

ROOTED REUNION

HOST GUIDE



Celebrating the women who carried us — one story, one photo, one gathering at a time.

Welcome Host!

Thank you for stepping into this special role. As a Rooted Reunion host, you're creating a safe, intimate space for women to celebrate their lineage, honor the women who carried them, and share stories and memories that keep our collective history alive.

This guide will help you plan and host your gathering, while keeping it simple, heartfelt, and memorable.

Step 1: Name Your Group

Choose a name that feels personal and aligned with the Rooted Movement. Some suggestions:

- The Women Who Carried Us
- Legacy Circle
- The Rooted Table

Step 2: Invite People

- Keep the group small and intimate (6–12 women works best). *But* if you're meeting with family members only, the more, the merrier.
- Invite friends, family, neighbors, or members of your community.
- Suggested invite wording:

"You're invited to attend a Rooted Reunion—a gathering to celebrate the women who carried us. Bring your old family photos, share your stories, and connect with women remembering their roots."

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Step 3: Collect Your Materials

Each participant can bring:

- Old family photos, albums, or keepsakes (originals stay with them)
- Optional: items that remind them of their maternal lineage (heirlooms, letters, recipes, mementos)
- Phone or camera for taking digital photos/printer or scanner
- Notebook or journal for reflections

As host, you might provide:

- Pens, markers, and sticky notes
- Display board or table for photos
- Refreshments (optional, but nice to have). If your group is larger (a family-only event), have a potluck and ask everyone to bring a covered dish.
- A designated person to take photos of the event

Step 4: Set the Agenda

Here's a suggested flow for a 1.5–2 hour Rooted Reunion:

1. Welcome & Purpose (10–15 min)

- Introduce yourself and the purpose of your group.
- Encourage participants to share why they attended.

2. Story Sharing (30–40 min)

- Invite each person to tell a short story about a woman who shaped them.
- Prompt: “Which woman in your lineage shaped your strength? What lesson did she pass to you?”

3. Photo Exchange / Scanning Session (30–40 min).

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- Participants can display photos or keepsakes on table in center of room to be viewed by everyone
- Others may take digital photos or scans (never take the originals).
- Optional: create a shared online album for everyone to access later.
- Optional: set up a video camera to record oral stories.
- Optional: a music playlist featuring songs your family loves

4. Reflection & Connection (15–20 min)

- Invite participants to reflect aloud or write in a journal:
- “How does remembering your roots inspire you today?”
- “What story do you want to pass to the next generation?”

5. Closing & Next Steps (5–10 min)

- Thank everyone for sharing.
- Close the meeting with a group photo
- Encourage them to host their own Rooted Reunion

• Step 5: Optional Extras

- Create a keepsake: Each participant can make a mini collage, memory card, or photo page inspired by their maternal lineage.
- Share your photos/stories online: Invite participants to submit digital photos or stories to *The Women Who Carried Us* gallery section at michellpulliam.com/the-rooted-movement.
- Celebrate the movement: Encourage participants to post on social media with hashtags: #IAmRooted #RootedReunion #WomenWhoCarriedUs

Tips for a Successful Reunion

- Keep it purpose centered, not transactional. Focus on making connections.

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- Make sure everyone has an opportunity to share—even if it's brief.
- Be flexible—the meeting may naturally flow differently depending on participants.
- Respect privacy — original photos stay with owners; digital sharing is optional.
- Celebrate the experience more than anything — these stories are priceless.

Your Rooted Reunion is Part of a Larger Movement

Every Rooted Reunion strengthens the Rooted Movement. By sharing your story, honoring your lineage, and connecting with other women, you help create a living heritage.

Together, we honor the women who carried us, remember who we are, and inspire the next generation.