An Introduction to Race, Racism and Becoming Anti-Racist

"Anti-racism is the active process of identifying and eliminating racism by changing systems, organizational structures, policies and practices and attitudes, so that power is redistributed and shared equitably." - NAC International Perspectives: Women and Global Solidarity

To introduce the concept of white privilege:
White Privilege: Unpacking the Invisible Knapsack, Peggy McIntosh
https://www.racialequitytools.org/resourcefiles/mcintosh.pdf

Discussion Questions:
Think about a time in your life when you were aware of your white privilege
How did you feel?
What did you do?
What do you think about it now?

Think about a time when you observed others displaying their white privilege
How did you feel?
What did you do?
What do you think about it now.

“A bias is a tendency, inclination, or prejudice toward or against something or someone. Some biases are positive and helpful—like choosing to only eat foods that are considered healthy or staying away from someone who has knowingly caused harm. But biases are often based on stereotypes, rather than actual knowledge of an individual or circumstance. Whether positive or negative, such cognitive shortcuts can result in prejudgments that lead to rash decisions or discriminatory practices.”

We all have biases take this Harvard test to learn more about your implicit biases

Books to begin with
Stamped From the Beginning: Ibram X. Kendi
How to be an Anti-Racist: Ibram X. Kendi
The New Jim Crow: Michelle Alexander
So You Want to Talk About Race? by Ijeoma Oluo
A People’s History of the United States: Howard Zinn
White Fragility: Robin Diangelo

Next Steps:
Where do we go from here Part 1 (OWN)
Where do we go from here Part 2 (OWN)

So you want to have a movie night....

Movies/Documentaries:
- 13th (Netflix)
- When They See Us (Netflix)
- Just Mercy (Amazon Prime)
- I Am Not Your Negro (Netflix)
- 12 Years a Slave (Netflix)
- Dear White People (Amazon Prime)

What does this bring up in you?
What stood out to you?
What parts of this show challenged you?
How will you act differently with this knowledge?
Media Resources on Racism in America

Shorter Videos

- Color Blind or Color Brave (TED talk)
- The Danger of a Single Story (TED talk)
- The Urgency of Intersectionality (TED talk)
- An Interview with the Founders of Black Lives Matter (TED talk)
- How to deconstruct racism, one headline eat a time (TED talk)
- What it takes to be racially literate (TED talk)
- How to overcome our biases? Walk boldly toward them (TED talk)
- Courage is Contagious (TED talk)
- The real story of Rosa Parks and why we need to confront myths about black history (TED talk)
- The symbols of systemic racism and how to take away their power (TED talk)
- The little problem I had renting a house (TED talk)

Podcasts

- “Whistling Vivaldo” and Beating Stereotypes (NPR)
- White Lies (NPR)
- Still Processing: Kaepernick (available on Spotify, Apple Podcasts, etc.)
At the intersection of LGBTQI and Race


The Fire Next Time, by James Baldwin (1963) *This book contains two essays, one about race and racism in US history, and one about the connection between race and religion.*

Zami: A New Spelling of my Name, by Audre Lorde (1982) *This is an autobiographical book by black, lesbian, feminist Audre Lorde.*

Black on Both Sides, by C. Riley Snorton (2017) *Describes the intersection of black and trans identities from the 19th century to today.*

Unapologetic: A Black, Queer and Feminist Mandate for Radical Movements, by Charlene Carruthers (2018) *The intersection in the movement for black, queer and feminist liberation*

No Tea, No Shade (2016) *A collection of essays from the scholars, activists and community leaders during work on the intersection between black, gender, and sexuality.*


Time on Two Crosses: The Collected Writings of Bayard Rustin (2015) *Bayard Rustin was the openly gay organizer of the March on Washington*

Redefining Realness, by Janet Mock (2014) *Memoir of a television host, director, producer and transgender rights activist*


Bryan Massingale: The assumptions of white privilege and what we can do about it: 

An Antiracist reading list from NCR: https://www.ncronline.org/news/opinion/ncr-today/anti-racism-reading-list-ncr

Bryan Massingale: Racial Justice and the Catholic Church (Book)

Know Justice, Know Peace: A Jesuit Anti-racist retreat. https://thejesuitpost.org/2020/07/know-justice-know-peace-a-jesuit-antiracism-retreat/ This virtual, four week retreat, provides videos and questions for personal reflection. This is appropriate for individuals and could also be incorporated as a community activity.

Being Catholic and Black: Sr. Nicole Trahan, FMI: 
https://www.youtube.com/watch?v=bBrS__RCxWM&feature=emb_logo

Catholic 101: Church Teaching and the Anti-Racist Movement: 
https://thejesuitpost.org/2020/07/catholic-101-should-a-catholic-be-an-antiracist/


The Duty of White Christians is to Dismantle the Idolatry of Racism:

To fight racism, Catholics must hunger for justice like we do for the Eucharist: 
https://www.americanmagazine.org/politics-society/2020/06/01/fight-racism-catholics-must-hunger-justice-we-do-eucharist

The Color of Compromise: The Truth About the American Church’s Complicity in Racism by Jemar Tisby (2020)