

SEPTEMBER 15TH-19TH, 2025

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It Begins with Me: A Good Neighbor's Path to Peace



## THIS YEAR'S FOCUS

# Peace

An intentional practice that we cultivate within ourselves, our relationships, and our communities.

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Dear Berry Community,

Welcome to Solidarity Week! This year's focus, Peace, is an intentional practice that we cultivate within ourselves, our relationships, and our communities. We believe that peace is an active effort, present in every area of our lives. It is this belief that guides our events, partnerships, and intentions for the week ahead.

Solidarity Week is student-led, and I am honored to serve as the lead organizer. I'm Mykelle Patterson, and I first experienced Solidarity Week as a participant. Today, I'm proud to be part of a tradition that aims to acknowledge, educate, and celebrate. My involvement in the office started from my admiration of Good Neighbor Culture, and now I get to play a larger role in this beautiful initiative.

I'm joined by an incredible team of student leaders who have each brought something powerful to this effort:

- Jackson Backus, a Bonner Scholar, has guided us through the vital elements of community engagement.
- Quanah Martin, drawing from his leadership of the Brotherhood at Berry College, has helped shape our connection to student organizations.
- Nevaeh Allen, a senior sociology major, has deepened our approach to creating mutually beneficial partnerships.
- Sydney Layne has coordinated all volunteer assignments for the week through collaboration with Berry Impact.

Each event this week is designed with intention—to offer opportunities for all of us to learn, reflect, and practice peace in tangible ways. From our partnerships to our panels, each speaker brings unique insight into how peace can be built within oneself and radiated outward into the world.

We've worked to create space where peace can take root and create a ripple effect. In line with Berry College's mission to leave the world better than we found it, we believe that the path forward starts with personal peace.

The staff of the Office of Belonging and Community Engagement is committed to cultivating peace in all areas of life. In the chaos of the world around us, peace is a necessity for sustainable change.

Planning this week has shown me that peace isn't passive. It's a journey—one we must choose daily, together. As a participant, volunteer, and now a leader, I'm grateful to witness Solidarity Week grow each year into something more meaningful and impactful.

With Joy,

Mykelle Patterson and the Solidarity Week Leadership Team  
Solidarity Week 2025



SW Student Team (L to R): Quanah Martin, Mykelle Patterson, Jackson Backus, Nevaeh Allen, Not pictured: Sydney Lane



# Things you should know

01

## YOU'RE INVITED TO THE TABLE.

Students, staff, and faculty are all welcome at Solidarity Week events.

Belonging and Community Engagement is a campus-wide effort, and everyone has a role to play in creating a culture of peace and community.

02

## YOU MAY NOT AGREE.

You may hear perspectives that are different from your own, and that's okay. Solidarity Week is about awareness, dialogue, and learning. Please help keep our events safe and respectful by practicing our Community Norms.

03

## TAKE CARE OF YOURSELF.

Some conversations may feel challenging. It's okay to step out, take a breath, or pause when needed. Caring for yourself is part of how we sustain peace together.

04

## WE'RE GLAD YOU'RE HERE.

Your presence matters. Thank you for showing up, engaging with others, and considering how each of us can be a better neighbor.

# Solidarity Week

DIGNITY

SEPTEMBER 15TH-19TH 2025



SUN	MON	TUE	WED	THU	FRI
Solidarity Week Volunteer Appreciation Night 6:00PM	Solidarity Week Community March 5:00PM	*Peace of Mind and Body 11:00AM	*Art as a Path to Peace: Seeing, Creating, and Belonging 5:30PM	*Peace in the Workplace 11:00AM	Wellness Retreat 2-6:30PM
	*Conson Wilson Lecture: Trent Shelton 6:00PM	*The Power of Peaceful Protest 11:00AM	Visual Arts Gallery: It Begins with Me 6:30PM	*Bridging the Divide – Health Care Access as a Path to Peace & Equity 11:00AM	
	*Berry Circles 7:30PM	*Resilience in the Midst of Adversity 6:00PM	*Performing Arts Showcase: It Begins with Me 7:00PM	*Keynote Performance: Jamie Grace 6:00PM	Good Neighbor Block Party & Fashion Show 7:00PM & 8:30PM
		*Protecting Your Peace w/Boundaries Panel 6:00PM	Interfaith Candlelight Vigil 8:30PM	Faculty/Staff Hangout 7:00PM	

\*CE Credit or Pending

D A Y

1  
one

Let's start this together.

On our first day of Solidarity Week, we invite all students, staff, faculty, and other Berry community members to join us for an event that speaks to the heart of understanding and storytelling.



# Monday session



**“Pouring that love into others can’t last when you aren’t consistently pouring it back into you first.”** -Trent Shelton, *Protect Your Peace: Nine Unapologetic Principles for Thriving in a Chaotic World*



## MEET OUR KEYNOTE SPEAKER



# MR. TRENT SHELTON

Through the journey of leaving his career in the NFL, Trent Shelton discovered that what was once his standard of success, no longer fulfilled him. Trent felt a change was needed within his mind, body, and soul. He held himself accountable of what he said he was going to do. He quickly went into conditioning his body, went on a strict diet, and dug deeper into his faith. This is what led him to found Rehab Time. Rehab Time has now become a worldwide institution for positive change, helping many improve their lives.

Every day Trent inspires thousands of people online, and in his everyday life. On October 20, 2011, Shelton was named the, “#20 most motivational person on the worldwide web” with Bill Gates at #21 and Oprah at #1, by Under30Ceo.com. Today, Trent is considered as one of the most impactful speakers of this generation; he reaches over 60 million people weekly through hard hitting videos and unprecedented engagement.

*Monday, 6 pm, Krannert Ballroom*

CE Credit Pending



# March

The Solidarity Week Committee along with its partners will be marching from College Chapel to the front of Krannert Center. This is a physical display of solidarity and a celebration of each voice on our campus.

We invite everyone to celebrate with us.

Meet at College Chapel at *5pm*



# Monday Berry Circles\*

After our keynote speaker, we will spend time together reflecting through Berry Circles. Circles are a guided process of dialogue that creates space for listening, storytelling, and shared understanding. In this setting, every voice has equal value, and participants are invited to speak from their own experiences while also listening with openness and respect. This Berry Circles session is CE Credit approved.

Good Neighbor Center  
*7:30 pm after Trent Shelton*





D A Y



**Begin with yourself: peace within creates peace together.**

Our second day of Solidarity Week focuses on cultivating peace within as the starting point for creating peace in community. Breakout sessions will invite students, staff, and faculty to reflect on personal well-being, resilience, and growth—offering tools to strengthen inner balance and prepare us to contribute to collective peace.



# TUESDAY

## BREAK-OUT

## SCHEDULE

Time	Location	Session & Topic
11:00 am	Krannert Ballroom A	Session A   Peace of Mind and Body: How Mental & Physical Health Shape Well-Being*
11:00 am	Krannert Ballroom B	Session B   The Power of Peaceful Protest*
6:00 pm	Krannert Ballroom A	Session C   Resilience in the Midst of Adversity*
6:00 pm	Krannert Ballroom B	Session D   Protecting Your Peace w/Boundaries Panel*



# Session Topics

Session A | Peace of Mind and Body: How Mental & Physical Health Shape Well-Being\*

# Topic Description

Led by the Athletic Department, this panel explores the connection between mental and physical health as a foundation for peace. Panelists include Heather Medley, LPC, who integrates counseling and somatic practices to support resilience and healing.

Session B | The Power of Peaceful Protest\*

Led by The King Center, this panel explores Dr. King’s approach to nonviolent protest—showing how strategies effective in the Civil Rights Movement may challenge or expand our understanding of peaceful protest today.

Session C | Resilience in the Midst of Adversity\*

Led by Dr. Sarah Allred, this panel shares stories of Berry alumni who found peace in the midst of adversity, highlighting resilience, hope, and strength through life’s challenges.

Session D | Protecting Your Peace w/Boundaries Panel\*

This panel explores the crucial role of boundaries in sustaining well-being and respect. Led by Dr. Angel Mason with Dr. Robert Reimer and head women’s lacrosse coach Brittnei Hall. The session highlights how setting and honoring boundaries helps protect personal peace and strengthen community.





DAY

# three

## Create & Reflect.

Our third day of Solidarity Week centers on the transformative role of the arts in cultivating peace. Beginning with a conversation on how creativity helps us see, belong, and imagine together, the evening unfolds into a visual arts gallery and a performing arts showcase that bring this year's theme—It Begins with Me—to life. We close the day in community with an interfaith candlelight vigil, reflecting on peace as both a personal practice and a shared commitment.





# Art as a Path to Peace: Seeing, Creating, and Belonging\*

Good Neighbor Center | Wednesday, Sept. 17, 5:30 p.m.

In partnership with the Fine Arts Department, this conversation explores how the visual arts—painting, sculpture, photography, and more—help us see ourselves and our neighbors in new ways. Through creativity, we practice belonging and imagine peace together.

CE CREDIT PENDING



## Visual Arts Gallery: It Begins with Me

Krannert Ballroom | Wednesday, Sept. 17, 6:30 p.m.

Discover how peace takes shape through the visual arts. Featuring works from students, faculty, staff, local schools, and community artists, the gallery reflects on the many ways we create peace within ourselves and with one another.





# Performing Arts Showcase: It Begins with Me\*



Krannert Ballroom | Wednesday, Sept. 17, 7:00 p.m.

In partnership with the Fine Arts Department, this evening of spoken word, music, and dance features Berry performers and local youth. Each piece reflects on this year's theme—It Begins with Me—and celebrates the arts as a living practice of peace and community.

CE CREDIT PENDING

## Interfaith Candlelight Vigil

Kilpatrick Commons | Wednesday, Sept. 17, 8:30 p.m.

Hosted by the Bonner Scholars Program, Chaplain's Office, and Interfaith Council, this candlelight vigil brings our community together across faith traditions to reflect on peace, solidarity, and hope. Together, we honor the truth that peace begins with us.





D A Y

four

## Live Peace in the World.

Our fourth day of Solidarity Week turns to peace in the world —how we live it out in our work and communities. Morning panels explore peace in the workplace and in healthcare, highlighting the role of justice and equity in human dignity. In the evening, Grammy-nominated artist Jamie Grace shares a keynote performance that connects neurodiversity and peace, showing how difference and creativity strengthen community.



# THURSDAY

## BREAK-OUT

## SCHEDULE

Time	Location	Session & Topic
11:00 am	Krannert Ballroom A	Session E   Peace in the Workplace*
11:00 am	Krannert Ballroom B	Session F   Bridging the Divide – Health Care Access as a Path to Peace & Equity*

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Session Topics	Topic Description
Session E   Peace in the Workplace*	Hosted by the Staff Advisory Committee and the Office of Information Technology, and CPPD, this panel explores how peace—interpersonal, internal, and ethical—can guide us in professional life. Faculty and staff will share insights on fostering collaboration, balance, and integrity in the workplace.
Session F   Bridging the Divide – Health Care Access as a Path to Peace & Equity*	Hosted in partnership with Partners in Health Engaged and faculty from Berry’s PA and Nursing programs, this interdisciplinary panel examines how gaps in health care affect individuals and communities, and highlights strategies for advancing health equity as a foundation for peace.

\*CE Credit or Pending

6pm

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KRANNERT  
BALLROOM



# Jamie Grace\*

*Grammy-nominated artist Jamie Grace will share a unique blend of concert and conversation, using music to open dialogue about neurodiversity, creativity, and peace. Through performance and storytelling, she will invite us to see how difference can be a source of strength in building community.*

**In Partnership with IPSE & Winshape**  
Krannert Ballroom

CE Credit Pending



*Thursday, 7 pm, River Remedy in Downtown Rome*

# Special Invite



# Faculty & Staff

*This semester's Staff/Faculty Belonging Outing  
will be at River Remedy. Sponsored by SAC and  
B&CE.*



DAY

five

**Let's celebrate.**

On our final day of Solidarity Week, we pause to rest and celebrate. The Wellness Retreat offers space to slow down, care for ourselves, and find peace within, while the Block Party and Fashion Show invite us to gather in joy and community. Together, these moments of renewal and celebration remind us that Solidarity does not end here—it continues in the ways we live, connect, and create beyond this week.



FRIDAY, SEPT. 19 | 2:00–6:30 P.M.  
JEWEL BOX & SURROUNDING AREAS

# WELLNESS RETREAT



- 2:00 p.m. | Kick-off & sign-up
- 2:30–3:15 p.m. | Yoga & guided relaxation
- 2:30–3:15 p.m. | Grounding walk
- 3:30–4:15 p.m. | Painting
- 3:30–5:15 p.m. | Mountain biking
- 3:30–5:15 p.m. | Fun run
- 4:30–5:15 p.m. | Gardening
- 4:30–5:15 p.m. | Grounding walk
- 5:30–6:15 p.m. | Yoga & guided relaxation

Take a break. Cultivate peace. The Wellness Retreat offers an afternoon to slow down, reset, and care for body and mind. Activities are designed for all levels—whether you're trying something new or reconnecting with an old practice.

Hosted by the Counseling Center,  
Recreation, and Student Well-being &  
Support





Celebrate the week with music, booths, and activities hosted by B&CE student organizations. The Block Party is a space to gather, connect, and enjoy community together.

Krannert Lawn *at 7pm*



# Friday Good Neighbor Block Party and Fashion Show

Hosted by KCAB and the Office of Student Involvement, this show closes Solidarity Week in style. Students showcase global and contemporary fashions, highlighting creativity, culture, and expression on the runway.

Krannert Front Sidewalk  
*at 8:30pm*





“I wanted students of all identities to feel acknowledged, educated, and celebrated. ”

Solidarity Week is an annual event at Berry College. Its mission seeks to acknowledge, educate, and celebrate the differences on campus. Diamond Newsome, 20C, the founder of Solidarity Week states, “The inspiration for Solidarity Week emerged after the Neo-Nazi riots that took place in Charlottesville, VA in 2017. Myself and some of my friends were very shaken up about the incident and I noticed

that other universities were releasing responses, hosting programming, and engaging in protests to assure their students that they did not stand for that type of behavior. I wanted Berry to have something for our students.”

Newsome notes that she wanted Berry to show its support for the diversity on campus. “I wanted students of all identities to feel acknowledged, educated, and celebrated. I wanted Berry to dedicate time to promoting and celebrating its diversity while also acknowledging the acts of hate taking place in our country,” Newsome said. Solidarity Week began with five students, each sophomore at the time. The students included Gabby Sola (20C), Ryan Moran (20C), Katie Ott (20C), and Sara Jordan (20C).

# Our history

Solidarity Week is comprised of several students from different years, overseen by The Office of Belonging & Community Engagement. Newsome notes that Solidarity Week’s impact has grown since its start.

“I could not be prouder. It continues to grow and evolve, and more students are being impacted as a result. What once seemed like a small and random event, is now ingrained into the fabric of Berry,” Newsome said.





# Community Norms

## COMMUNITY NORMS

**01**

*OUR PRIMARY COMMITMENT IS TO LEARN FROM EACH OTHER. WE WILL LISTEN TO EACH OTHER AND NOT TALK AT EACH OTHER. WE WELCOME DIFFERENCES AMONGST US IN BACKGROUNDS, SKILLS, INTERESTS, AND VALUES*

**02**

*ASSUME GOOD INTENTIONS, BUT RECOGNIZE IMPACT, AND EMERGENTLY RESPOND TO HARM*

**03**

*DEBATE IDEAS, NOT THE INDIVIDUAL SHARING THE IDEA OR PRACTICE*

**04**

*ENGAGE TENSION BUT DO SO WITH LOVING KINDNESS TO OTHERS AND TO SELF*

**05**

*STEP UP & STEP BACK. BE MINDFUL OF TAKING UP MUCH MORE SPACE THAN OTHERS. ON THE SAME NOTE, EMPOWER YOURSELF TO SPEAK UP WHEN OTHERS ARE DOMINATING THE CONVERSATION*

**06**

*RESPECT OTHERS' POINTS OF VIEW (EVEN WHEN YOU THINK AND BELIEVE DIFFERENTLY)*

**07**

*PRIORITIZE CONFIDENTIALITY. SHARE THE LESSON, HOLD THE IDENTITY/STORY (WHAT'S SAID HERE STAYS HERE). OBTAIN CONSENT*

**08**

*BE A CHARITABLE LISTENER. ASSUME ALL YOU ENGAGE WITH HAVE SOMETHING TO TEACH YOU*

**09**

*SPEAK OPENLY TO YOUR EXPERIENCES, VALUES, & PERSPECTIVES*

## CREATE SAFE AND BEAUTIFUL SPACES

To make Solidarity Week the best it can be, we encourage everyone to follow the community norms above. This will ensure that everyone feels welcome and safe during events. Misconduct of any sort, physical or verbal, will not be tolerated. Our professional staff will be present to sort out any violations of our community norms.



# THANK YOU TO OUR PARTNERS

BONNER  
SCHOLARSHIP  
PROGRAM

STUDENT  
GOVERNMENT  
ASSOCIATION

THE  
CHAPLAIN'S  
OFFICE

IPSE

FINE ARTS  
DEPARTMENT

THE INTERFAITH  
COUNCIL

CAMPUS  
SCHEDULING

RECREATION

WINSHAPE

THE MANAGEMENT  
DEPARTMENT

THE PHYSICIAN  
ASSOCIATE PROGRAM

THE SOCIOLOGY &  
ANTHROPOLOGY DEPT

BLACK STUDENT  
ASSOCIATION

AAPI CLUB

THE INTERNATIONAL  
CLUB

U.N.I.T.Y

LISTEN

K.C.A.B

ORGULLO

THE BROTHERHOOD

STUDENT ATHLETE COUNCIL

THE NURSING  
PROGRAM

OSI

STAFF ADVISORY COMMITTEE

THE OFFICE OF  
INFORMATION TECHNOLOGY

CDC & BCEMS

PARTNERS OF HEALTH ENGAGED

STUDENT WELLBEING

THE COUNSELING  
CENTER

BERRY IMPACT



# KEEP LEARNING

## Office of Belonging & Community Engagement

The Office of Belonging and Community Engagement serves the campus in envisioning and implementing how Good Neighbor Culture is sustainably accomplished at Berry and beyond the Gate of Opportunity



## Berry Impact

The Berry Impact program (formerly BCVS) mobilizes Good Neighbor Culture by equipping and encouraging Berry College students and employees to join our community through intentional and meaningful service.

## Student Organizations

Follow Clubs on Instagram

- @orgullo.bc
- @bsaberry
- @berry.brotherhood
- @berrycndr
- @bc\_listen
- @aapi\_berrycollege
- @berrycollege\_u.n.i.t.y
- @berry\_international\_club







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## Office of Belonging and Community Engagement