



Outline for the CC Stretching Experience

Thursday, Nov. 4, 2021

“How White Dominant Culture Perpetuates Systemic Racism”

Presented by the IHM Healing Racism Committee and Justice Peace & Sustainability Office

Facilitators:

Barbara Beesley, IHM
Alice Baker, IHM
Margaret Alandt, IHM
Sarah Nash, IHM Associate

Set up: (6 mixed tables of CC Reps and Observers; 1 group of ZOOMers)

1:00 Welcome/Opening Remarks Jane Herb

1:05 Opening Prayer/Reflection

- Land acknowledgement (Sarah) (2 min)
- Music (May All I Do Today)(Margaret) (5 min)
- Resma Menakem Body Awareness Exercise (Barb) (10 min)
- Scripture readings (Alice) (5 min)
- Closing (Alice)

1:30 p.m. Setting the Context – Reviewing previous sessions. Tying together(Sarah)

1:35 The Black Experience of White Dominant Culture Mini Video Panel (Alice)

- Toni Morrison “The White Gaze” <https://youtu.be/SHHHL31bFPA> (3:05)
- Bryan Massingale “How the Catholic Church Can Combat Racism and White Privilege”
<https://www.youtube.com/watch?v=ONiie2oYJCQ&t=10s> (4:10 min – 3:55-8:05)
- Robin D’Angelo “How White Fragility Reinforces Racism” (5:16 min)
<https://www.youtube.com/watch?v=YvIO2GU8yTU>

1:50: Reflect upon:

- What in these videos resonates with your experience?
- Did anything surprise or challenge you?

2:00 BREAK (Distribute handouts during break)

2:15 p.m. Transition into discussion of Characteristics of White Dominant Culture. Contextualize the handout. Then, at their tables, ask participants to read and reflect with each other on the two specific characteristics of white dominant culture highlighted on their sheet. (Margaret)

- Where do you see these characteristics of white dominant culture in your own life?
 - In the life of the IHM community?
 - In the life of the Catholic church?
- How do they stand in the way of racial equity and inclusion?

2:45 p.m. Conclude with the video on “Characteristics of White Dominant Culture” (Margaret)

<https://www.youtube.com/watch?app=desktop&v=LkBaz8rUGvI&feature=youtu.be>
(2:06)

2:50 Distribute “antidotes” handout and ask participants to read and reflect upon the antidotes that correspond to the characteristics of white dominant culture that they explored earlier and discuss (Barb):

- What can you and your community (IHM Community, the Catholic Church) do to shift the belief(s) and behavior(s) from ones that perpetuate white dominant culture to ones that support racial equity and inclusion?

3:05 Large Group sharing of insights from their table conversations (Barb)

- Ask each group to choose one characteristic on which they focused and report out.

3:30 Tawana Petty “Becoming Co-liberators” (15 min -10:20 to 23:03)(Sarah)

<https://www.youtube.com/watch?v=akccoFufb2c&list=PL5qpEftF3CSTvyNUiUyTIOtTV3P9bT0XU>

3:45 Talk to someone sitting next to you about the concept of being a co-liberator.

3:50 Distribute Resource Handout (Alice)

3:55 p.m. Concluding song (“I’m Gonna Live So God Can Use Me”) (Alice) (3:00 min)