



Building Bridges to Beloved Community- **Review Sheet**

What is Beloved Community?

According to the Martin Luther King Jr. Center, Beloved Community is a global vision, in which all people can share in the wealth of the earth and where racism and all forms of discrimination, bigotry and prejudice will be replaced by an all-inclusive spirit. "It is this type of spirit and this type of love that can transform opponents into friends" Dr. Martin Luther King

3 Bridges to help us enter conversations about race:



1. Internal Bridge (Intrapersonal)
 - a. What do I feel & why?
 - b. Ground yourself to the space
 - c. Remind yourself that you only have control over you



2. Interpersonal Bridge

- a. Acknowledge how important this conversation is
- b. Listen with your heart & ask questions to better understand
- c. Plan where to go next



3. Communal Bridge

- a. Brave Spaces/Safe Spaces
- b. Be aware of the "Oops & Ouch"- that you feel & that you've caused



MICROAGGRESSIONS: Examining our participation & learning how to handle them when they come up.

1. When a microaggression occurs, try to interrupt the harm that is being done.
 - Ask questions
 - Take a moment to acknowledge what just happened
 - Speak up and let people know what they have done and why it is causing harm.
2. If someone tells us that we have caused harm, breathe, listen with an open heart, and then take time to reflect...
 - What was the intention behind what I said?
 - What assumptions are behind what I said?
 - What was the impact?

“Whether you sprint or walk or run or crawl, do something. Be a bridge in every space in which you find yourself. Commit to building bridges in your community.”

- Erin Jones, Bridges to Heal Us

Erin Lipsker- ErinLi@spokaneschools.org & Nicole Rosenkrantz-NicoleRo@spokaneschools.org