



A HEART 10 YEAR CELEBRATION
October 20, 2020



A letter from HEART's Executive Director

Salaam and hello friends,

We are so thrilled to celebrate a huge milestone for HEART tonight – ten years of dismantling the silence that looms over candidly talking about sex and sexual violence. I know we are living in challenging times so I hope you are able to take some time to breathe, rest, and reflect. What is giving you hope these days?

Let me tell you about what is giving me hope. Alhamdulillah, by the grace of God, HEART turned ten at the end of 2019. Ten years ago, this work was simply a blurry vision, a hope for the future. It was a pilot project that hadn't yet gained traction and definitely caused many in our communities to feel of discomfort and uncertainty.

Despite all these challenges, ten years later, we are here with a vision that's bolder than ever: that all people, including Muslims, are free of sexual violence and thrive in the communities they live, work and pray. While there are still many that are uncomfortable with this work, there are many more that now have the language, resources, and tools to begin these conversations in their communities. Please take a deeper dive into HEART's accomplishments over the last decade in our [10 year Growth Report](#). This work, the amazing team that I am blessed to be surrounded by, and the culture shift we have seen in the last decade is what gives me hope.

Thank you for celebrating ten years of HEART with us and for your ongoing support. We would not be here without the support of people like you. We hope you enjoy the program we've put together for you.

With gratitude,

Nadiah Mohajir

HEART Founder & Executive Director



The following values are at the foundation of our work:

We are *faith-driven*.

We practice *empathy*.

We cultivate *belonging*.

We are committed to *compassionate truth telling*.

We approach our work with *humility*.





Program Overview



Welcome



Icebreaker Activity



10 Years of HEART Video



Poetry by Taz



Research Reveal



Board Remarks



Comedy by Nadirah



DJ Kiran Dance Party!



Poetry by Taz

Tanzila "Taz" Ahmed is a Bangladeshi American Muslim Essayist, poet, podcaster and screenwriter from Southern California.

Obsessed with South Asian American radical history and using art as a disruption tactic, she believes in intertwining both for cultural organizing to shift political paradigms.

Comedy by Nadirah

Nadirah Pierre is a standup comedian, satirist, social media personnel, Youtuber, and energy conductor. With over 80k+ followers on instagram,

Nadirah is taking social media by storm with her fresh and honest takes on the socio-political happenings in the Muslim community. "Nobody else wants to talk about it, so I have to talk about it" is what she is known best for doing! and we are here for it.



DJ Kiran Dance Party!

DJ Kiran works to cultivate joy and community for women in movement work through playing music with a focus on playing Bhangra and Urban Desi Music. Music is a cultural expression and for many in the diaspora, it is the only space where multiple identities can be bridged together. DJ Kiran picked up DJing after following in the footsteps of other Desi women DJs. DJ Kiran was part of The Empowerment Album, a collaboration between Desi women DJs from the US, UK, and Canada. You can follow her on Instagram at @DRaja as DJ Kiran to keep up with her DJing or follow her on Soundcloud to hear her mixes.



ZOOM SECURITY

In order to ensure that we maintain a secure and safe space for all community members, we developed the following Zoom guidelines:

1. If someone is hateful, disrespectful, inappropriate, or threatening to anyone at any point during the event, they will be removed by HEART staff.
2. If during the breakout rooms, you are placed in a room with someone who is acting inappropriately, you will need to click the “ask for help” button- HEART staff will then be brought into the room and will remove the user as quickly as we can.
4. Everyone except for speakers will be muted during the main program until attendees are placed in “breakout rooms”.
5. Attendees will have the ability to message the hosts if they need any assistance. Attendees will also be able to share thoughts and reflections in the chat box.

ICEBREAKER INSTRUCTIONS

PICTIONARY

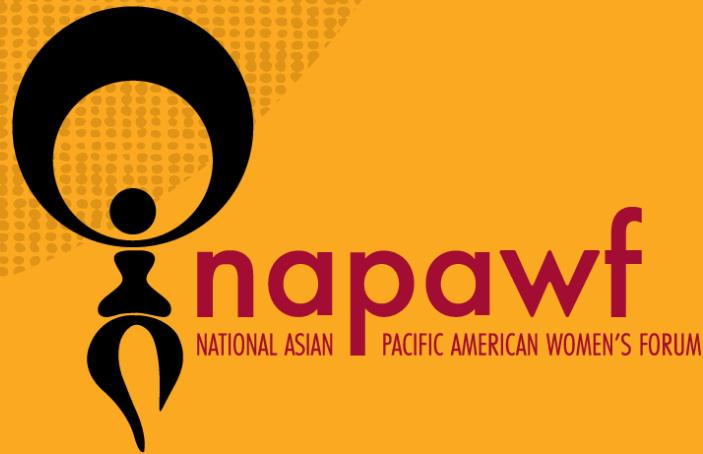
- Name, pronouns, where you're calling from, and how you learned about HEART.
- Determine order for turns to be illustrator
- Choose words related to HEART's mission statement or themes related to HEART. Please be respectful and appropriate, no offensive images. Examples: heart, patriarchy, babies, tampons, supporting survivors, unity
- How to share your screen as a white board (only works on Macs/PC/Ipads/Androids):
 - Click the Share Screen button located in your meeting tool bar.
 - Click Whiteboard.
 - Click Share.
 - The annotation tools will appear automatically, but you can press the Whiteboard option in the meeting controls to show and hide them
 - For participants if they are drawing it will be under view options and annotate
 - Use the page controls in the bottom-right corner of the whiteboard to create new pages and switch between pages.
 - For participants if they want to draw a word they would go to view options and annotate.

THANK YOU TO OUR PLANNING COMMITTEE

NADIAH MOHAJIR
NAVILA RASHID
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RAFFLE PRIZE 2

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Nominal Jewelry



RAFFLE PRIZE 3

Shayan Chalan Dance
Class
Localcrafter
Nominal Jewelry

Acknowledgements

Our gratitude first and foremost is to God, the Most Compassionate, the Most Wise, who has allowed us to advance this important work for the last decade and has blessed us with the sustenance to continue this work moving forward.

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Dr. Sameena Rahman is a clinical assistant professor at Northwestern University Feinberg School of Medicine, a graduate of University of Massachusetts OB/GYN Residency, UNC-Chapel Hill School of Medicine, and Duke University. She is a certified menopause practitioner through North American Menopause Society, a member of the International Society for the Study of Women's Sexual Health, Sexual Medicine Society of North America, International Pelvic Pain Society, American Congress of Obstetricians and Gynecologists and is involved in international missions and organizations.





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