

RANDOM ACTS OF HEALING

RACISM: LENTEN CALENDAR

The key to living a gospel life is embracing the varied body of Christ—a body that is diminished when some parts are devalued, when oppression continues, and when our created connectivity to all life isn't honored.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1 Renew your commitment to be more Christ-like using a Lenten devotional based Roll Down Justice! Songs. Click here!</p>	<p>2 Be accountable: Tell someone in your life you are doing this, and ask them to give you direct, unflinching feedback.</p>	<p>3 Reflect on your own ethnic/racial ancestry and how it informs your living. Consider the idea of race. Click here!</p>	<p>4 Listen to Rabbi Sharon Brous' Ted Talk on reinventing religion to meet the needs of modern life. Click here!</p>	<p>5 Spend time with music that stirs your soul.</p>
<p>6 What civil rights strides & setbacks have your elders seen? Listen to high school students' oral history. Click here!</p>	<p>7 Research local small businesses run by people of color and support them with your business.</p>	<p>8 Look up your state & federal legislators; write down their names, parties, and phone numbers. Put the list somewhere accessible.</p>	<p>9 Learn about microaggressions that sting. Be honest with yourself about a microaggression you have enacted in the past month. Seek to understand where in you it came from. Click here! & Here!</p>	<p>10 Have your legislators spoken out against oppression and white supremacy? Research a current call to action, call them and make a specific request.</p>	<p>11 Watch 13th on Netflix, or PBS documentary on Race: the power of an illusion, episode 1. Click here!</p>	<p>12 Create a list of self-care options to nurture yourself and this work, that will not harm your or another's health, and which will not make you less likely to continue or re-engage.</p>
<p>13 Identify for yourself your willingness and limits as an ally-safe space for a person being harassed. Click here!</p>	<p>14 Read the guiding principles of the Black Lives Matter movement. Click here!</p>	<p>15 Call your legislators back and follow-up on your request.</p>	<p>16 Reflect on Race: the power of an illusion resources and watch PBS series. Click here!</p>	<p>17 Consider whom in your life has taught you about justice. Write them a letter thanking them for how they did so – be specific. If they are alive, send them their letter.</p>	<p>18 Make art. If possible, find some kids and each envision the world you hope for.</p>	<p>19 Watch a movie that addresses racism like: Loving, The Birth of a Nation, Hidden Figures, Free State of Jones, or Zootopia.</p>
<p>20 Consider your level of white privilege using Peggy McIntosh's checklist based on her groundbreaking work on unpacking the invisible knapsack of privilege. Click here!</p>	<p>21 Each year civil rights leader Gil Caldwell writes a letter to MLK on the state of the dream. Read one his letters. Click here!</p>	<p>22 Read through the stages in Helms' White Racial Identity Development model. Consider what each may sound or look like in action. Click here!</p>	<p>23 Explore the UMC's Religion and Race website and resources for meaningful conversations about being an ally with people of color. Click here!</p>	<p>24 Consider testing your implicit bias using Harvard's Project Implicit. Click here!</p>	<p>25 Talk with someone whose views vary widely from yours. Practice building understanding without minimizing oppression.</p>	<p>26 Make time to read any two Biblical stories where Jesus serves and honors the marginalized.</p>
<p>27 What are the options in your state for victims of a hate crime/harassment? Post this information in your workplace.</p>	<p>28 Make a plan for how you can respond to racist jokes or comments from family or coworkers practice what you will say, or be someone else's role player.</p>	<p>29 Check out the Reconciling Ministries Network blog with an eye to understanding the intersections of oppressions. Click here!</p>	<p>30 Assess your finances. Set up recurring donations at an amount & frequency which works for you to civil rights groups like the ACLU, the IRLC, SPLC, or Planned Parenthood.</p>	<p>31 Read the platform of the Movement for Black Lives. Click here!</p>		

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					<p>1 Explore differences of guilt vs shame based on Brene Brown's work to avoid destructive aspects of shame.</p> <p>Click here!</p>	<p>2 Research local small businesses run by people of color and support them with your business.</p>
<p>3 Reflect on the characteristics of the beloved community reading "Living Into the Beloved Community: Making the Beloved Community Real."</p> <p>Click here!</p>	<p>4 Pray for public servants & the communities they serve. Research what safeguards your local and state police have in place to prevent bias and brutality.</p>	<p>5 Connect with a group or organization that you will remain active with after Lent, like SURJ (Showing Up for Racial Justice) or White Nonsense Roundup.</p> <p>Click here!</p>	<p>6 Write in a journal. Identify one point of hope or joy in the world that you are inspired to celebrate this Lent.</p>	<p>7 Educate yourself on the Water Protectors at Standing Rock; take one of their recommended actions.</p> <p>Click here!</p>	<p>8 Have a Jewish friend teach you Hashkiveinu, and welcome the Sabbath with this prayer for a shelter of peace. If you don't have a Jewish friend, befriend your local rabbi.</p> <p>Click here!</p>	<p>9 Listen to soundtrack of the Broadway musical Allegiance and read about true story that inspired the musical.</p> <p>Click here!</p>
<p>10 Consider how your workplace structure might limit the voice or power of people of color. How can your privilege best combat this?</p>	<p>11 Find one action or reflection that you skipped, and do it now. If you have managed to do them all, repeat an action.</p>	<p>12 Participate in interfaith group, like Interfaith Council of Western Mass, taking action against Islamophobia, and pursue a partnership in your church.</p>	<p>13 Watch Race: the power of an illusion, episode 2.</p> <p>Click here!</p>	<p>14 Offer a prayer of racial justice.</p> <p>Click here!</p>	<p>15 Watch Race: the power of an illusion, episode 3.</p> <p>Click here!</p>	<p>16 Offer a prayer of gratitude for the new life Christ offers for disrupting white supremacy and promoting equality.</p>

--Adapted from Bethany Quiore's Advent Calendar for Disrupting White Supremacy.