

MEETING 4: White Privilege and White Fragility

One characteristic of white privilege is denial of its contemporary, active and influential existence. With practice, we begin seeing ways white privilege manifests and operates, both internally and externally.

PREPARATION

- Remember the video from last month -- the unequal opportunity race? Read about the reaction of some white parents, calling it a “white guilt video”. (5 pages)
https://www.washingtonpost.com/news/education/wp/2016/02/11/parents-outraged-after-students-shown-white-guilt-cartoon-for-black-history-month/?utm_term=.4747270d2a69
- “Anatomy of White Guilt” From [racialequitytools.org](http://www.racialequitytools.org) by the Unitarian Universalist Association (7 pages)
http://www.racialequitytools.org/resourcefiles/anatomy_white_guilt.pdf
- White Fragility (17 pages)
<https://libjournal.uncg.edu/ijcp/article/viewFile/249/116>
- White Privilege Invisible Knapsack (7 pages)
<https://nationalseedproject.org/white-privilege-unpacking-the-invisible-knapsack>
- Whiteness Project - Choose and watch several of these, and perhaps imagine being in dialogue. How might you respond?
 - <http://whitenessproject.org/checkbox>
 - <http://whitenessproject.org/millennials>
- Short story on privilege (1 page Cartoon)
<http://thewireless.co.nz/articles/the-pencil-sword-on-a-plate>
- [The Racist History of Portland, the Whitest City in America](#) -- The Atlantic 354 What are the costs to white people? (~7 pages)
- Current Portland: Alberta Commons: progress or PDC with a new name? (~3 pages)
<https://www.opb.org/news/article/portland-oregon-alberta-commons-development-gentrification/>
- White privilege/supremacy in politics: This American Life: Harold Washington, first black mayor in Chicago (1 hour) <https://www.thisamericanlife.org/84/harold>
- Phoenix Cops’ Extreme Reaction (12 min.)
<https://www.youtube.com/watch?v=XpOwJvbyJkA&feature=youtu.be>
<https://www.youtube.com/watch?v=RILA7a-kYes&feature=youtu.be>
- Cost of Oppression (2 pages) [Costs of Oppression to People from Dominant Groups](#)

TOOLS

We found a meditation for working with difficulties that we wanted to share:

http://marc.ucla.edu/mpeg/04_Meditation_for_Working_with_Difficulties.mp3.

It is found on UCLA’s Free Guided Meditations page: <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

A. 6:00 - 6:10 Sit (5 minutes)

B. 6:10 - 7:30 Mindful Sharing (70 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 3-4 minutes on each question (gauge the time depending on the number of people in your group). Speak to whatever questions are most salient*
 - i. What are ways you have felt guilt? Have you found it paralyzing at times? What are ways it might serve to help you respond appropriately to sins of commission, omission, benefitting from an immoral system?
 - ii. Contemplate White Fragility -- the limited ability to tolerate racial stress -- both internally and externally. How do you see White Fragility operating in yourself and others?
 - iii. What are you seeing more clearly after these readings? Or, in general, how did the reading and videos affect you?

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

D. 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 2-3 minutes about what it was like to participate in the group (gauge time based on number of people in the group)
PROMPT: What was it like to engage in *Mindful Sharing* today? How has this been for you so far?

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

- a. Who will facilitate next?

F. 7:50 - 8:00 Large Group