

## USG Racial Healing SGM ~ Renewal ~ July, 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)

#### *Spiritual Exercises*

##### ***Renew Your Understanding of History***

The Movement for Black lives and the spring/summer 2020 protests against police violence have left us with a renewed sense of urgency about moving into a new and more just future. At the same time, leaders from these efforts remind us that a new future isn't possible without a truthful telling of the past. So this month, alongside your other efforts to support the Black and [BIPoc](#) communities, make some time for the spiritual practice of revisiting, correcting, enriching and renewing your understanding of our country's history. Below are a number of resources to help you along your way. Use them as is helpful and/or seek out your own.

- **Article - Five Truths About Black History**  
<https://www.aclu.org/issues/racial-justice/five-truths-about-black-history>
- **Podcast - '1619'**  
<https://www.nytimes.com/2020/01/23/podcasts/1619-podcast.html>
- **Documentary - Reconstruction: America After the Civil War**  
[https://video.kpbs.org/show/reconstruction-america-after-civil-war/?\\_ga=2.205144848.1807498231.1594489242-1530964149.1594489240](https://video.kpbs.org/show/reconstruction-america-after-civil-war/?_ga=2.205144848.1807498231.1594489242-1530964149.1594489240)
- **Video - Reconstruction in America**  
[https://www.youtube.com/watch?time\\_continue=103&v=HRj35PtXnLs&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=103&v=HRj35PtXnLs&feature=emb_logo)
- **Article - on Richard Rothstein's book, [The Color of Law](#)**  
<https://ggwash.org/view/77589/richard-rothstein-lays-out-the-reality-of-government-mandated-segregation-in-color-of-law>
- **Video - Segregation Myth: Richard Rothstein Debunks An American Lie**  
<https://www.facebook.com/watch/?v=270363507375249>
- **Segregation Myth: Richard Rothstein Debunks An American Lie**  
<https://www.facebook.com/NowThisPolitics/videos/270363507375249/>
- **Black America Since MLK: And Still I Rise**  
<https://www.pbs.org/show/black-america-mlk-and-still-i-rise/>
- **Video - Jim Crow and America's Racism Explained**  
[https://www.youtube.com/watch?v=2\\_gOtZ--4WE](https://www.youtube.com/watch?v=2_gOtZ--4WE)
- **Podcast - American Police, Throughline**  
<https://www.npr.org/2020/06/03/869046127/american-police>
- **Documentary - The Black Panthers: Vanguard of the Revolution**  
[https://video.kpbs.org/video/independent-lens-black-panthers-vanguard-revolution-full-episode/?\\_ga=2.74058514.1807498231.1594489242-1530964149.1594489240](https://video.kpbs.org/video/independent-lens-black-panthers-vanguard-revolution-full-episode/?_ga=2.74058514.1807498231.1594489242-1530964149.1594489240)
- **Article - The Enlightenment's Dark Side**  
<https://getpocket.com/explore/item/the-enlightenment-s-dark-side>

- **Movie - When They See Us**  
[https://www.huffpost.com/entry/ava-duvernay-when-they-see-us\\_n\\_5ceedc40e4b0508c91e1095a](https://www.huffpost.com/entry/ava-duvernay-when-they-see-us_n_5ceedc40e4b0508c91e1095a)
- **Books -15 History Books Every American Needs To Read To Get The Full Story Of Our Nation**  
[https://www.bustle.com/p/15-history-books-you-didnt-get-assigned-in-school-but-definitely-need-to-read-76540?utm\\_source=facebook&utm\\_medium=owned&utm\\_campaign=feminismbustle&fbclid=IwAR3xNj1QWq2TaaYrOZocitb3WVJbOQT\\_dkiV\\_gO-YHVFuQ1DCXL-xbGCEM](https://www.bustle.com/p/15-history-books-you-didnt-get-assigned-in-school-but-definitely-need-to-read-76540?utm_source=facebook&utm_medium=owned&utm_campaign=feminismbustle&fbclid=IwAR3xNj1QWq2TaaYrOZocitb3WVJbOQT_dkiV_gO-YHVFuQ1DCXL-xbGCEM)

## Resources

### Podcasts

**Why Now, White People?** <https://www.npr.org/2020/06/16/878963732/why-now-white-people>

On the need to renew our relationships not just our learning and commitment.

**Loss and Renewal: Moving Forward After A Door Closes**

<https://www.npr.org/2018/12/28/680679054/loss-and-renewal-moving-forward-after-a-door-closes>

**Adrienne Maree Brown on Pleasure as Birthright** On spiritual renewal through re-centering affirming our right to pleasure <https://forthewild.world/listen/adrienne-maree-brown-on-pleasure-as-birthright115>

**Won't Get Fooled Again with classroom instruments!!**

<https://www.facebook.com/watch/?v=381381056053961>

### Articles

America's Racial Contract is Showing, The Atlantic On challenging ourselves *not* to renew our nation's social contract. <https://www.theatlantic.com/ideas/archive/2020/05/americas-racial-contract-showing/611389/>

**Dear White People, This is What We Want You to Do, Kandise Le Blanc**

On what it means for white people to renew their commitment to the work of racial justice

[https://insidethekandidish.wordpress.com/2020/05/30/dear-white-people-this-is-what-we-want-you-to-do/?fbclid=IwAR3kIOsl1DGPusl1O\\_y-b\\_RU6oQ-3hzSLF6B6m2eP5QRut5UTKI06m8SUW4](https://insidethekandidish.wordpress.com/2020/05/30/dear-white-people-this-is-what-we-want-you-to-do/?fbclid=IwAR3kIOsl1DGPusl1O_y-b_RU6oQ-3hzSLF6B6m2eP5QRut5UTKI06m8SUW4)

More here: <https://www.katykatikate.com/the-blog/2020/5/26/5-racist-anti-racism-responses-good-white-women-give-to-viral-posts>

### Movies

**Whose Streets?** <https://www.youtube.com/watch?v=upiNjJSerw>

On renewing and widening our understanding of the call, context, trauma and anger of today's protests for racial justice

### Music

Spearhead, The Sound of Sunshine Going Down

<https://www.youtube.com/watch?v=KqgHosrqJ8o>

AHI, Alive Again <https://www.youtube.com/watch?v=gJmmHpLcN1U>

Home Again, Michael Kiwanuka <https://www.youtube.com/watch?v=kJ4s3G7hgR4>

Nahko, We Shall Overcome with Patricio <https://www.youtube.com/watch?v=kH5pe-Z-r7k>

## Session Plan

## Chalice Lighting

Every person needs to take one day away. A day in which one consciously separates the past from the future. Jobs, family, employers, and friends can exist one day without any one of us, and if our egos permit us to confess, they could exist eternally in our absence. Each person deserves a day away in which no problems are confronted, no solutions searched for. Each of us needs to withdraw from the cares which will not withdraw from us. Maya Angelou

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

## Quotes for Inspiration/Readings

It was my conviction and determination that the church would be a resource for activists -- a mission fundamentally perceived. To me it was important that individuals who were in the thick of the struggle for social change would be able to find renewal and fresh courage in the spiritual resources of the church. Rev. Dr. Howard Thurman (quoted in Mark Morrison Reed's *Black Pioneers*)

Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive. Rev. Dr. Howard Thurman

Nobody can go back and start a new beginning, but anyone can start today and make a new ending. Maria Robinson

## Sitting in Silence

### Questions

1. Whose way of being in the world renews your faith in humanity?
2. How is "summer renewal" different from "fall renewal" for you?
3. Are you sure it's your body that's tired, or could it be your soul?
4. When was the last time you allowed yourself a day in which nothing was produced, no items were checked off your list, no problems were confronted, no solutions were searched for?
5. We're taught that "time away" is about *restoring ourselves* in order to return to our work. But what if we saw it as making space to decide if it's time to *reconfigure ourselves* and re-imagine what our true "work" is?
6. How would your life change if you saw rest as "a form of resistance" against a culture that gladly "uses us," deforms us and lures us into believing that exhaustion is a mark of success? ([Tricia Hersey](#))
7. You've been telling yourself you need rest, but what if what you really need is play?
8. Which of your commitments to the greater good needs renewed this year?
9. Have you ever been "washed clean"? (Is there something in you that longs for it now?)
10. What would it look like to take a break from being a "giver" and allow yourself to receive?
11. We regularly renew our homes and porches with a new coat of paint. This constant and tender care is what makes them beloved to us. What precious personal relationship of yours has paint that has grown dry and is starting to peel? And could use a bit of tender renewal?
12. Is it time to renew that promise you made to yourself?

**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 reflect briefly on 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**

Ibeyi, River <https://www.youtube.com/watch?v=PljxuheQg0I>

**Extinguishing the Chalice**

May the tears I cried last year be nourishment to the soil of this new year. Anonymous