

To my friend I have not yet met, welcome to the online version of A #CripRitual Care Package.

This care package began as a conversation between the Critical Design Lab curators and the gallery folks at both The Doris McCarthy Gallery and Tangled Art & Disability.

Our thoughts began with the idea of contact: the extraordinary contact we have when we encounter art in a gallery with other people. We then considered the connections between #cripRitual and disabled mutual aid - of sustaining each other, of creating and continuing connections between people who are physically far apart.

How might we make deeper connections with remote gallery-goers across the world?  
What is the #cripRitual of disabled, crip, d/Deaf, mad, sick connection?

As Leah Lakshmi Piepzna-Samarasinha says in *Care Work*, disabled people survive because of each other, from sharing the same \$20 repeatedly, to giving emotional support, sharing food and other material goods, all whilst building community (1).

What then is necessary for sustaining life, and how do #cripRituals sustain us, build community?  
Here I don't mean sustaining in terms of physicality (though it could), but rather as collective liberation, of living beautiful disabled, mad, crip, d/Deaf, sick lives.

Thinking about this also reminded us of *The Transborder Immigrant Tool*, where recorded spoken poetry was as necessary for sustaining life for people crossing the border between Mexico & the US as maps of where to find water on a hidden mobile phone (2). Mimi Khuc's *Open in Emergency* project also came to mind, as did a project by my dear friend Melissa Rogers. Titled *Making Queer Love: A Kit of Odds and Ends*, it was a kit that included a mix of thrifted crafting materials along with a zine that was a love letter and instructions for making queer cross stitch. This project is one of many "iterative acts of making queer love," and is all about connection and non-productivity, living on the margins together, sharing in love (3).

When art, poetry, and song are understood as collective necessities for life, we change the world we live in.

I began to wonder what a mutual aid #cripRitual of connection would look like.

How might we make connections with those who join us for virtual tours, who come to remote artist talks, or arrive on the cripRitual website to view the virtual exhibition? What does contact mean? What does it mean to be fully present, in the moment, when we are alone in our rooms, yet together through screens?

We chose to create these care packages as our answer.

#CripRitual began initially during a Critical Design Lab meeting, where we read and discussed work together. We were joined by the gallery spaces, first separately, and then together, along with the artists and their work, connecting prior to, and throughout this pandemic, from multiple locations, remotely.  
(I have never met any of these collaborators in person, yet, connection.)

Now the exhibition is open to the public.  
What is necessary for sustaining us?  
Another iteration, more sustenance,  
And yes, connection.  
These care packages.  
A new Crip Ritual.

- in connection,  
Jarrah Moesch  
February 2022

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# # Crip Ritual care package

- Read the **curators'** love letter
- Recite the **incantation**
- Print & 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's work *Soft Magic*  
Keep it where you need it most
- Read *A Primer on Working With Disabled Group Members for Feminist / Activist Groups and Organisations*, from RA Walden's installation.
- Hold, use, or wear the **yarn** from Jess Watkin's installation, *Knitting to Listen*
- Listen to the **playlist**:  
<https://www.youtube.com/playlist?list=PLBrFmYTTImNWJAA8PaWf92GfQvJKvEWWJ>

## Citations

1. Leah Lakshmi Piepzna-Samarasinha, *Care Work Dreaming Disability Justice*, Arsenal Pulp Press. 2018.
2. Electronic Disturbance Theater 2.0 / b.a.n.g. Lab, *The Transborder Immigrant Tool*  
<https://anthology.rhizome.org/transborder-immigrant-tool>
3. Mimi Khuc, *Open in Emergency*  
<https://www.mimikhuc.com/projects>
4. Melissa Rogers, *Making Queer Love: A Kit of Odds and Ends*  
<http://hyperrhiz.io/hyperrhiz13/missives-of-love/queer-love-essay.html>

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# #CripRitual care package

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Jarah Moesch  
Aimi Hamraie  
Cassandra Hartblay

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.**

# an incantation.

The following incantation was written by Aimi Hamraie and has been delivered as a #CripRitual at the Critical Design Lab's Remote Access parties, beginning with a 2020 "Witches and Glitches" event at the Allied Media Conference.

We include it here as an invitation to participate in creating crip ritual containers, spaces for reflection and connection, as you interact with the materials in this care package.

We also invite you to write your own incantation and share it on social media using #CripRitual.



We welcome you to the crip  
ritual of  
Remote Access,  
a way to celebrate and be  
together that emerges from  
crip culture.

We'll start by creating a  
container for our party by  
imagining our spaces glowing  
with pink and purple light.

Imagine your space as a  
bright dot  
on a map  
of the night sky.

When we zoom out,  
your bright dot appears  
scattered across a landscape  
of other dots, with lines  
connecting them until  
multiple concentric circles of  
purple and pink light  
form.

They shimmer.

And within that shimmering,  
we charge up our circles with  
elements of crip power.

We call in the power of  
**Crip Access.**

crip as refusing normalcy.

Access as the flow of radical  
love and hospitality.

Crip access as the element of  
facilitating belonging together  
for all of us and  
refusing  
to leave any of us behind.

Crip access as flexible,  
ingenious, creative,  
and world-changing.

## **We call in the power of Crip Rage.**

Crip rage as non-compliance,  
the fire of crip protest, the  
smash of sledgehammer  
against sidewalk, of body  
against inaccessible building.

## **We call in the power of Crip Humor.**

Crip humor as irreverent,  
taboo, biting, political.

Crip humor as turning the  
gaze back onto Ableds.

Crip humor as a cornerstone  
of crip ritual.

# We call in the power of Crip Slowness.

Crip slowness as valuable  
methodology and technology.

Crip slowness as focusing  
away from ableist futures  
toward the pleasures

and value of the  
present.

Crip slowness as a way to  
move and

a way to  
know.

# We call in the power of Crip Pleasure.

Crip pleasure as the joys  
emerging only from crip  
culture.

Access intimacies, shared  
skills and stories, accessible  
potlucks, mutual aid  
networks, extended kinships,  
and access as love.

## 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  
[cripRitual@gmail.com](mailto:cripRitual@gmail.com)

visit us online  
[cripritual.com](http://cripritual.com)

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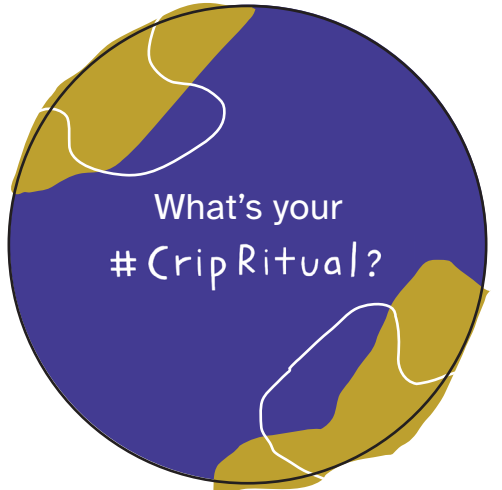
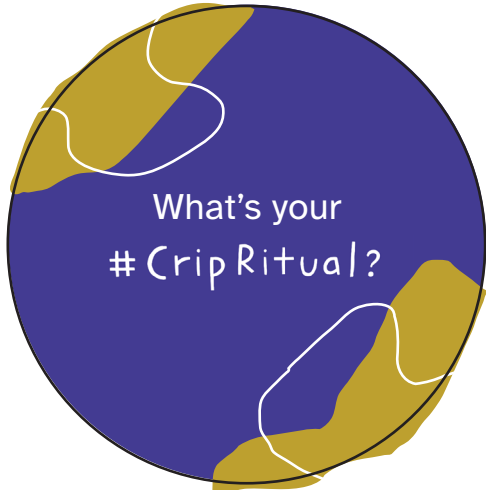
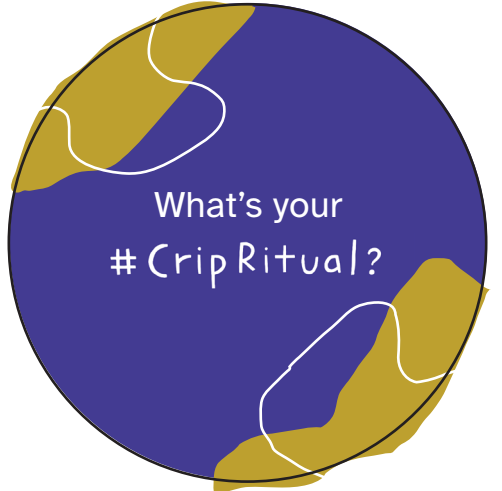
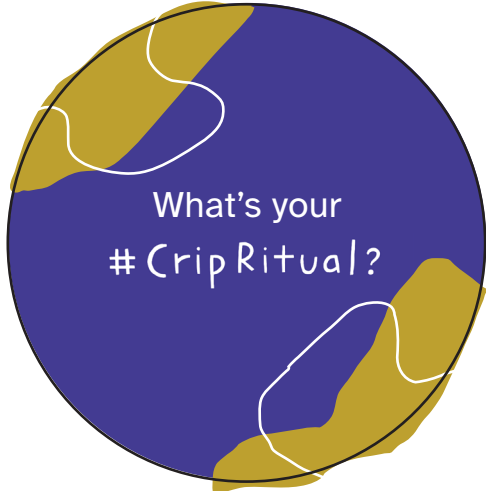
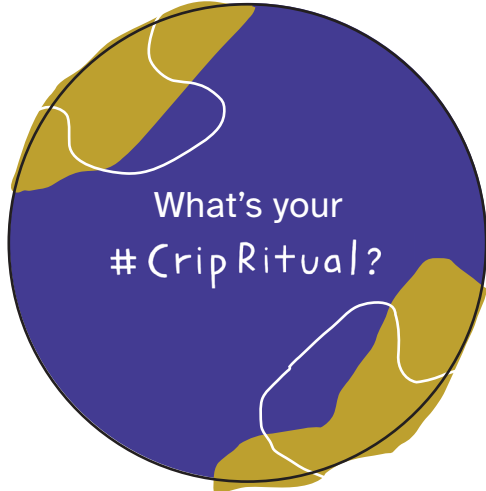
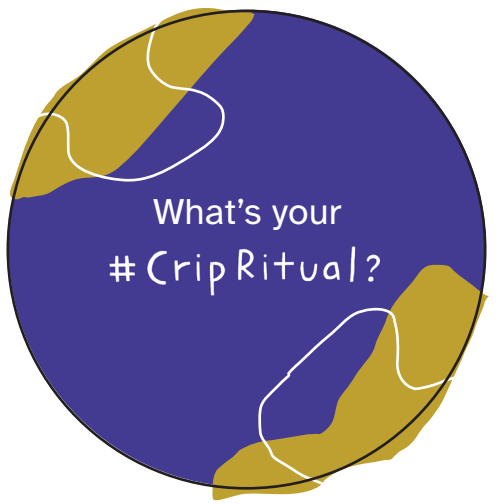
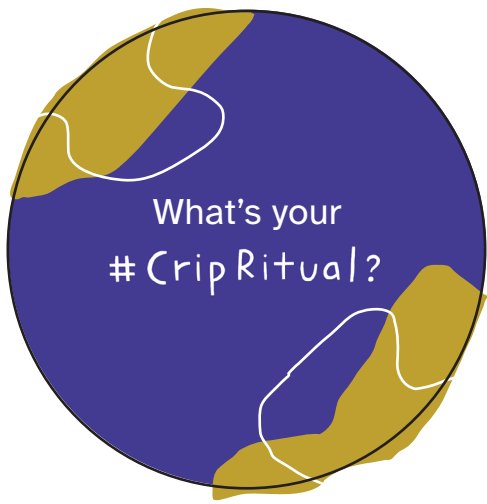
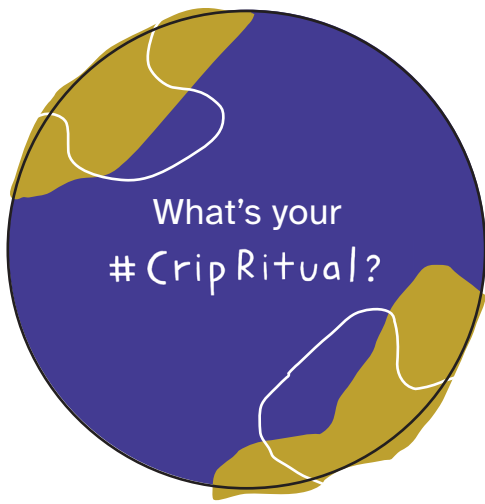
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WHEN OTHER PEOPLE

\_\_\_\_\_, I...

...AND THAT'S #CripRitual.

The #CripRitual team may share some responses on the project website. Check here [ ] if you do not want this piece shared outside of the gallery.

# MY CRIP RITUALS FOR ADOPTING NEW ASSISTIVE TECHNOLOGIES ARE...

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MY ACTIVIST CRIP RITUALS ARE...

The #CripRitual team may share some responses on the project website. Check here [ ] if you do not want this piece shared outside of the gallery.



## MY CRIP RITUALS FOR MUTUAL AID ARE...

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MY SELF-CARE CRIP RITUALS ARE...

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## MY CRIP RITUALS FOR BUILDING COMMUNITY ARE...

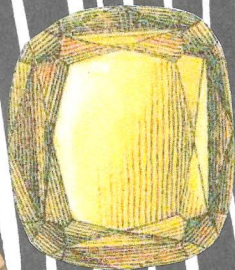
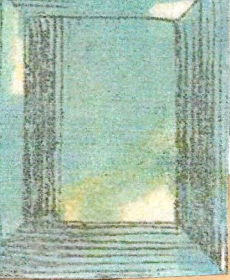
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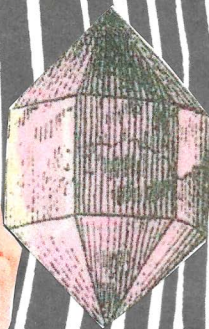


## WHAT'S YOUR CRIP RITUAL?

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Little by little,  
the healing adds up





that hopes for

the collective

as we are to one another

they all live safely

they all live well."

with erotic conduct

give and receive love

feel for one another,

of the future

fragments

absorbed by bodies

love and empathy

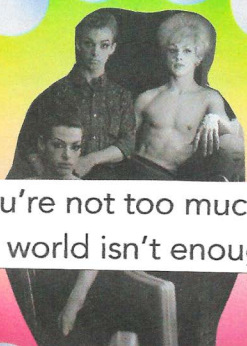
acknowledged

utopia would

last a lifetime.

certain joys that will

You're not too much.  
The world isn't enough.





Your trauma isn't  
a flaw. It's a sign of  
your resilience



WHEN I CELEBRATE MY JOY BY...

... THAT'S #CripRitual.

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