

## USG Racial Healing SGM ~ Beloved Community ~ February, 2021

drawn from Soul Matters materials, see the full packet for more of all of these elements

[www.soulmatterssharingcircle.com](http://www.soulmatterssharingcircle.com)



### To Engage Before We Meet (Any or All)

#### Music

Tracy Chapman, Stand By Me

<https://www.youtube.com/watch?v=8XL6C3vY0jM&list=PLvXOKgOQVYP6YfLRkzZ3vmflyrb-CWqyd&index=6>

The War and Treaty, Love Like There's No Tomorrow

[https://www.youtube.com/watch?v=0IFcutRV\\_4&list=PLvXOKgOQVYP6YfLRkzZ3vmflyrb-CWqyd&index=7](https://www.youtube.com/watch?v=0IFcutRV_4&list=PLvXOKgOQVYP6YfLRkzZ3vmflyrb-CWqyd&index=7)

Sweet Honey in the Rock, We Shall Not Be Moved

<https://www.youtube.com/watch?v=HeBWmUWuAo4&list=PLvXOKgOQVYP6YfLRkzZ3vmflyrb-CWqyd&index=10>

Prince, I Would Die for You

<https://www.youtube.com/watch?v=SVEFRQavTNI>

#### Videos

From the Bold & Untold MAKERS series (Little 1 and a half minute videos about women breaking barriers. These are just the ones about women of color.)

<https://www.youtube.com/watch?v=pEp14PCjP5Y&list=PLru7kHs-GAenoya0Cfo44IkUfyzagcaOi&index=4>

<https://www.youtube.com/watch?v=fG5CqhEhMiE&list=PLru7kHs-GAenoya0Cfo44IkUfyzagcaOi&index=5>

<https://www.youtube.com/watch?v=Qp8vdy0ijgk&list=PLru7kHs-GAenoya0Cfo44IkUfyzagcaOi&index=7>

<https://www.youtube.com/watch?v=QkG9JJCQIOE&list=PLru7kHs-GAenoya0Cfo44IkUfyzagcaOi&index=9>

<https://www.youtube.com/watch?v=6JU9yr3KCA&list=PLru7kHs-GAenoya0Cfo44IkUfyzagcaOi&index=10>

[https://www.youtube.com/watch?v=dB0XDbOufmk&list=PLru7kHs-GAelsFehWUEm\\_-6dohLRS-](https://www.youtube.com/watch?v=dB0XDbOufmk&list=PLru7kHs-GAelsFehWUEm_-6dohLRS-uUw&index=3)

[uUw&index=3https://www.youtube.com/watch?v=flk3mE5Mwx8&list=PLru7kHs-GAelsFehWUEm\\_-6dohLRS-uUw&index=7](https://www.youtube.com/watch?v=flk3mE5Mwx8&list=PLru7kHs-GAelsFehWUEm_-6dohLRS-uUw&index=7)

[https://www.youtube.com/watch?v=JrYKCSj\\_Yw8&list=PLru7kHs-GAelsFehWUEm\\_-6dohLRS-uUw&index=9](https://www.youtube.com/watch?v=JrYKCSj_Yw8&list=PLru7kHs-GAelsFehWUEm_-6dohLRS-uUw&index=9)

#### Spiritual Exercise: Deepen Commitment to Allyship

Many white, cis-gendered UUs are waking up to the call to be allies. And yet it is a more complex commitment than it may at first seem. With this in mind, we invite non-marginalized UUs this month to lean into learning more about that complexity so their commitment to allyship can make the difference we all hope for.

To help you on your way, we've gathered below some wise, compassionate and challenging voices. They lift up many guideposts to help you navigate this important work. But don't just stop at exploration. Instead push yourself to identify 3-5 of the guideposts shared that call to you in particular - three to five lessons/challenges that not only offer you new insight but also point to clear *changes* you can make this month. Ultimately this is what commitment means: moving from awareness to *action*, hope to *impact*.

- Guide To Allyship  
<https://guidetoallyship.com/#what-is-an-ally>  
Support: [https://www.buymeacoffee.com/amelie?utm\\_source=guidetoallyship](https://www.buymeacoffee.com/amelie?utm_source=guidetoallyship)
- How to Be a Good Ally - Identity, Privilege, Resistance  
<https://www.youtube.com/watch?v=q7EIX4GFQpl> Support: <https://www.patreon.com/AhsantetheArtist>
- How to Tell the Difference Between Real Solidarity and 'Ally Theater'  
<http://www.blackgirldangerous.com/2015/11/ally-theater/> Support: <https://www.bgdblog.org/donate/>
- The Women's March and the Difference Between Unity and Solidarity  
<https://www.bgdblog.org/2017/01/the-difference-between-unity-and-solidarity/>  
Support: <https://www.bgdblog.org/donate/>

- How Non-Indigenous Activists Can Support Indigenous People  
<https://www.bgdblog.org/2016/09/support-indigenous-people/>  
Support: <https://www.bgdblog.org/donate/>
- How to be an Antiracist, Ibram X. Kendi  
<https://www.youtube.com/watch?v=TzuOlyyQlug>
- Moving from Actor to Ally to Accomplice  
<https://www.whiteaccomplices.org> Also at <http://www.racialjusticeallies.org/wp-content/uploads/2016/12/from-ally-to-accomplice.pdf>

## Session Plan

### Chalice Lighting

If you are neutral in situations of injustice, you have chosen the side of the oppressor. Bishop Desmond Tutu

**Check-in** *Share something of your journey with racism or where racism is showing up in your life now.*

### Quotes for Inspiration/Readings

Choosing a path meant having to miss out on others. She had a whole life to live, and she was always thinking that, in the future, she might regret the choices she made now. "I'm afraid of committing myself," she thought to herself. She wanted to follow all possible paths and so ended up following none. Paulo Coelho

We need to do a better job of putting ourselves higher on our own 'to do' list. Michelle Obama

Charlene Carruthers, FreedomSide

[https://www.youtube.com/watch?v=v\\_sj-7t3n4o&list=PLvXOKgOQVYP6YfLRkzZ3vmflyrb-CWqyd&index=8](https://www.youtube.com/watch?v=v_sj-7t3n4o&list=PLvXOKgOQVYP6YfLRkzZ3vmflyrb-CWqyd&index=8)

### Sitting in Silence

#### Questions

Do you over-promise? When you offer others your commitment, do they take it with a grain of salt? Has society ever broken its promise to you?

#### Sharing/Deep Listening

*Respond with your thoughts and experiences with the topic. We create a safe space by listening deeply and not responding. When sharing, connect with what is true for you. When listening, give the speaker your full attention rather than thinking about what you will share.*

#### Reflection and Gratitude

*This is a time to respond briefly to something another person said or to relate additional thoughts that may have occurred as others shared. Consider lifting up one comment or experience for which you are particularly grateful.*

#### Song

Aisha Badru, Bridges

<https://www.youtube.com/watch?v=D5N1BnBK004&list=PLvXOKgOQVYP6YfLRkzZ3vmflyrb-CWqyd&index=5>

#### Extinguishing the Chalice

The heart of justice is truth telling, seeing ourselves and the world the way it is rather than the way we want it to be. More than ever before we, as a society, need to renew a commitment to truth telling.

[bell hooks](#)