

SESSION 6: GOING FORTH

These readings and videos point to some ways to step forward, interact, have difficult conversations, and see ourselves progressing toward awakening within systems of white supremacy. “Now what do we do?” is a question we hope we can answer together!

PREPARATION:

BRING: Something for writing/journaling

DONATIONS: We will collect donations from participants (thank you for donations already made) and distribute them to Equal Justice Initiative and the Urban League of Portland.

READINGS:

- White Supremacy Culture (8 pages): [READ_White_Supremacy_Culture_Okun.pdf](#)
- Leaning in (24 pages):
<https://drive.google.com/open?id=1NiTH8GmLwAZINaNIkOjSwsowiVuCqXnm>
- Beverly Daniel Tatum, author of “Why Are All the Black Kids Sitting Together in the Cafeteria?” and Other Conversations about Race (13 minute video)
<https://tedx.stanford.edu/lineup/beverly-daniel-tatum>
- How to Talk with Other Whites About Racism - Beth Berila (2 hours)
<http://www.bethberila.com/online-courses/> Two parts: the first hour offers wider context and strategies for approaching racial justice work as whites; the second addresses common responses that arise in white discussions around racism and offers mindful antiracist ways of reframing them.
- Candidate Buttigieg response to racist question (1 min.)
<https://www.youtube.com/watch?v=tr29uMnTMEc&feature=youtu.be>
- Jay Smooth How to tell someone they sound racist (3 minutes)
<https://www.youtube.com/watch?v=b0Ti-gkJiXc>
- AT&T CEO addresses racial tensions: Tolerance is for cowards (11 minutes)
<https://www.youtube.com/watch?v=4K0fm0bAV6Q>
- EXAMPLES of GOING FORTH:
 - <http://www.patheos.com/blogs/notesfromanapostate/2016/08/herding-racial-ignorance-interview-with-white-nonsense-roundup/> (~4 pages)
 - [Outlawing Bias](#) - Portland Tribune 2/7/17 (~ 5 pages)
 - On Removing Confederate Monuments in New Orleans (19 minute video):
<https://www.youtube.com/watch?v=csMbjG0-6Ak>
- <https://beta.prx.org/stories/208837> (7 minutes) by Roger Fernandes -- a Native American storyteller who shares myths and legends of the local Puget Salish tribes of western Wa.
- Racial Affinity Group Guidelines, Ruth King (~5 pages)
<https://ruthking.net/racial-affinity-group-guidelines/>
- Racial Equity Tools (Website with MANY resources: read at least one - in addition to the Spiritual Activism article read for Session 5.)
<http://www.racialequitytools.org/plan/change-process/individual-transformation>
- 100 Ways to Support—Not Appropriate From—Native People
https://www.vice.com/en_us/article/pa5a3m/how-to-be-an-ally-to-native-americans-indigenous-people
- Keegan-Michael Key Suggests Some Ways To Channel Your Energy Into Action
<https://www.youtube.com/watch?v=YQ5HJAFWxis&feature=youtu.be>

FACILITATION

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

B. 6:10 - 6:15 Move to Small Groups

C. 6:15 - 6:25 Writing (10 minutes)

“What am I taking away from the work we have done together?”

A reminder of the themes we have covered:

1. Personal Experience with Race
2. Historical Racism
3. Historical / Institutional / Systemic Racism
4. Awakening to Whiteness
5. Applying Our Spiritual Practice
6. GOING FORTH

D. 6:25 - 6:45 Mindful Sharing (20 minutes)

Instruction: Mindful sharing involves each participant sharing from personal experience. There is no discussion or cross-talk during this time period, only personal sharing. Please divide the time according to the number in your group.

Reflect on the work we have done together over the past 6 months.

- 1) What are you taking away from the work we have done together?
- 2) Take a moment to express gratitude to your small group

E. 6:45 - 6:50 Sit (5 minutes)

F. 6:50 - 6:55 Return to Large Group - Arrange in one large circle

G. 6:55 - 7:55 (60 minutes)

Truth Mandala Ritual - Originally created by Joanna Macy, and adapted by and for White Awake. This version of the Truth Mandala has been adapted so that it serves not grief, but the “going forth” spirit that animates a group at the end of the gathering. This version of the Truth Mandala honors **hope, action, and commitment**. Everyone sits in a circle. There is a stone, a stick, and a feather in the center. Each object in the center of the circle represents something we may want to express at this time. The stone represents commitment. The stick represents action. And the feather holds the space for hope. Each person is invited to step into the center of the circle, take one of these objects, and speak about **an action you may be wanting to take, a commitment you are wanting to make, or a sense of hope that has built up in you as a product of this group work**. If you have something to express which none of these objects represents, you are welcome to simply come to the center of the circle and speak. Likewise, you can come to the center and hold an object without speaking any words. You are free to take one turn, and time permitting, taking multiple turns.

H. 7:55 - 8:00 Close