

## Sisters of Charity of New York PJIC Office Update, November 2020

### An Invitation To Explore and Learn How To Be Anti-Racist

*Excerpts from the 21 Day Challenge Ignatian Racial Equity Educational Resource found at <https://ignatiansolidarity.net/ignatian-racial-equity-challenge/> Consider inviting a friend or colleague to explore, learn and share insights together!*

*Take time to pray, reflect and ponder each section!*

**D**efine the Terms - Spend some time reading the *Racial Equity Glossary of Terms*, especially racial equity, racism, white privilege, white supremacy.

[https://www.racialequitytools.org/resourcefiles/RET\\_Glossary\\_Updated\\_October\\_2019\\_.pdf](https://www.racialequitytools.org/resourcefiles/RET_Glossary_Updated_October_2019_.pdf)

#### **Questions to ponder for those of us who are white people:**

- ❖ Have you ever considered racism to include more than interpersonal interactions? Can you think of an example?
- ❖ How do we / How have we as white people personally benefit(ed) from racist systems? Does an example come to mind?

**ACT** Consider inviting a friend or colleague to join you in reading the glossary and sharing your answers to the questions.

### **The Difference Between Being Non-Racist and Anti-Racist – What is it?**

Watch this 2 minute video *Are You a racist?* at <https://ignatiansolidarity.us3.list-manage.com/track/click?u=8e141d38e4bb12b990251e274&id=e218f2b344&e=b56b2d27a1>

and Historian Ibram X Kendi's 20 minutes NPR interview, *On How to Be an Anti-Racist*, <https://ignatiansolidarity.us3.list-manage.com/track/click?u=8e141d38e4bb12b990251e274&id=1c0fcce64e&e=b56b2d27a1>

Google Doc at link below contains scaffolded anti-racism resources and is an attempt to find ourselves on the stages of white identity development. Complete one of the activities or “what to do next” steps in that category.

<https://ignatiansolidarity.us3.list-manage.com/track/click?u=8e141d38e4bb12b990251e274&id=35f0ade322&e=b56b2d27a1>

### **W**hite Privilege and White Supremacy

Watch 22 minute video, *Deconstructing White Privilege*, by Robin DiAngelo at <https://www.youtube.com/watch?v=DwIx3KQer54>

Visit the National Museum of African American Art and Culture at <https://nmaahc.si.edu/learn/talking-about-race>

**PRAY** by viewing 8:18 minute video, *The Cross and the Lynching Tree*, James Cone. <https://youtu.be/4EkQnbvzwJo> Caution - some images are difficult to watch.

**ACT** Choose one action after reading article, “6 ways to be antiracist, because being 'not racist' isn't enough”, <https://mashable.com/article/how-to-be-antiracist/>

**Question to ponder for those of us who are white people:**

- ❖ How does denying the existence of racism and white privilege perpetuate racial inequality and unequal outcomes.

Extra resource is video interview with Brian Massingale, *How the Church Can Combat Racism and White Privilege*, <https://www.youtube.com/watch?v=ONiie2oYJCO>

**Anti-Blackness** – Read article in YES Magazine, <https://ignatiansolidarity.us3.list-manage.com/track/click?u=8e141d38e4bb12b990251e274&id=d1b2db379a&e=b56b2d27a1>

**PRAY:** O God of Justice, Come to our aid, NCR article at

<https://ignatiansolidarity.us3.list-manage.com/track/click?u=8e141d38e4bb12b990251e274&id=2896bebb4e&e=b56b2d27a1>

**ACT:** Support a Black-owned business, either online or in your community.

**Microaggressions and Colorblindness** – The *Racial Equity Tools Glossary* defines microaggressions as “everyday verbal, nonverbal, and environmental slights, snubs, or insults, whether intentional or unintentional, which communicate hostile, derogatory, or negative messages to target persons based solely upon their marginalized group membership.” Today, we will explore the reality of microaggressions, along with colorblindness, which is problematic in that it denies the realities of racism.

*Microaggressions Are A Big Deal: How To Talk Them Out And When To Walk Away*

[https://www.npr.org/2020/06/08/872371063/microaggressions-are-a-big-deal-how-to-talk-them-out-and-when-to-walk-](https://www.npr.org/2020/06/08/872371063/microaggressions-are-a-big-deal-how-to-talk-them-out-and-when-to-walk-away?utm_source=21+Day+Challenge+Automation+List&utm_campaign=f2b293d438-AUTOMATION_21_Day_Racial_Equity_Challenge_Automati&utm_medium=email&utm_term=0_4b53853376-f2b293d438-256606907&mc_cid=f2b293d438&mc_eid=b56b2d27a1)

[away?utm\\_source=21+Day+Challenge+Automation+List&utm\\_campaign=f2b293d438-](https://www.npr.org/2020/06/08/872371063/microaggressions-are-a-big-deal-how-to-talk-them-out-and-when-to-walk-away?utm_source=21+Day+Challenge+Automation+List&utm_campaign=f2b293d438-AUTOMATION_21_Day_Racial_Equity_Challenge_Automati&utm_medium=email&utm_term=0_4b53853376-f2b293d438-256606907&mc_cid=f2b293d438&mc_eid=b56b2d27a1)

[AUTOMATION\\_21\\_Day\\_Racial\\_Equity\\_Challenge\\_Automati&utm\\_medium=email&utm\\_term=0\\_4b53853376-f2b293d438-256606907&mc\\_cid=f2b293d438&mc\\_eid=b56b2d27a1](https://www.npr.org/2020/06/08/872371063/microaggressions-are-a-big-deal-how-to-talk-them-out-and-when-to-walk-away?utm_source=21+Day+Challenge+Automation+List&utm_campaign=f2b293d438-AUTOMATION_21_Day_Racial_Equity_Challenge_Automati&utm_medium=email&utm_term=0_4b53853376-f2b293d438-256606907&mc_cid=f2b293d438&mc_eid=b56b2d27a1) has a 21 minute video with

script.

*Why Microaggressions Aren't So Micro*, 15:18, May 3, 2019, Whitney Grinnage-Cassidy, TEDxYouth@UrsulineAcademy. Listen to what this youth thinks!

[https://www.youtube.com/watch?v=Z7l194OXxYo&utm\\_source=21+Day+Challenge+Automation+List&utm\\_campaign=f2b293d438-](https://www.youtube.com/watch?v=Z7l194OXxYo&utm_source=21+Day+Challenge+Automation+List&utm_campaign=f2b293d438-AUTOMATION_21_Day_Racial_Equity_Challenge_Automati&utm_medium=email&utm_term=0_4b53853376-f2b293d438-256606907&mc_cid=f2b293d438&mc_eid=b56b2d27a1)

[AUTOMATION\\_21\\_Day\\_Racial\\_Equity\\_Challenge\\_Automati&utm\\_medium=email&utm\\_term=0\\_4b53853376-f2b293d438-256606907&mc\\_cid=f2b293d438&mc\\_eid=b56b2d27a1](https://www.youtube.com/watch?v=Z7l194OXxYo&utm_source=21+Day+Challenge+Automation+List&utm_campaign=f2b293d438-AUTOMATION_21_Day_Racial_Equity_Challenge_Automati&utm_medium=email&utm_term=0_4b53853376-f2b293d438-256606907&mc_cid=f2b293d438&mc_eid=b56b2d27a1)

**Racial Microaggressions You Hear On A Daily Basis** – hear from young persons.

[https://www.buzzfeed.com/hnigatu/racial-microaggressions-you-hear-on-a-daily-](https://www.buzzfeed.com/hnigatu/racial-microaggressions-you-hear-on-a-daily-basis?utm_term=.ni4bRwobgw&utm_source=21+Day+Challenge+Automation+List&utm_campaign=f2b293d438-AUTOMATION_21_Day_Racial_Equity_Challenge_Automati&utm_medium=email&utm_term=0_4b53853376-f2b293d438-256606907&mc_cid=f2b293d438&mc_eid=b56b2d27a1)

[basis?utm\\_term=.ni4bRwobgw&utm\\_source=21+Day+Challenge+Automation+List&utm\\_campaign=f2b293d438-](https://www.buzzfeed.com/hnigatu/racial-microaggressions-you-hear-on-a-daily-basis?utm_term=.ni4bRwobgw&utm_source=21+Day+Challenge+Automation+List&utm_campaign=f2b293d438-AUTOMATION_21_Day_Racial_Equity_Challenge_Automati&utm_medium=email&utm_term=0_4b53853376-f2b293d438-256606907&mc_cid=f2b293d438&mc_eid=b56b2d27a1)

[AUTOMATION 21 Day Racial Equity Challenge Automati&utm\\_medium=email&utm\\_term=0\\_4b53853376-f2b293d438-256606907&mc\\_cid=f2b293d438&mc\\_eid=b56b2d27a1#.gwyda5vde5](https://www.automation21.com/2020/06/03/an-examen-for-white-allies-2/)

**An Examen for White Allies**, <https://ignatiansolidarity.net/blog/2020/06/03/an-examen-for-white-allies-2/>

**ACT For white people:** After learning about the different types of common microaggressions, reflect upon which ones you've overheard, witnessed, or even used yourself. How can you commit to using your privilege to intervene the next time you hear or see a microaggression being used?

**For BIPOC (Black, Indigenous, and People of Color):** Use some time today to engage in an act of self-care, acknowledging that you bear the weight of microaggressions.

**Examen** – St. Ignatius invites us into the practice of "repetition" in prayer in which we return to a previous prayer period in order to become more attentive to the movements of God in our heart. In that spirit, you are invited to revisit resources. Use the questions below as a guide.

- ❖ As you look back over each topic, which themes produced a strong emotion or left you wanting to explore more?
- ❖ Was there a resource you read or watched but didn't have time to unpack or process? Take some time to do that today.
- ❖ Engage with a resource you didn't have time to use, explore an additional resource, or take time to prayerfully journal or talk to God about what came up for you in relation to a theme.

**A Prayer for Dismantling Racism**, Written by the Pax Christi Anti-Racism Team.

Dear God, in our efforts to dismantle racism, we understand that we struggle not merely against flesh and blood, but against powers and principalities – those institutions and systems that keep racism alive by perpetuating the lie that some members of the family are inferior and others superior.

Create in us a new mind and heart that will enable us to see brothers and sisters in the faces of those divided by racial categories.

Give us the grace and strength to rid ourselves of racial stereotypes that oppress some of us while providing entitlements to others.

Help us to create a Church and nation that embraces the hopes and fears of oppressed People of Color where we live, as well as those around the world.

Heal your family God, and make us one with you, in union with our brother Jesus, and empowered by your Holy Spirit. Amen.