

a

# #CripRitual 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 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

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