



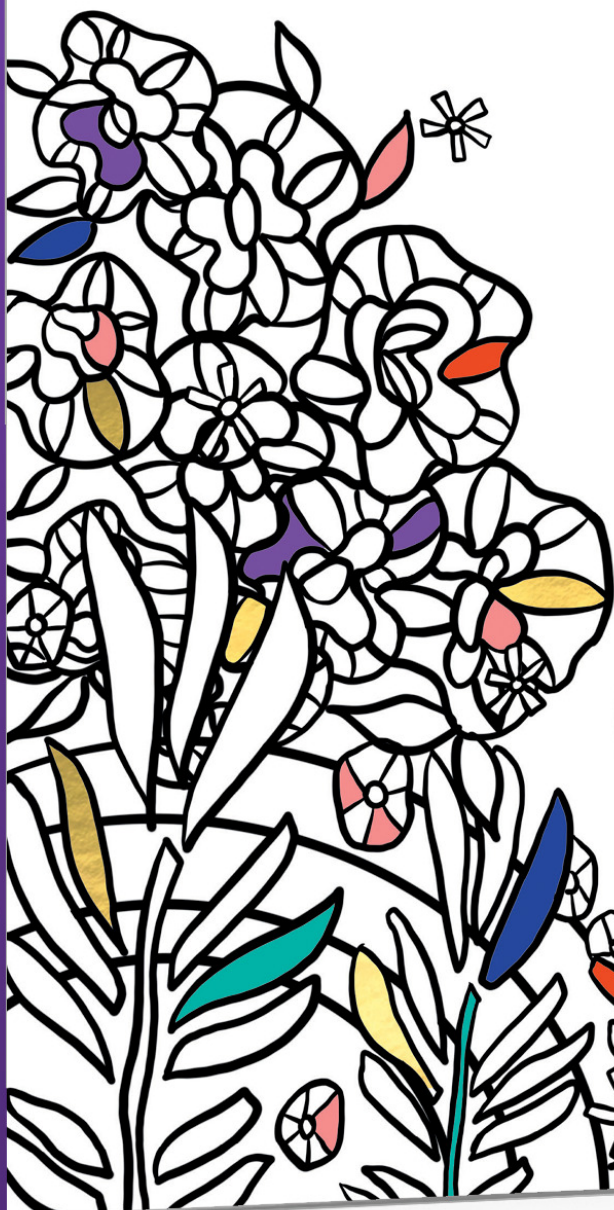
RISE UP



A COLORING BOOK CELEBRATING BLACK COURAGE, RESILIENCE, AND FAITH



Rise Up



Ink &
Willow

**SNEAK
PEEK**

**UNCORRECTED
PROOF**

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INTRODUCTION

"I WANT TO GET THE LANGUAGE RIGHT TONIGHT. I WANT TO GET THE LANGUAGE SO RIGHT,
SO THAT EVERYBODY HERE WILL CRY OUT, 'YES, I'M BLACK! I'M PROUD OF IT.
I'M BLACK AND BEAUTIFUL!'"

In one of his many powerful speeches, Martin Luther King Jr. captivated the audience with these words. He reminded Black people that, though much of American history has continually tried to say otherwise, being Black is something to be proud of and to rejoice in as one made in the image of God.

When the first enslaved Africans arrived in 1619 on what would become America's shores, a two-sided legacy began—the creation of a vibrant culture with valuable contributions, alongside long-standing oppression and treatment as second-class citizens. Through slavery, Black codes, Jim Crow, the civil rights movement, and now, the Black Lives Matter movement, it's clear that Black people are certainly no strangers to suffering. But, even more important, they are intimately aware of how to live with joy amid affliction, persevere in the face of adversity, and come together in the struggles—and never losing hope.

Rise Up invites you to draw strength from Christ and the collective Black experience, encourages you in the midst of hard times or despair, and emboldens you when you think your voice and work don't matter.

This coloring book stands as a small tribute to and celebration of Black history and faith we can all learn from, whether or not you identify as Black. Coloring can't change the world, but it can help change your perspective. As you color each image and read each quote, take time to reflect on the words of those who have come before and those who continue to forge the path ahead.

Use this book to draw inspiration, grow your awareness, and foster a deeper courage in using your own voice in conversations that matter. Learn more by reading the back of each page, which includes biographical information and some historical background.

Feel free to engage with the *Rise Up* Spotify playlist (link at the back of the book) while you color, meditate, and restore your soul. And if you Instagram any of your coloring pages, we'd love it if you could hashtag them with [#inkandwillow](#).

SO MAY

OUR BREASTS WITH

ev'ry virtue glow,

THE LIVING TEMPLES OF
OUR GOD

BELOW!

— PHILLIS

WHEATLEY

A Hymn to the Evening

Soon as the sun forsook the eastern main
The pealing thunder shook the heav'nly plain;
Majestic grandeur! From the zephyr's wing,
Exhales the incense of the blooming spring.
Soft purl the streams, the birds renew their notes,
And through the air their mingled music floats.
Through all the heav'ns what beauteous dies are spread!
But the west glories in the deepest red:
So may our breasts with ev'ry virtue glow,
The living temples of our God below!
Fill'd with the praise of him who gives the light,
And draws the sable curtains of the night,
Let placid slumbers sooth each weary mind,
At morn to wake more heav'nly, more refin'd;
So shall the labours of the day begin
More pure, more guarded from the snares of sin.
Night's leaden sceptre seals my drowsy eyes,
Then cease, my song, till fair *Aurora* rise.

—Phillis Wheatley (1753–1784)

A young girl born in Senegal/Gambia, West Africa, was brought to the United States as an enslaved person when she was about seven years old. Bought by the Boston-based Wheatley family, she was given their name and taught to read and write. It is believed that Phillis Wheatley published her first poem at the age of thirteen, although she and the Wheatleys struggled to get her work printed in the United States. Instead, her first book of poems was published in London, where she traveled to speak to many abolitionist groups and European dignitaries. She remained enslaved until the death of Mr. and Mrs. Wheatley, and then married a free Black named John Peters. Although she died poor and alone, Phillis Wheatley Peters became one of the best-known poets in pre-nineteenth-century America. Her accomplishments were used by abolitionists as a testimony that Black people could be artistic and intellectual, and served as a catalyst for the antislavery movement.

Illustrated by Keisha Okafor



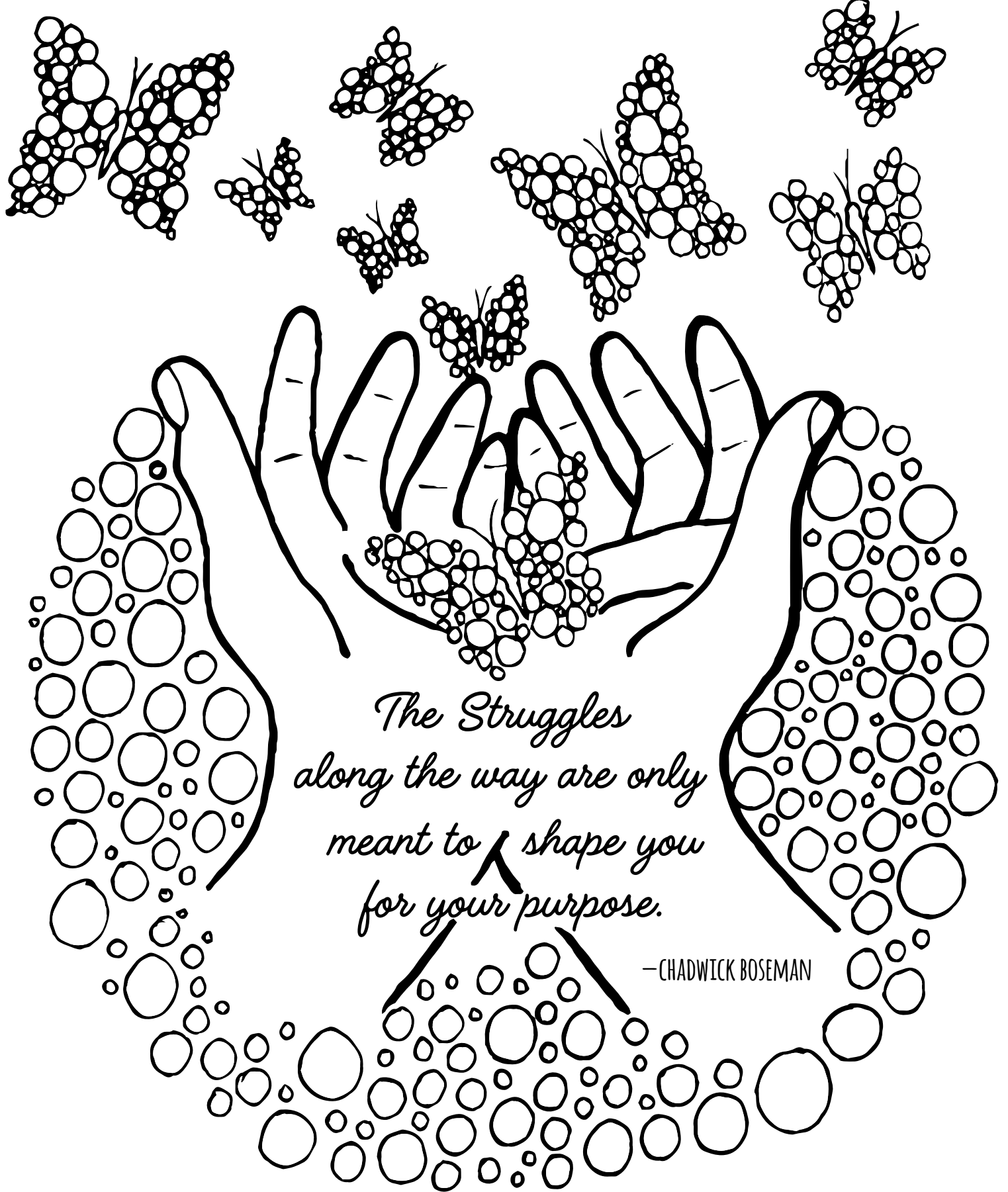
I have decided
to stick with love
-Dr. Martin Luther King Jr.

I say to you, I have also decided to stick with love, for I know
that love is ultimately the only answer to mankind's problems ...
because John was right, God is love.

—Dr. Martin Luther King Jr. (1929–1968), in his address “Where Do We Go From Here?”
delivered at the Eleventh Annual SCLC Convention in August 1967

For thirteen years (December 1955–April 4, 1968), Dr. King was one of the key leaders in the modern American civil rights movement and a pre-eminent advocate for nonviolence. Guided by his faith, he worked tirelessly for the civil rights of Black Americans, fought poverty, and marched for peace. His many notable achievements include publishing five books, receiving five honorary degrees, being named Time magazine’s Man of the Year in 1963, and becoming the youngest person to receive the Nobel Peace Prize, which he won in 1964 at the age of thirty-five. Dr. King’s revered orations and writings—his Nobel Peace Prize lecture, “I Have a Dream” speech, and “Letter from a Birmingham Jail”—are taught and studied by children and scholars across the globe. His legacy lives on through The King Center, established by his widow Mrs. Coretta Scott King after his assassination in 1968. It serves as “a living memorial filled with all the vitality that was his, a center of human endeavor, committed to the causes for which he lived and died.”

Illustrated by Monica Mikai



*The Struggles
along the way are only
meant to shape you
for your purpose.*

—CHADWICK BOSEMAN

The struggles along the way are only meant to shape you for your purpose.

—Chadwick Aaron Boseman (1976–2020), in his 2018 Howard University commencement speech

Chadwick Boseman was an American actor and playwright. A graduate of Howard University with a degree in directing, Boseman started his career in theater before moving to television and film. His breakthrough performance on screen came in 2013, when he portrayed baseball player Jackie Robinson in the biographical film 42. He continued to portray historical figures, starring as James Brown in Get on Up (2014) and Supreme Court justice Thurgood Marshall in Marshall (2017). Boseman is perhaps best known for playing Marvel superhero T'Challa, the Black Panther, from 2016 to 2019. He was the first Black actor to headline a Marvel Cinematic Universe film. Black Panther, and Boseman's role in it, gave the African diaspora a global sense of pride as it put Black excellence on display. Boseman ensured that African stereotypes were not in the film and pushed to highlight Black diversity instead. Although it was unknown to the public, Boseman was diagnosed with colon cancer in 2016. He died from complications in 2020. Ma Rainey's Black Bottom, his final film, based on the August Wilson play, was released posthumously.

Illustrated by Amber Pickens

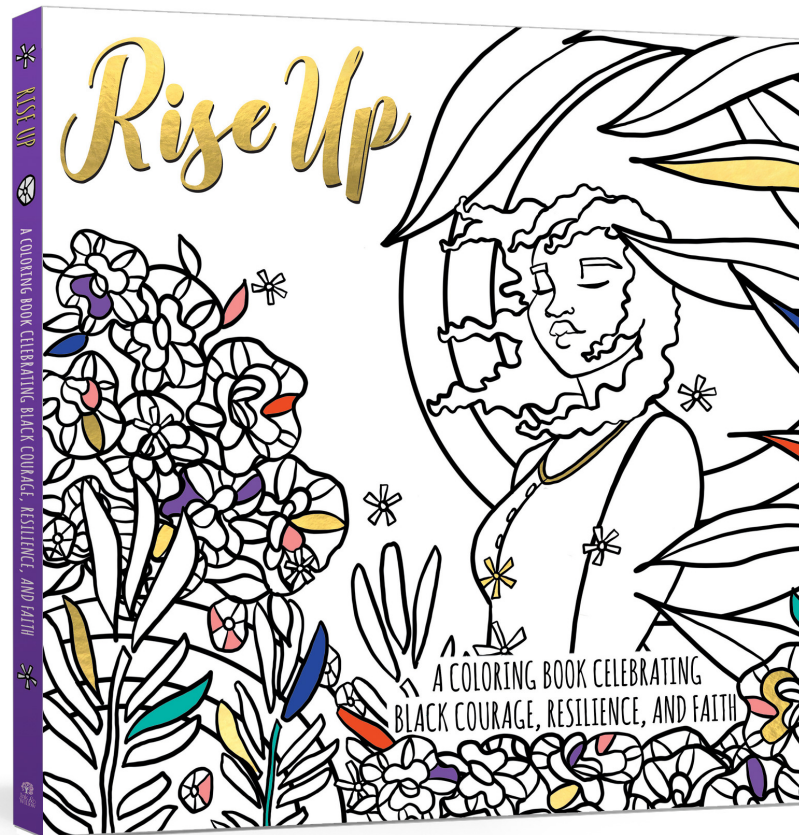


You must never be fearful about what you are doing when it is right.

—Rosa Louise McCauley Parks (1913–2005)

Born in Tuskegee, Alabama, Rosa McCauley had to drop out of high school to take care of her sick mother. With the support of Raymond Parks, whom she married in 1932, she received her high school diploma in 1934. On December 1, 1955, Rosa Parks refused to give up her seat on a public bus to a white man and was quickly arrested. After being found guilty of disorderly conduct four days later, the Montgomery Bus Boycott started. Over a year later, all those involved in the boycott won a huge victory with the declaration that bus service segregation was unconstitutional. Rosa Parks remained active in the civil rights movement, eventually moving in 1957 to Detroit after losing her job, unable to find work and her family constantly harassed and threatened. She cofounded the Rosa and Raymond Parks Institute for Self Development in 1987 to motivate and direct young people to achieve their highest potential. She received more than forty-three honorary degrees, and in 1996, she was awarded the Medal of Freedom by President Clinton. The Rosa Parks Museum in Montgomery, Alabama, located at the site of her famous arrest, serves as living memorial to her life and legacy.

Illustrated by Chantell Marlow



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