



DISMANTLING RACISM

A Community Dialogue Series

Prepare, Talk, Act – Class 1

PREPARE

Watch and reflect upon the following video: <https://www.youtube.com/watch?v=FZil6ae5hBo>

In this video, Robin DiAngelo urges white folks to make a paradigm shift from asking “what do I do?” to “why, as a functional adult in this society, do I not know what to do about racism?” In considering this shift, DiAngelo urges white individuals to reflect upon the forces or circumstances that lead us to places of “not knowing” or discomfort with race.

Exercise: as you watch the video above, pay attention to any feelings or tensions that arise in your body. Consider pausing the video when you notice these feelings to simply wonder where they may be coming from. For many of us, examining whiteness personally is new and unfamiliar and can bring a variety of emotions – excitement, shame, anxiety, just to name a few. Learning to sit with and not be overwhelmed by these emotions is a helpful way for each of us to build personal resilience for the complex demands of pursuing racial justice. Consider journaling or meditating on the paradigm shift that DiAngelo is advocating for here. What might this look like for you? What might this look like within your faith community?

TALK

Identify one other person who is attending these sessions who is willing to serve as a “practice partner” for our ongoing conversations around dismantling racism /or/ Identify one other person of the same racial/ethnic background as you to discuss your understanding of what it means to be white in the Twin Cities Metro area and how that relates to your lived experience of race.

ACT

Start a 100% voting initiative in your congregation, community or workplace with an emphasis on promoting voters’ rights and clear voter information. Voting leads to representation which leads to institutional power. Let’s be sure that everyone have clear access and information to their right to vote. Here’s a couple of links to help get you or your community started:

<https://www.commoncause.org/our-work/voting-and-elections/voting-safe-in-the-2020-election/>

<https://www.sos.state.mn.us/elections-voting/register-to-vote/>