

Session 2: Historical Racism

This session brings us some of the stories, perspectives, and dimensions on the construction of race, revealing a complicated and painful history many of us were not taught in school. It is important to appreciate that the history of racial minorities in the United States is also a history of courage and resistance. Bryan Stevenson's interview is a very helpful container for WHY we need to look at our painful history. Please pace yourself and try to spread these assignments out over the month as the content is heavy.

Preparation:

- [Bryan Stevenson interview. Charlie Rose.](#) Coming to terms with the legacy of slavery - why it's important to reflect on our history (52:44 mins)
- Odetta "[No More Auction Block for Me](#)" (2:20 mins)
- [Lynching in America](#) (some graphic descriptions included in this recent scholarship)
- [When Americans Lynched Mexicans](#)
- "[Ain't Gonna Let Nobody Turn Me Around](#)" Sweet Honey in the Rock (4 mins)
- [Letter to my Nephew](#) James Baldwin
- [We've Been Here All Along](#) Funie Hsu
- [Prisons of Silence A Poem by Janice Mirikatan](#)
- [This Land is Whose Land](#) - Mali Obomsawim, Native American land rights
- [Hiking the Nüümü Poyo: An Act of Love by Indigenous Women](#) by Tazbah Chavez
- [Wellbriety: A Journey to Forgiveness](#) - a video about Indian Boarding Schools (37:20 mins)
- "[Reverse Racism](#)" - Aamer Rahman (comedian 2:30mins)
- Report on Charlottesville violence <https://www.youtube.com/watch?v=RlrcB1sAN8I>

Please choose at least two of the following:

- [Tulsa, OK massacre](#)
- [Elaine, AR](#)
- [Rosewood, FL](#) (Audio only- 9:44 minutes)

Black History in Portland

- [Portland Gentrification: The North Williams Avenue that Was -- 1956](#) The Scanner
- OPB Documentary - [Vanport](#) (60mins)

Tools of Practice

We suggest you listen to Lovingkindness audio meditations as you experience these materials. There are several that you can check try. Feel free to peruse these websites for something that suits you.

You can go back to this throughout the course.

- [UC San Diego Center for Mindfulness Guided Meditations](#)
- <http://marc.ucla.edu/mindful-meditations>

Facilitation

The facilitator's role is to guide the group through the proposed agenda. The facilitator is not expected to have any special knowledge about the topic, and responds to each question as a participant. The facilitator's role incorporates three jobs:

- Make sure all voices are heard. We suggest "going around" to have each person speak during most sections of the agenda, rather than open discussion.
- Keep time and keep the group moving through the agenda.
- Ensure that a date and facilitator is set for the next meeting

Proposed Agenda

A. 6 - 6:05 Large Group Settle and sit (5 minutes)

B. 6:05 - 6:10 Review Communication Guidelines that will support your group (5 minutes)

- a. Read aloud your group's guidelines developed in the first session
- b. Discuss any revisions to the guidelines
- c. Confirm that all members can abide by the group's guidelines, or at least open to practicing with them

C. 6:10 - 7:30 Mindful Sharing (80 minutes)

- a. Instruction: Mindful sharing involves each participant sharing from personal experience. There is no discussion or cross-talk during this time period, only personal sharing.
- b. *Each person in the group can share 3-5 minutes on each question (gauge the time depending on the number of people in your group). Speak to whatever questions are most salient.*
 - i. How did the reading and videos affect you? What did you notice?
 - ii. Do you feel you could talk about the difference between structural racism and individual bias? How would you explain it to someone in your life?
 - iii. What are some current events happening as you discuss this agenda that are rooted in historical racism?

D. 7:30 - 7:35 Sit (5 minutes)

E. 7:35 - 7:45 Group Reflection (10 minutes)

- a. Instruction: Group Reflection is like Mindful Sharing in that there is no discussion or cross-talk, however the focus is on what kind of experience the participants had during the meeting rather than on the content covered.
- b. Each person in the group can share 1-2 minutes about what it was like to participate in the group. PROMPT: What was it like to engage in *Mindful Sharing* today? How has this been for you so far?

F. 7:45 - 7:50 Next Meeting (5 minutes)

- a. How did your meeting logistics work? Any changes you would like to try for the next meeting?
- b. Who will facilitate next?

G. 7:50 - 8:00 Return to Large Group & Closing sit