

**UNDOING RACISM; IN OURSELVES, OUR MEETING AND COMMUNITY  
PREPARATION FOR SESSION FOUR ON SEPTEMBER 24, 2020 FROM 7-8:30 P.M.**

**ON ZOOM! HERE IS THE**

**LINK!** <https://us02web.zoom.us/j/89570471188?pwd=SmhltTJpMTVCbjE1cE83QnlVVnlzd09>

**If requested, Meeting Password: FRIENDS**

**HOW CAN I BE WHITE & ANTI-RACIST?**

At the FOURTH stage of developing white racial literacy is referred to as “Pseudo-Independence.” One can wonder, “How can I be white and Anti-Racist?” One realizes that privilege is not based on merit, but on bias & racism. A white person may struggle with how to address racism and may feel drawn to relying on People of Color to address it. Yet, that same individual might start having difficult conversations with friends and family about racism and inequality. That person might start thinking about how to use their privilege to support anti-racist work. That person may experience a range of emotions, some of which may energize while others may paralyze. Working through these emotions is part of the journey of becoming an anti-racist!

**PREPARATION FOR FOURTH SESSION**

**DO ONE MORE THING TO GROW YOUR UNDERSTANDING – see Primary Resource LINK below.**

Our learning materials this month will focus first on the emotional journey that we, as white people learning about our participation in racism, may experience. We may each be at different stages along this continuum, and may go back and forth between different types of emotions. Ultimately, one hopes to emerge as a strong anti-racist, feeling positively about the ways we can use our white privilege to undo the system of white supremacy toward undoing racism in ourselves and in our communities. Second, we will hear a compelling analysis by Trevor Noah of how Black people experience the current historical moment in which law enforcement aggresses against Black people, without regard for their lives. Multiply this by the long history of violence against people of color in this country.

**Readings: (2)**

**The Emotional Lives of White People (PDF) (see attachment)**

**The Anatomy of White Guilt (PDF) (see attachment)**

**You Tube Video: George Floyd, Minneapolis Protests, Ahmaud Arbery & Amy Cooper | The Daily Social Distancing Show (If the link doesn't work, google this & you will find it!)**

**LINK:** [https://www.youtube.com/watch?v=v4amCfVbA\\_c](https://www.youtube.com/watch?v=v4amCfVbA_c)

**PRIMARY RESOURCE LINK FOR INDEPENDENT STUDY -- we are at the 4th step this month, Pseudo-Independence.**

[https://docs.google.com/document/d/1PrAq4iBNb4nVlCtsLcNIW8zjaQXBLkWayL8EaPlh0bc/preview?pru=AAABcrY-m6Q\\*5-8-1SCdwoOXkzoNhbSKmw](https://docs.google.com/document/d/1PrAq4iBNb4nVlCtsLcNIW8zjaQXBLkWayL8EaPlh0bc/preview?pru=AAABcrY-m6Q*5-8-1SCdwoOXkzoNhbSKmw)

**QUESTIONS? EMAIL US AT:** [info@abqfriends.org](mailto:info@abqfriends.org)

