

USG Racial Healing SGM ~ Resistance ~ April, 2023

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

www.soulmatterssharingcircle.com



Session Plan

Chalice Lighting Rest is a form of resistance because it disrupts and pushes back against capitalism and white supremacy. Both of these toxic systems refuse to see the inherent divinity of human beings and have used human bodies as a tool for production, evil and violence for centuries. Grind culture has made us into human machines, willing and ready to donate our lives to a capitalist system that thrives by placing profit over people. Tricia Hersey

Check-in *Share experiences with facing racism together.*

Quotes for Inspiration/Readings

Our lives begin to end the day we become silent about things that matter. Martin Luther King, Jr.

Still I Rise, Maya Angelou

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,

You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise
I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.

Black joy matters. Black love matters. Black rest matters. They all matter. Why? Simply put: Our existence is resistance. L'Oreal Thompson Payton

Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.
Audre Lorde

When we acknowledge that we exist in an anti-black world that is set up to ensure we do not live, to choose life and to choose to enjoy any aspect of that life is a radical act. [Kleaver Cruz](#)

The role of the artist is to make revolution irresistible. Toni Cade Bambara

Questions

1. How did your parents' acts of resistance shape you?
2. Has your resistance to change grown or eased as you've gotten older?
3. What change in your life do you wish you had **not** resisted?
4. Have you been following the path of least resistance for so long that you no longer notice??
5. Is it time to heed the warning that "[What you resist, persists](#)"?
6. What problematic emotion is hardest for you to resist? Jealousy? Pessimism? Spite? Judgmentalism? Wanting to be right? Wanting to always win? (What is one thing you might do to get better at that?)
7. How has art shaped and inspired your political resistance?
8. Is life trying to lead you down a road you've long resisted?
9. Is it possible that the form of resistance you need to take right now is [rest](#)?
10. How good are you at resisting the [tyranny of the to do list](#)?
11. Is your resistance animated [by breath](#) or by anger and despair alone?
12. Are you resisting looking at a truth in your life right now?

Three Deep Breaths

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 Battlecry, Jordan Mackampa https://www.youtube.com/watch?v=5Jxf_A26iAc

Extinguishing the Chalice

So the question is not whether we will be extremists, but what kind of extremists we will be. Will we be extremists for hate or for love? Will we be extremists for the preservation of injustice or for the extension of justice? Martin Luther King, Jr.