



J&DI Tool Shed

one seed at a time

EXECUTIVE DIRECTOR'S STITCH

Social Connections Matter



KATIE, ME AND CAROLINE
BRANDI CARLILE CONCERT
TARGET CENTER, MPLS

It seems like a lifetime ago that I drafted my note for the January/February 2026 newsletter. Since then, we hold weight and urgency and disruption, impacting our communities in ways that we weren't physically nor emotionally prepared for

AND

we have come together. Many stepped up and collectively held humanness as our greatest connector. Still, we know the work isn't done as inequities and privilege stare us in the face. And so, I am once again reminded to savor the moments of joy, celebrate life with those who fill your cup, pause to reflect, breath to regulate

AND

keep coming together. Keep collectively holding our humanness as our greatest connector. Working to overcome inequities, sharing privilege and power.

Fieldwork Intern Welcome!

BAYLIE BEMENT, CLC HUMAN SERVICES STUDENT

Driven by a passion for advocacy and human connection, Baylie hopes to support displaced and marginalized individuals in finding a true sense of belonging. Guided by the quote, "Be the change you wish to see in this world," she approaches education and work with compassion, purpose, and a commitment to making a lasting difference.



Road Trip

Sew and Sow Tour

SEEKING PLACES AND SPACES OF INCLUSION IN REGION 5

Our executive director, Dawn, will be traveling to all 65 cities in Cass, Crow Wing, Morrison, Todd and Wadena counties in 2026. Her mission is to find spots in the region that are welcoming and inclusive. Through visits to restaurants, coffee shops, bars, and other local hangouts, follow her experiences from her perspective as a single, white, queer, Gen X female.

January and February visits included Baxter, Brainerd, Fort Ripley, Lake Shore, East Gull Lake, Nisswa, Pequot Lakes, Jenkins and Cuyuna.

[READ TRAVEL BLOG HERE](#)



One Book Book Club

THE POWER OF BRIDGING

5 weeks beginning 4/6- virtual meet ups
We will explore building a world where everyone belongs. Book provided.

[CLAIM YOUR SPOT!](#)



Share your voice

FOCUS GROUPS

Housing? Child care? Broadband?
Health care? How are local, state and federal policies impacting your wellbeing?

[FILL OUT INTEREST FORM](#)



Disparity Trap

THE UNFAIR GAME OF LIFE

Play with five other gamers, reflecting on race, wealth and privilege in America.

Wednesday, March 25 6:30pm

[RSVP TO PLAY](#)



Safe Zone Project

LGBTQIA+ AWARENESS
AND ALLY WORKSHOPS

Learn about queer identities, gender & sexuality, and examine prejudice, assumptions, and privilege.

[DATES AND TIMES](#)



Third Space Thursdays

LGBTQIA+ FRIENDLY SPACE TO CONNECT

Craft, connect, chill, & community.

All are welcome. Free to participate.

RSVP at www.sowingroom.org/calendarofevents

[2026 SCHEDULE](#)



Pride in the Park BLA

SATURDAY, SEPTEMBER 12TH

Gregory Park, Brainerd | 10am-3:30pm

Vendor Registration is open!

Family friendly fun!!

[DETAILS AND UPDATES](#)

Mutual Aid

STEPPING UP FOR OUR FRIENDS AND NEIGHBORS

We as Minnesotans were thrust into organizing and action as Operation ICE quickly spread throughout our communities.

Thanks to established relationships and networks of socially minded individuals and organizations, we have raised nearly \$70,000.00 plus donations of food, household supplies, toiletries and more. These offerings are being used to support community members and their families who have been impacted and continue to be impacted by the surge of federal ICE agents statewide.

From foundational support (Women's Foundation of MN and the Initiative Foundation) to individuals donors giving \$5.00 or \$500.00, the support for these mutual aid efforts in our five-county region has been immense.

Cheers to all who have donated!

Interested in donating?



Stand Together. Help Our Neighbors in Need.

Donate to the Mutual Aid Fund

BLA Indivisible, in partnership with The Sowing Room, is forming a **mutual-aid fund to support community members affected by ICE** who are facing housing, food, medical, or transportation challenges.

Your tax-deductible donation helps provide groceries, utilities assistance, warm clothing, medicine, and emergency support.

How to donate:

1. Scan the QR code to the left or visit www.sowingroom.org/connectwithus
2. Fill out the Donation form (enter "Care Team" in the text field)



Stay connected

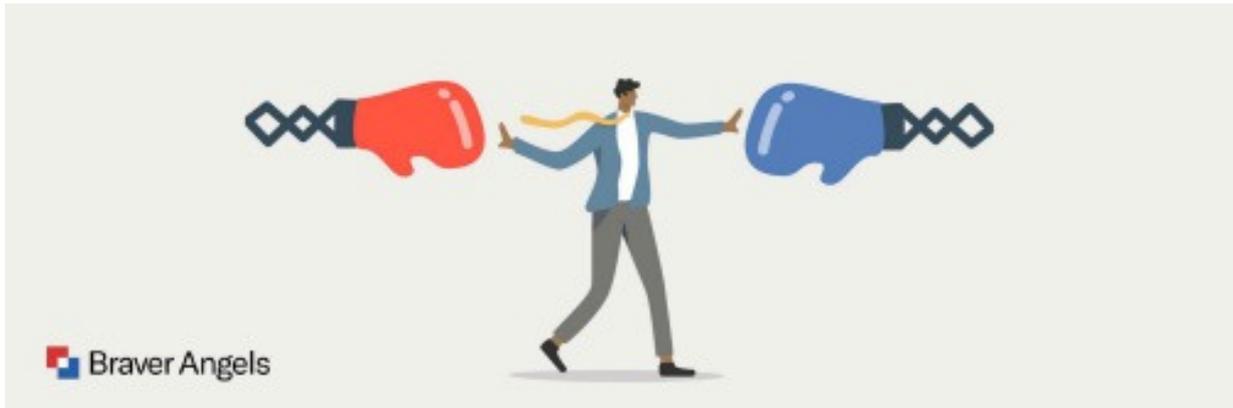
WE LOVE HEARING FROM YOU!!

What seeds need planting in your community?

DROP US A LINE!

@thesowingroommn | director@sowingroom.org

WWW.SOWINGROOM.ORG/CALENDAROFEVENTS



Skills for Disagreeing Better

FREE EVENT *Date: Saturday, March 14, 2026 Time: 1:30-3:00 p.m. Location: St. Francis Catholic Church, 404 N. 9th St., Brainerd, MN 56401 Prior Registration Required:*

<https://www.eventbrite.com/e/skills-for-disagreeing-better-registration-1983210610322?aff=oddtcreator>

The Skills for Disagreeing Better workshop helps participants understand the values and concerns of those who differ from them politically and teaches essential skills for communicating across differences and finding common ground.

Goals

- *Grow understanding of the values and concerns of people who differ from you politically*
- *Learn skills for listening in a way the other person feels heard*
- *Learn skills for sharing viewpoints in a way the other person might hear even if they disagree*

Who Can Attend

This workshop is open to everyone.

What to Expect

You will learn about the values and concerns of the other political side and practice skills for communicating more effectively in the presence of disagreement.