

*How can love be an antidote to injustice and oppression?*

Love is to be the other and understand that duality is the nature of the whole. **Janine**

By tilling our garden, and making our immediate sphere an example of loving kindness we are changing the world. I don't think it has to be grand gestures of righteousness. I am often mistrustful of those. But being an instrument of love in your close community – friends, lovers, family, can have a ripple effect. **Joe**

It has to start with loving oneself, being loving, accepting of oneself. It is a practice of remembering who you really are, our essence. The spirit of love inside of us, we are made of it. But it must be tended, and we have to see that our hatred and rage is ma-

nifest as oppression and injustice against each other and the earth. And that in order to transform it, we must be willing to be uncomfortable and face our fears to find our love spirit again. Love defies ownership. Love does not demand to be "right". Love just is. **amara**

You can't legislate love. You can look to your heart, and evaluate. **Patricia**

The hardest thing is to love the hard ones, the unkind, the unfeeling, even cruel ones. Being a caring and open human is hard. Love is its own reward, a gift you can give yourself. **One**

Love can transform reactivity. Love is not a reaction, it is a substance, it is substantial. **Reva**

Love is the motivation. Love is the courage to be honest about the roles we all play in systematic oppression and injustice, in the ways we benefit from it, and the way we may experience it. Calling someone in is an act of love to me, and it is saying to that person or the institution, I love you enough to believe you can change and you have the capacity to change. It is because I love humanity so much that I can not stand for oppression and injustice. **Turtle**

I think if we as humans stopped thinking about issues in accordance to politics and

put pride aside, we can solve things on a more human level. What does it mean to empathize, what if that person was your sister/brother. Not one race or gender is more dominant than the other. No further divide as a nation, we are all humans. Then go from there. **MB**

All beings... if allowed... can surrender into the endless reservoir of love deep within ourselves... love is our birthright. **Penny**

The belief in God. One of his synonyms for God is love can overcome everything, but it may not be an immediate success. Not thy will but thine be done. It may take time, but in the long run there may be a reason as to why it takes time. You may be led to other avenues and locations and outcomes you would not have been led to had the strife not occurred. **Christine**

I'm not sure love can be an antidote; love can outweigh, outmaneuver and outsmart; love can change the course of history but can not undo what has been done. \*(Unless perhaps it is love offered by those who created the initial damage.) **xxx**

When I develop deep self-love (resilience, agency, discernment), I feel safe enough to not put up barriers or tribalize or shrink from my purpose. **James**

*Do you have a spiritual practice centered in love? Where are your sacred places? How does love feel in your body?*

Since I've traveled for work most of my life, my sacred spaces are fleeting - a cafe, a street to walk down - and now that I have a dog, sitting on the couch before anyone else is awake with 100 pounds of Mastador on my lap is my temple. In my body, love is breath, a big inhale and then an exhale that changes the shape of my shoulders and my spine. **Jeff**

I practice gratitude, acceptance, and staying present in my choice to live through love. I have several sacred spaces... inside my heart, and outdoors (both in the mountains and by the ocean). Love feels good, easy, relaxed, and at home in my body. **Colette**

In my body, true love feels like I am centered in expansive space and positive energy with a mindset of abundance, responsiveness and awareness of my responsibilities and relationships. My sacred spaces are found outdoors in nature, especially in the Ancient Gardens that surround my home, those lands that Indigenous people have protected and conserved. As a non-Indigenous uninvited guest living within unceded Indigenous

homelands, I strive to uphold the highest law of the Nuu-chah-nulth constitution: iisaak: "To observe, appreciate and act accordingly," and to remember hishuk-nish-tsa-wahk - "Everything is one and everything is interconnected." **Julia**

Life is centered on Love. The sacred space is where the Love is focused. Love is beginning to feel more and more like breathing and circulation. **Ellen**

My spiritual practice has been to love and forgive myself and others. Beauty in nature is where I want to be. Feels warm.

**Tiona**

My spiritual practice is the one that has been shared by all the masters of humankind. And they all say the same thing. Love one another the way you love yourself. **Lara**

Love in my body feels hopeful, peacefully anticipating, and fluffy. **Leah**

Metta, or loving-kindness, not only as a spiritual practice but a way of life. My home is a sacred space. Nature and many places of worship are sacred spaces. Love feels to me like warmth, happiness, and fulfillment. **James**



# ZACCHO

## DANCE THEATRE

Thank you for joining us in this celebration of love!  
We hope you enjoyed *Love, a state of grace*

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