

Fall 2021 CC Stretching Experience How White Dominant Culture Perpetuates Systemic Racism Annotated Resource List



THE LONGER YOU SWIM
IN A CULTURE, THE MORE
INVISIBLE IT BECOMES

Video/Audio

Robin DiAngelo, “How White Fragility Reinforces Racism,” *The Guardian*, June 26, 2021

<https://www.youtube.com/watch?v=YvIO2GU8yTU>

Robin DiAngelo’s bestselling book *White Fragility* has provoked an uncomfortable but vital conversation about what it means to be white. DiAngelo explains why white people should stop avoiding conversations about race because of their own discomfort, and how ‘white fragility’ plays a key role in upholding systemic racism.

Bryan Massingale, “How The Church Can Combat Racism and White Privilege,” *America Magazine*, June 5, 2020

<https://www.youtube.com/watch?v=ONiie2oYJcQ>

Father Bryan Massingale, author of *Racial Justice and the Catholic Church* and Professor of Theology at Fordham University, discusses racism, white privilege and what the church can do to address these issues moving forward.

Resmaa Menakem, “Notice the Rage; Notice the Silence” *On Being*, June 4, 2020 (Audio)

<https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/>

Resmaa Menakem, a Minneapolis-based therapist and trauma specialist discusses how all of us carry in our bodies the history and traumas behind everything we collapse into the word “race.” We offer up his intelligence on changing ourselves at a cellular level — practices towards the transformed reality most of us long to inhabit.

“Let’s Talk about White Supremacy Culture,” *YouTube*, Aug. 7, 2021

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

This two-minute video gives examples of “White Supremacy Culture” and ways in which it is manifested in the workplace.

Toni Morrison, “The White Gaze,” *Charlie Rose*. Oct. 26, 2016

<https://youtu.be/SHHHL31bFPA>

In 1998, Charlie Rose asked Pulitzer Prize-winning novelist Toni Morrison about a question a journalist had once posed to her: “Can you imagine writing a novel not centered around race?” This is her amazing response.

Tawana Petty, “Moving to from Allyship to Co-liberation” *University of Michigan School of Social Work*, June 19, 2020

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

Tawana Petty discusses how to go beyond being allies and become co-liberators in the movement for Black lives.

Isabel Wilkerson, Classifying People by Caste, *The Daily Show*, Aug. 14, 2020

<https://www.youtube.com/watch?app=desktop&v=7m49DT8pPe0&feature=youtu.be>

What is caste and how does the system work in the United States? Isabel Wilkerson explains in her book *Caste: The Origins of Our Discontents*.

Isabel Wilkerson and Bryan Stevenson, *Politics and Prose*, Aug. 20, 2020

<https://www.youtube.com/watch?v=bP0m0jKORwg&t=9s>

Isabel Wilkerson and Bryan Stevenson discuss how we are divided as a country over race; how these boundaries are artificial; and reflect upon who we (in the USA) want to be.

Articles/Web Links

Elise Garcia, OP, “Creating Space for the Future: Cutting Deeper Grooves of Transforming Love into Evolution,” *LCWR 2021 Virtual Assembly*, Aug. 2021

https://lcwr.org/files/attachments/presidential_address_-_elise_garcia_op_-_english.pdf

In her presidential address, Elise García, OP calls upon women religious to “carve deeper grooves of conscious relationality in evolution” by:

- Learning and telling the truth of our history
- Dismantling artificial constructs of race and caste
- Knowing Christ crucified through the dark wisdom of the enslaved
- Walking the talk of our radical relationality as women religious

Bryan Massingale, “The Assumptions of White Privilege and What We can Do About It,” *National Catholic Reporter*, June 1, 2020

<https://www.ncronline.org/news/opinion/assumptions-white-privilege-and-what-we-can-do-about-it>

Amy Cooper knew what she was doing. We all do. And that’s the problem

What is White Supremacy Culture? *Dismantling Racism*

<https://www.dismantlingracism.org/white-supremacy-culture.html>

This website gives a concise summary of what we mean when we say white supremacy (or white dominant) culture.

Books

Bishop Edward K. Braxton, *The Church and the Racial Divide* (2021)

In these addresses, essays, and pastoral letters written over the past five years, Bishop Braxton contends with the persistent racial divide and its meaning for the nation and the Catholic Church. At the same time, he reveals the ongoing journey----of an African American Catholic theologian and bishop in response to the challenge posed by the sometimes-ignored reality that "Black Lives Matter."

Robin DiAngelo, *White Fragility: Why It's So Hard for White People to Talk About Racism* (2018)

Antiracist educator Robin DiAngelo illuminates the phenomenon of white fragility and allows us to understand racism as a practice not restricted to 'bad people'. Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

Ibram X. Kendi, *How to be an Anti-Racist* (2019)

Racism is ultimately structural. Racism directs attention away from harmful, inequitable policies and turns that attention on the people harmed by those policies. Kendi employs history, science and ethics to describe different forms of racism; at the same time, he follows the events and experiences of his own life, adapting a memoir approach that personalizes his arguments. This is a very effective combination, fusing the external forces of racism with Kendi's own reception and responses to that racism—the result will be mind-expanding for many readers.

Paul Kivel, *Uprooting Racism: How White People Can Work for Racial Justice* (4th Edition - 2017)

Completely revised and updated, this fourth edition of *Uprooting Racism* offers a framework around neoliberalism and interpersonal, institutional, and cultural racism, along with stories of resistance and white solidarity. It provides practical tools and advice on how white people can work as allies for racial justice, engaging the reader through questions, exercises and suggestions for action.

Bryan Massingale, *Racial Justice and The Catholic Church* (2010)

Racial Justice and the Catholic Church examines the presence of racism in America from its early history through the Civil Rights Movement and the election of Barack Obama. It also explores how Catholic social teaching has been used--and not used--to promote reconciliation and justice. Massingale writes from an abiding conviction that the Catholic faith and the black experience make essential contributions in the continuing struggle against racial injustice that is the work of all people.

Resmaa Menakem, *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* (2017)

This book delves into the complex effects of racism and white privilege. Departing from standard academic approaches, he speaks from the wisdom of his grandmother and his own expertise in somatic therapy, a field that emphasizes the mind-body connection. Trauma, both present-day and historical, forms the cornerstone of Menakem's analysis.

Tawana Petty, *Towards Humanity: Shifting the Culture of Anti-Racism Organizing* (2018)

After years of engaging in various forms of anti-racism organizing, Petty discovered that the methods that were being used lent to further dehumanization of many parties involved, including herself. She also felt that it did not allow well-meaning white anti-racist organizers to focus on their own humanity in the process. She developed this curriculum with the hopes that we could embark on a new, more humane discussion.

Layla Saad, *Me and White Supremacy: Combat Racism, Change the World and Become a Good Ancestor* (2020)

This eye-opening book challenges white people to do the essential work of unpacking their biases, and helps them take action and dismantle the privilege within themselves so that they can stop (often unconsciously) inflicting damage on people of color, and in turn, help other white people do better too.

Patrick St. Jean, *The Spiritual Work of Racial Justice: A Month of Meditations with Ignatius of Loyola* (2021)

This book offers ways that Ignatius of Loyola can help us break through the barrier of racism. For those of us living in the twenty-first century world, the work of antiracism is an essential part of our call to detachment from ourselves. It asks us to remove the idol of racism from our lives so that we can connect more intimately with both God and others. How will you answer this call?

Isabel Wilkerson, *Caste: The Origins of Our Discontents* (2020)

The Pulitzer Prize-winning, bestselling author of *The Warmth of Other Suns* examines the unspoken caste system that has shaped America and shows how our lives today are still defined by a hierarchy of human divisions.

Upcoming Online Event

Truth & Healing: A Virtual Series for Catholic Religious on Native American Boarding Schools

Catholics for Boarding School Accountability, a grassroots organization of lay and religious, is offering a four-part webinar series this fall designed to help religious explore Indian Boarding School policy; how boarding schools were harmful to Native people and communities; the role the Church played; how religious communities were involved, and the responsibility we have to contribute to a process of truth and healing. Organizers hope the series will support religious congregations in beginning to engage the work of truth and healing.

Two sessions remain:

Session 3 | Webinar: Current Efforts Toward Truth and Healing (Nov 11, 7-8:30 ET)

A panel of Catholics engaged in Indigenous truth and healing in Canada and the U.S. will reflect on their experiences and current work in the field.

Session 4 | Webinar: How to Begin the Work of Truth and Healing (Nov 18, 7-8:30 ET)

This final session will address challenges religious communities face in truth and healing work, including archives, legal questions, relationships with Indigenous communities, and resistance within one's congregation.

Go to:

<https://docs.google.com/forms/d/e/1FAIpQLSeCx2A1ISbRYJx2fK8ke3c0Igo0YXXBVKcXV9yJMmm-rWzTw/viewform> or e-mail catholictruthandhealing@gmail.com to register.