

TRANSFORM

4-Week Anti-Racism Challenge (ARC)

This is our final week. Thanks for hanging in there!

WEEK 4: January 22 – January 28

Choose from any of the following, or create your own anti-racism activities. Complete at least 3 activities each week. Use the tracking tool below to record your progress.

Connect: Share an anti-racism article or video on your social media

Write: Journal about your experiences with racism. Write your own entry or use one of these from the publishers of *Be Antiracist* by Ibram X Kendi:

- Describe the first time you challenged (or thought about challenging) racism
- Think about a person of color you've recently seen struggling. What systems or policies could be lurking behind that person's struggles?

Read & Write: Reflect deeply on your understanding of race and discover ways to work toward an antiracist future with the guided journal entries in the book, *Be Antiracist: A Journal for Awareness, Reflection, and Action* by Ibram X. Kendi. Consider asking a friend to do the same and share the journey.

Donate: To Evolve502, a local, community-based, education non-profit working to make sure every eligible JCPS student can pursue the dream of going to college.
<https://evolve502.org/>

Connect: Email or direct message us your activity sheet from the ARC challenge or a list of some of the activities you've done that you've found rewarding. We would love to get a sense of the experience participants are having. (lckerrigan@gmail.com)

Learn: The California Institute for Integral Studies is offering a one-evening program entitled "**Spiritual Activism for Fighting and Healing from White Supremacy**," on February 18 at 6:30 p.m. PST (**3:30 p.m. Eastern time**). Racial justice educator and spiritual activist, Rachel Ricketts, will lead the discussion to help others manifest practicable, sustainable solutions to identify where we most get stuck, mitigate the harm we inflict on others, and mend our hearts from our most painful race and gender-based experiences. (\$10 suggested donation)

Register at: [Spiritual Activism for Fighting and Healing from White Supremacy, A Live Online Conversation with Rachel Ricketts and A-Ian Holt](#)

(Thank you to Fr. Joe Mitchell for this suggestion)

Listen: The podcast, **Reckoning**, traces the history and lasting impact of slavery in America by looking at how the institution unfolded in Kentucky. The state remained in the Union during the Civil War, but many white Kentuckians fought to hang onto slavery and the wealth the enslaved provided.

https://podcast.app/the-reckoning-facing-the-legacy-of-slavery-in-america-p1622531/?utm_source=ios&utm_medium=share

(Thank you to Julie Wood for this suggestion)

Learn: Amanda Gorman was chosen as poet for Joe Biden/Kamala Harris' inauguration, the youngest Inaugural poet in our history. Read about her and her work. <https://thehill.com/blogs/blog-briefing-room/news/534419-biden-chooses-black-female-activist-as-youngest-known-inaugural>

Watch: Amanda Gorman reading her poem, "Miracle of Morning," which finds reason to have hope as we face the pandemic. <https://www.youtube.com/watch?v=XOieGJl6g4s>

Watch: In case you weren't able to see her performance in President Biden's Inauguration, here is Amanda Gorman reading her poem, "The Hill We Climb": <https://www.youtube.com/watch?v=Jp9pyMqnBzk>

*May we be guided by her words:
"The light is always there
if only we are brave enough to see it

If only we are brave enough to be it.”

Connect: If you plan to run the mini-marathon or marathon, Julie Wood has offered to organize a group to train together to support each other and run in honor of Black Lives Matter. Please contact Julie at juliemarie2618@yahoo.com if you are interested in joining this group.

Volunteer: Look for opportunities to get involved. Here are few wonderful organizations that could use volunteers:

Louisville Urban League - <https://lul.org/>

ChangeTodayChangeTomorrow - <https://change-today.org/>

The Hope Buss - <https://thehopebuss.org/>

KY Refugee Ministries - <https://kyrm.org/>

New Legacy Reentry - <http://www.newlegacyky.org/>

Listen: SEC ESPN Network looks back at a call on the Paul Finebaum Show from ‘Jay from Huntsville’ in which he shares his story of growing up racist in Alabama and how the Vietnam War changed his outlook. (Replayed in honor of MLK’s Day)

<https://www.secsports.com/video/18490083/jay-huntsville>

Write: Journal about your feelings regarding doing these activities of the Anti-Racism Challenge. If you feel comfortable, let us know how this experience has been for you. (Direct message one of us or email lckerrigan@gmail.com)

Register for the 4-week class, **Environmental Racism**, through the Earth and Spirit Center beginning April 21st. This class explores how Black, Indigenous and People of Color are disproportionately impacted by pollutants and other environmental factors.

<https://www.earthandspiritcenter.org/class/environmental-racism/>

Watch: Alicia Keyes Instagram post on “17 More Ways You Can Be Killed If You Are Black in America” <https://www.instagram.com/p/CKMoCQJDOFC/>

Donate: #Breathewithme, a movement to enlist all allies in racial justice <https://breathewithmerevolution.org/>

Complete: Any of the activities from the past three weeks that you would still like to do.

Use the link below to copy or download the ARC Tracking Tool:

<https://docs.google.com/spreadsheets/d/1Yp0fU8BtkaP4V07DOE5tPGGTOFWA9CpT/e#gid=446847735>

Thank You!

Deborah LaPorte and Di Kerrigan