

June 24, 2020

Spiritual Life



June is "Pride Month," and so with this last newsletter of the month, we invite you to celebrate the LGBTQ+ community with us, give thanks for all of their contributions to society, and pray justice for all.

"Progress Pride Flag," Daniel Quasar, 2018.

REACH OUT!

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***Please reach out if
you need support or
help in staying
connected right now.***

We are here to help!

Holy One,

We who fit in just pink or blue
Are finding You in the rainbow of love's expressions.
We who have been comfortable in our binary lives
Are learning the beauty of others' realities.

We have failed to listen, Lord.
We have failed to welcome them.
We have failed to speak up when they are marginalized
and silenced.

We have stayed safe in our silos...
And they have been murdered.

O Divine Lover,
You have given us another chance
To walk by faith, to walk in pride,
Challenged by their witness,
Giving space for their voices,
Celebrating their very lives...

We are listening, Lord.
We are grateful for our shared lives.
We will amplify their voices.
We will stand in solidarity for their rights and their healthcare.
We will mourn their murders.
We will all celebrate the Face of the Holy among us.
We are all richer for our shared witness.
And we are all Yours.

Amen.

*by Rev. Deborah Vaughn,
Baptist Chaplain in Rockville, MD*



Taking Good Care

Thanks to the Diversity & Inclusion Committee at Newbury Court for this list of actions and resources.

Possible Actions in Response the Call to Confront Systemic Racism

Choose one or two of these suggestions that work for you now; later you may choose other actions.

- Listen carefully to the stories of what it is like to live as a person of color in the United States. Educate yourself about practical ways of dealing with systemic racism – especially now in the criminal justice system.
- Send thank you notes to leaders who are taking wise action; to writers who speak eloquently about the importance of confronting systemic racism. Write notes of appreciation to people who are putting their own lives at risk to care for those who are ill without regard to their race or ethnic background. Remember to thank people who are doing essential tasks like cleaning, delivering supplies, working in grocery stores, etc.
- Write letters to news outlets expressing your support for peaceful protesters.
- Write a check to an organization that is working to end racism and bring about justice and accountability, or to provide food and support for people who have lost jobs and income.
- Take political action to support candidates who advocate for anti-racist positions. Seniors can make telephone calls or participate in candidates' "Post carding" efforts.
- Whatever your religious background, meditation and prayer are helpful in rallying your own spiritual energy. They also help to keep us (especially white people) humble so that we can approach anti-racist work with a lack of arrogance and a willingness to listen and learn. You may wish to focus on justice, compassion, and community or another quality that you need.

Resources by Black & Brown Authors

Non-Fiction

1. Michelle Alexander, *The New Jim Crow*
2. Ta-Nehisi Coates, *Between the World and Me*
3. Michael Eric Dyson, *Tears We Cannot Stop*
4. Catrice M. Jackson, *White Spaces Missing Faces*
5. Ibram X. Kendi, *How to Be an Anti-Racist*
6. Anneliese A. Singh, *The Racial Healing Handbook*
7. Bryan Stevenson, *Just Mercy* (also a new movie, free on Amazon & YouTube through the end of June)
8. Layla F. Saad, *Me and White Supremacy*

Resources not by people of color:

Douglas A. Blackmon, *Slavery By Another Name*
Robin Diangelo, *White Fragility*
Debby Irving, *Waking Up White*

Fiction

1. Ntozake Shange, *For Colored Girls Who Have Considered Suicide When the Rainbow Is Enuf*
2. Colson Whitehead, *The Underground Railroad*
3. Zora Neale Hurston, *Their Eyes Were Watching God*
4. Nella Larsen, *Passing*
5. Toni Morrison, *The Bluest Eye*
6. Alice Walker, *The Color Purple*
7. Zadie Smith, *White Teeth*
8. Tayari Jones, *An American Marriage*
9. Brit Bennett, *The Mothers*
10. Chinua Achebe, *Things Fall Apart*
11. Ta-Nehisi Coates, *The Water Dancer*