



## ME AND WHITE SUPREMACY BOOK STUDY

(4 weeks, online, free)

Awareness is growing of the prevalence and profoundly harmful effects of racism. The time is beyond ripe to deeply explore how we each may be complicit in perpetuating racism and white supremacy, even in ways we are not aware. A group book study of *Me and White Supremacy* by Layla F. Saad will begin on Tuesday, July 14. By examining the threads of racism and white supremacy within ourselves as individuals, those of us who hold white privilege can soften.

**Who is this for?** This group welcomes people of all races. *Me and White Supremacy* is particularly intended for people who hold white privilege and wish to “stop (often unconsciously) inflicting damage on Black, Indigenous and People of Color.” The author clarifies that in no way should People of Color who are present “be expected to do the journaling work, support emotional processing or be called upon to teach or explain if they do not wish to do so. Ideally they should be there as observers, and clear boundaries and policies should be put in place to ensure that they do not perform emotional labor and are not harmed through racial aggressions.” Saad also notes that this study is also intended for “persons who are biracial, multiracial, and white-passing People of Color who benefit under systems of white privilege from having lighter skin color than visibly Brown, Black, or Indigenous people.”

**Program Description:** This group is intended for those who are committed to looking deep within themselves, and who are willing to engage in humble examination of their participation in white supremacy. The group is designed to be a place to gain greater clarity of vision and expanded imagination to understand what is and what could be. As the author explains, readers will come to know that they are “part of the problem and also simultaneously part of the answer. There is great power and responsibility in that knowledge. But knowledge without action is meaningless.”

**Method and Structure:** This study group will be facilitated in a manner based on The Circle Way, a group facilitation method suggested by the book’s author. This method is designed to avoid having behaviors and perspectives like those discussed in this book inadvertently start to run the show. The group meetings will include time in prayer and also time for sharing, with strict guidelines including no interrupting, no cross talk, and confidentiality. Sharing offers insight, inspiration and community as we uncover uncomfortable things. The group will focus primarily on prompts provided by the author, learning through self reflection, and the power of contemplation.

**Location:** Online via Zoom. Times/Dates: 4 weeks: Tuesdays, July 14, 21, 28, Aug. 4 — 5-6pm CT Our planned schedule is listed below. The book is designed as a 28-day challenge, however the author recommends readers go at their own pace. Before we first meet, if your schedule permits, you may decide to read ahead. This can provide a buffer for days when you may be unable to read and also may allow more time for reflection on the journaling prompts provided by the author at the end of each day’s reading. Our group sharing will be based on these prompts, with sharing always optional, not required.

