

THRIVING MINDFULLY ON U STREET COMMUNITY ZINE

Summer & Fall 2026 Workshop Series

Led by USNA Artist-in-Residence Ananda Leeke





Thriving Mindfully on U Street is a multi-generational mindful creativity project created by Ananda Leeke, the U Street Neighborhood Association artist-in-residence and proud U Street homeowner since 1990, that aims to help residents and others take better care of themselves as they navigate the changes happening in their lives and the city, nurture connections with fellowcommunity members, express and document their love and gratitude for the community and explore their vision of the community in the future, and identify and share their favorite memories, history makers and moments, movements, organizations, businesses, buildings, and places.

Visit anandaleeke.com/ustreet.



Thriving Mindfully is a heart-centered approach to being present, well, and the REAL YOU as you navigate your life, relationships, and career.

There are five core commitments that support Thriving Mindfully.

- Slow Your Living
- Sustain Your Living
- Share Your Living
- Serve Through Your Living
- Savor Your Living

Thriving Mindfully was born out of Ananda's experiences and lessons learned while living and working as a multidisplinary artist, writer, coach, yoga + meditation teacher, reiki + sound healing practitioner, and digital communications and wellness professional on U Street.

Use the QR code to listen to the "Thriving Mindfully Theme" spoken word song that appears on Ananda's Thriving Mindfully As Theresa's Daughter album.



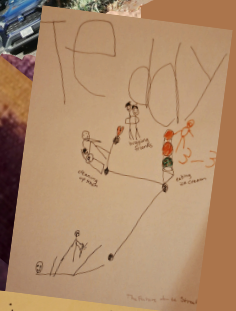




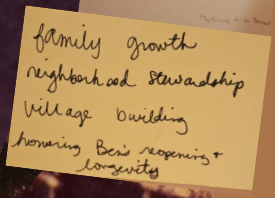












The Thriving Mindfully on U Street Community Zine was made with Canva and digital photos of artwork and journaling made by workshop participants. The zine also includes digital photos that Ananda took of daily scenes, gardens, trees, flowers, houses, restaurants, churches, street signs, WMATA subway stations and buses, Japanese origami paper, and so much more. The zine also includes two Ghanaian Adinkra Sankofa wisdom symbols (bird and heart) from the Akan people that mean "go back and get it." The Sankofa symbol reminds us to learn from the past to build a better future.







Many of the zine pages feature photos of purple mudcloth that Ananda purchased from Zawadi African Art Gallery and Gift Shop. Zawadi was located at 1524 U Street and owned by African American entrepreneur Irene Whalen from 1992 to 2024. Mudcloth, known as Bogolanfini, is a cotton textile from Mali. Every pattern has meaning and represents identity, community, protection, and generational wisdom.

Use the QR code to learn about Irene and her Zawadi journey (2023 ArtLife/LifeArt video interview.).

Use the QR code to hear Ananda's tribute poem celebrating Irene and Zawadi (2024 video interview.).





Workshop 1:: A Love Letter to U Street

July 29, 2026

The U Street neighborhood sits on the sacred homeland of the Nacotchtank (also referred to as Anacostan), Piscataway and Pamunkey peoples, who have served as stewards and made it possible for us to love, learn, live, and work in our present-day community. Every breath and step we take on this land deserves a moment of gratitude and respect for the contributions and sacrifices made by Indigenous, African, Asian, Latino, and European people.

Journal for one to five minutes about why you love U Street.

The U Street neighborhood is your home. Write a six-word memoir that expresses what makes it your home (choose six words that don't necessarily make a sentence or a phrase).








TRANSFORM








U Street
feels
like
HOME.
U St / African-Amer Civil War Mem / Cardozo



My 6-word Memoir about U Street

Ancestral. Safe. Creativity. Home. Special.

Love.



U Street's ground is sacred.

I love U Street because it allows me to honor the Piscataway Nation's land ~~first~~ whenever I walk to and from my home.

It has many people from diverse backgrounds living and working in its neighborhood,

I love U Street because it allows me to be me.

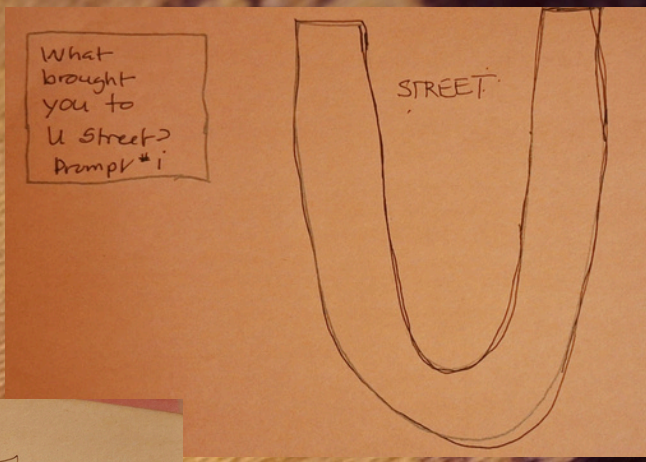
I love U Street because it was supported ~~and~~, nurtured, built, and by my African American ancestors,

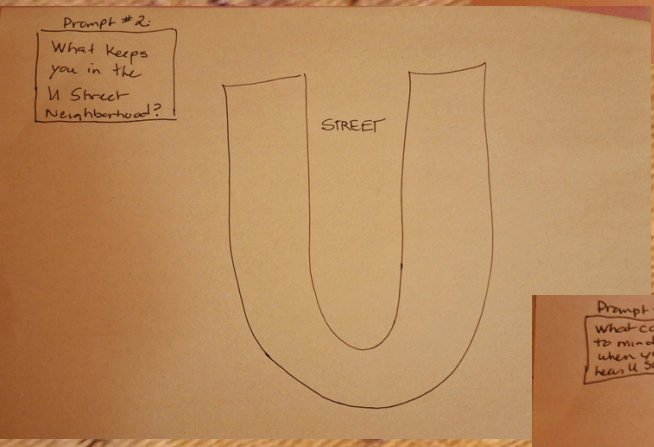
I love U Street because



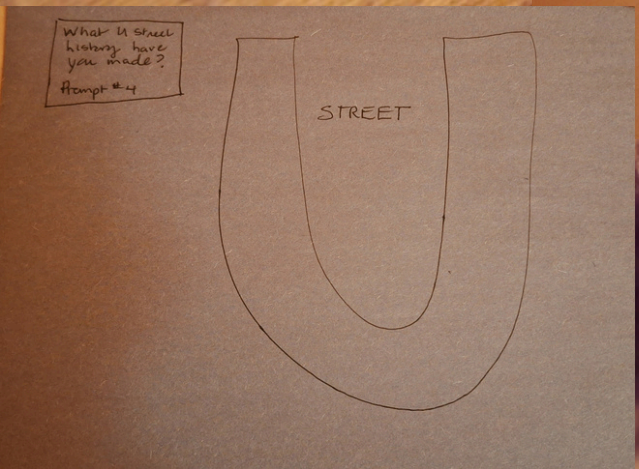
Workshop 2: Honoring U Street as American History,
August 26, 2026

Take one to five minutes to respond to each prompt

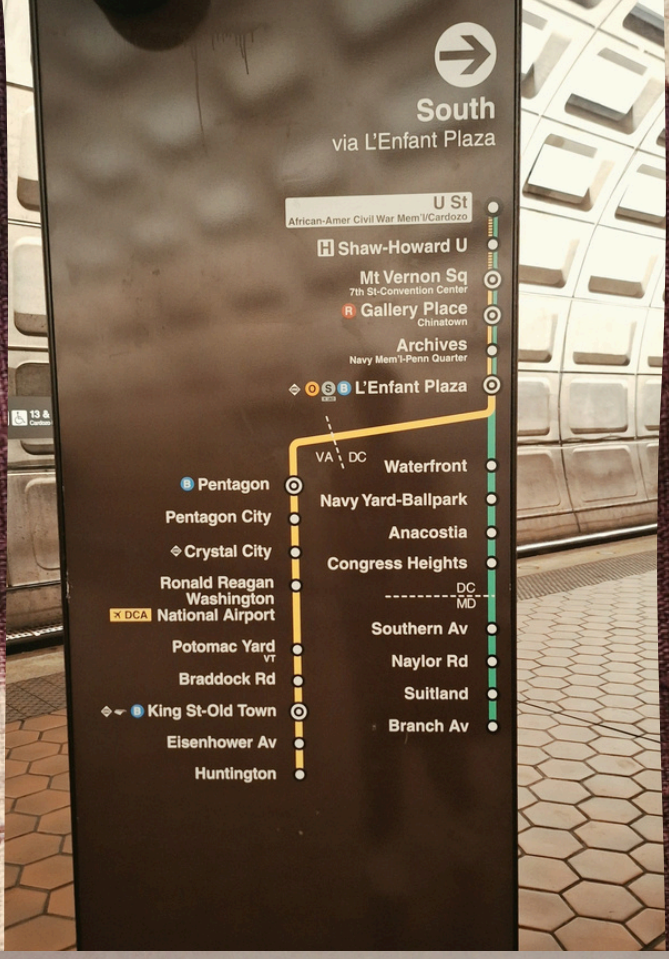









City Within a City
GREATER U STREET HERITAGE TRAIL
6
A Home Away from Home



I came to U Street for community.
connection w/ neighbors.
understanding what was here before.
wanting to honor U St history in the present



Prompt #4

I made U Street history on August 27, ~~2001~~ 1990, the date I signed the mortgage papers and moved into my home on 16th and U Street. Amanda Lucke

8.24.26.



The edge of the L'Enfant plan

The McMahon Wrestling Rink

The wasting notes of Black Broadway

1890s luxury - the posh residents

The hotel to plan the rally Wright able- MLK was killed.

The subway sandwich against occupation.

-Laura









WHAT HISTORY HAVE U MADE?
THE TEMPERANCE ALLEY GARDEN!
FREEDOM POTS and PANS at 13th & U
RIDING BIKES ON JOE BIDEN'S
ELECTION DAY
CANDIDATE FORUM HOSTING FOR WARD 1
CITY COUNCIL RACE!
HOSTING THE ETHIOPIAN
ROYALTY @ CIVIL WAR
MEMORIAL.
AUGUST 26 2026



While I am New to the City and
U.St, I Contribute to its history
through my Work with Historians Activists.
As a team Member, I am helping to share
emerging crisis' Work with the Public.
We Hope to preserve and celebrate Culture.
space for Community and seek
Gabriella 8/26






902
AFRICAN AMERICAN HERITAGE TRAIL, WASHINGTON, DC
Washington Conservatory of Music and School of Expression/Harriet Gibbs-Marshall/Mary P. Burrill
902 T Street, NW



Workshop 3: The Future of the U Street Community,
September 16, 2026

Take one to five minutes to reflect, journal about, and/or draw about the prompts below.

What does community mean to you?.

What do you get from the U Street community?

What do you want the U Street community to give you in the next 5, 10, 15, 20, 30, or 40 years?

A sense of shared experiences and belonging.
Openness to engaging one another in conversation.
Hapiness, Enjoyment, Adventure



Community = Support
Community = New Knowledge
Community = Energy

What do you get from community?
-belonging
-love
-life force

Interconnectedness
-gd



Empathy
-gd







Amanda Locke
What is community?
Connecting
Belonging
Compassion
& sharing
Mutual Aid
Humanity
Respecting
Accepting
Creating peace + joy.





get from community...
friends..
support...
inspiration...
challenge
affirmation...
community
family + friends
me



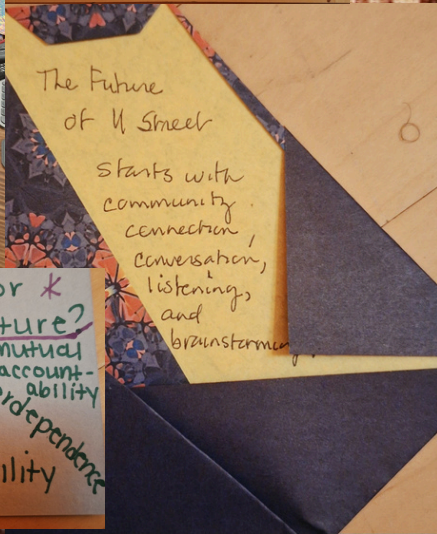


What I get from ~~Earth~~ Community: Sense of purpose, reason to get excited about things, reminder of the good things and not the bad.



Turning Toward
Need help?
Hi!
-gd





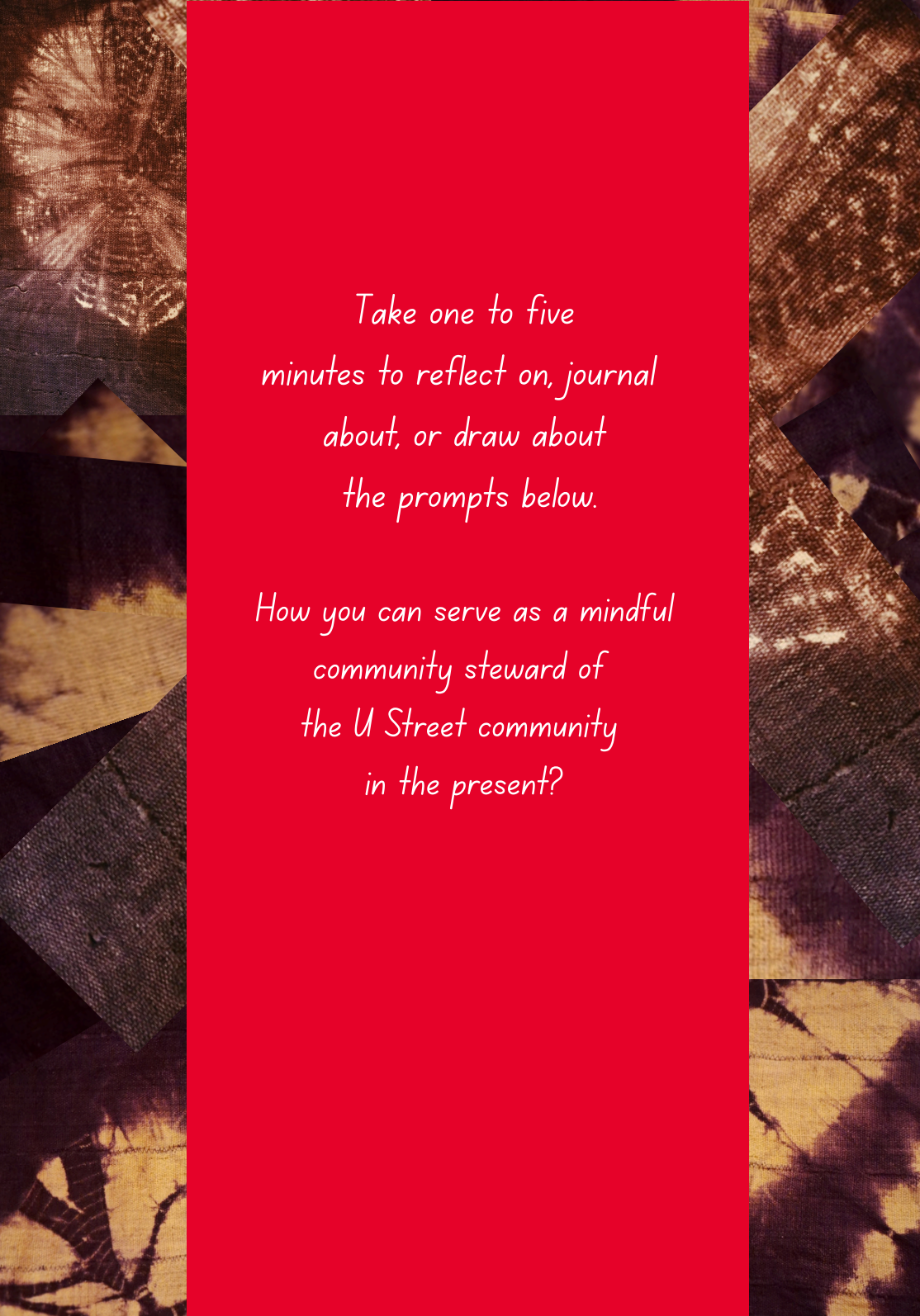
The Future of U Street
starts with community connection, conversation, listening, and brainstorming

What we Get
inspiration
support
knowledge
awareness
history
vibrancy
chaos

What do you hope for community in future?
-belonging
-Self-Reliance
-mutual accountability
-interdependence
-Life Force
+
-love
-Self-sustainability
-shared experiences



Workshop 4: The U in U Street Community,
October 7, 2026



Take one to five
minutes to reflect on, journal
about, or draw about
the prompts below.

How you can serve as a mindful
community steward of
the U Street community
in the present?


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