

OPPORTUNITIES TO LEARN AND GROW: ANTIRACISM ACTION 11/6

READ	SEE	DO	REFLECT	CULTURE
<p>Waking Up White By Debby Irving</p> <p>Radical Dharma by Angel Kyodo Williams, Lama Rod Owens and Jasmine Seudullah</p> <p>Being Black: Zen and the Art of Living with Fearlessness and Grace</p>	<p>“How to Be An Ally In The Workplace” Link to recording</p> <p>Or the HIGHLY recommended “Race: The Power of an Illusion” (\$4.99 for all 3 episodes on Vimeo)</p>	<p>MAKE SOMETHING! “People who engage in creative activities, such as baking, sketching, performing music, painting or crocheting, had a greater sense of happiness, meaning, and enthusiasm after those activities.” (Univ. of Otago).</p> <p>March! For Marin Solidarity</p>	<p>Throughout American history, from slavery to segregation to modern-day challenges, we appreciate humanity’s strength, resistance, and resilience. People even find joy and gratitude despite horror and hardship. (written by the Nat’l Museum of African American History).</p>	<p>Consider spending your money where it matters. Support: BIPOC owned businesses in Marin or BIPOC owned businesses in SF/Oakland or BIPOC owned businesses in Sonoma*</p>
<p>“This work is a journey of transformation. Like all transformation, it’s meant to stretch you but not put you in a place of fight, flight or panic. In allowing yourself to be uncomfortable, you’ll be stepping into spaces and conversations that are new to you. This is good. You don’t want to step so far out that you can no longer listen and support. What this looks like is individual. There are many ways to be on this path.” (Blackwell).</p>		<p>Results of the study suggest that doing something creative plays a significant role in mental wellbeing. Go make a batch of cookies!</p> <p>“March for Marin Solidarity” is being led by BIPOC youth in Marin and is this Saturday.</p>	<p>End your week with expressions of gratitude. Acknowledge the journey we have shared and the choice each participant has made to join in conversations about race in our community.</p>	<p>Look up businesses or services and choose who you’d like to support in San Francisco , Marin, or Oakland.</p> <p>*Spreadsheets compiled by SURJ Marin</p>