



“Once you see it, you can’t unsee it. And once you’ve seen it, keeping quiet, saying nothing, becomes as political an act as speaking out.”
Arundhati Roy

To Read:

I’m Black, I’m Christian. I’m Methodist. Edited by Rudy Rasumus
Caste by Isabel Wilkerson
The Fire Next Time by James Baldwin
The New Jim Crow by Michelle Alexander
So You Want to Talk About Race by Ijeoma Oluo
Between The World and Me by Ta-Nehisi Coates

To Watch:

The Hate You Give
13th
Eyes on the Prize
Just Mercy
The African Americans Many Rivers to Cross
Hidden Figures
PBS Series, **The Black Church: This is Our Story, This is Our Song**
Video series, **Uncomfortable Conversations with a Black Man**
The Social Dilemma

To Listen and to Share:

My Work to Do: **online affinity group**, five week opportunity to help white people build stamina for discussing racism, systemic injustice, racial healing and reconciliation in our daily lives. myworktodo.com

Listening. Step back and practice listening, notice your biases and judgements, notice when you are uncomfortable in order to build your emotional stamina. Validate others by listening closely and believing the truth and importance of what they are sharing. Acknowledge what you don’t know. Ask questions.

To Notice:

It is easy to overlook what we're not looking for. Watch the video, **Test your Awareness: Do the Test**. Then go out in the world and change what you notice. Here is some of what you might look for:

- Who is and is not represented in ads?
- Who are your ten closest friends? What is the racial mix in the group?
- As you move through your day, what is the racial composition of the people around you?
- Notice how much of your day you are speaking about racism. Who are you engaging with on these issues?
- What are the last five books you have read? What is the racial mix of authors?
- Who is filling what kinds of jobs/social roles in your world? Can you correlate any of this to racial identity?

To Engage:

Some local organizations in our community working on Social Justice issues:

Showing up for Racial Justice (SURJ) Ventura County www.facebook.com/surjvc/

805 Resistance, 805resistance.org

Social Justice Committee, socialjusticefundvc.org/

NAACP Ventura County Chapter naacpventuraco.homestead.com

CLUE: Clergy and Laity United for Economic Justice Ventura County www.cluevc.org

LULAC: League of United Latin American Citizens of Conejo Valley lulac.org

To Act:

- Invite a friend, family member or colleague to a webinar, book study or discussion.
- Prepare yourself to interrupt racial jokes.
- Interrupt the pattern of white silence by speaking openly with friends, family and colleagues.
- Join **Social Concerns Committee at UMCWV** or an equity committee at your school or workplace.
- Support non-profit organizations working for social justice with your time, talents and treasure.
- When the status quo is racist, disrupt it. No matter how big or small put yourself out there to create change.
- Advocate for social justice with your elected representatives
- Connect with the **General Board of Church and Society of the UMC** for information, updates and Action Alerts. www.umcjustice.org