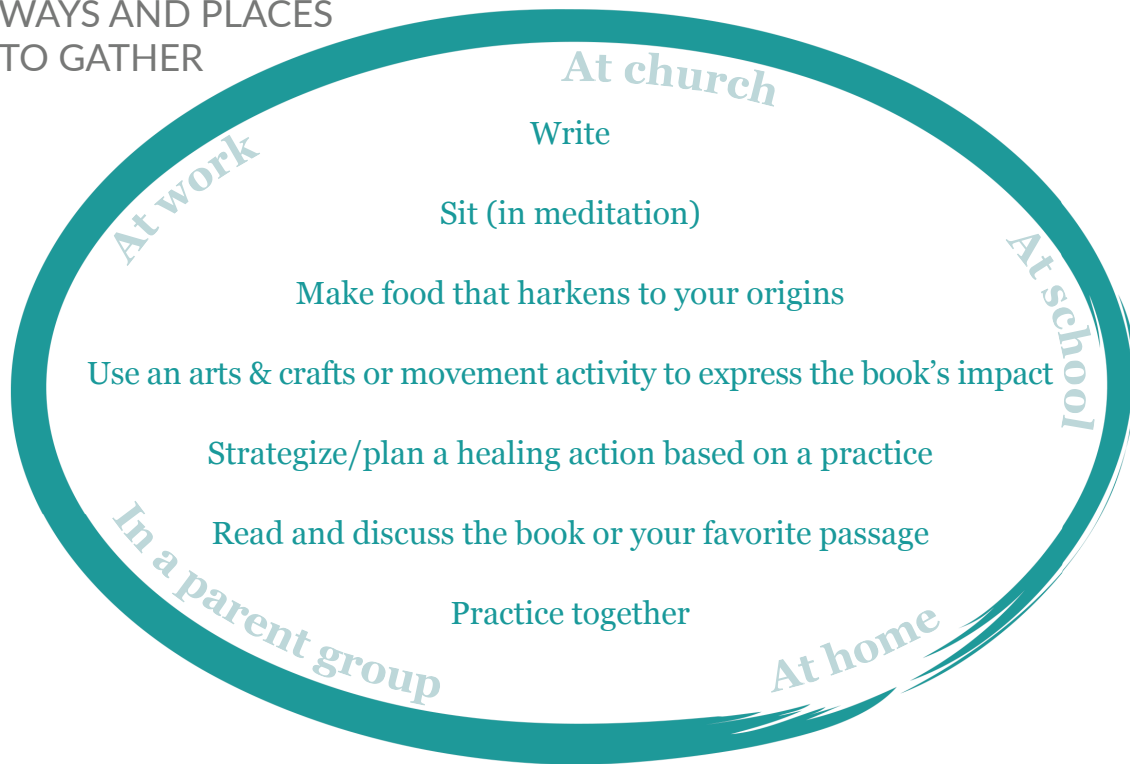


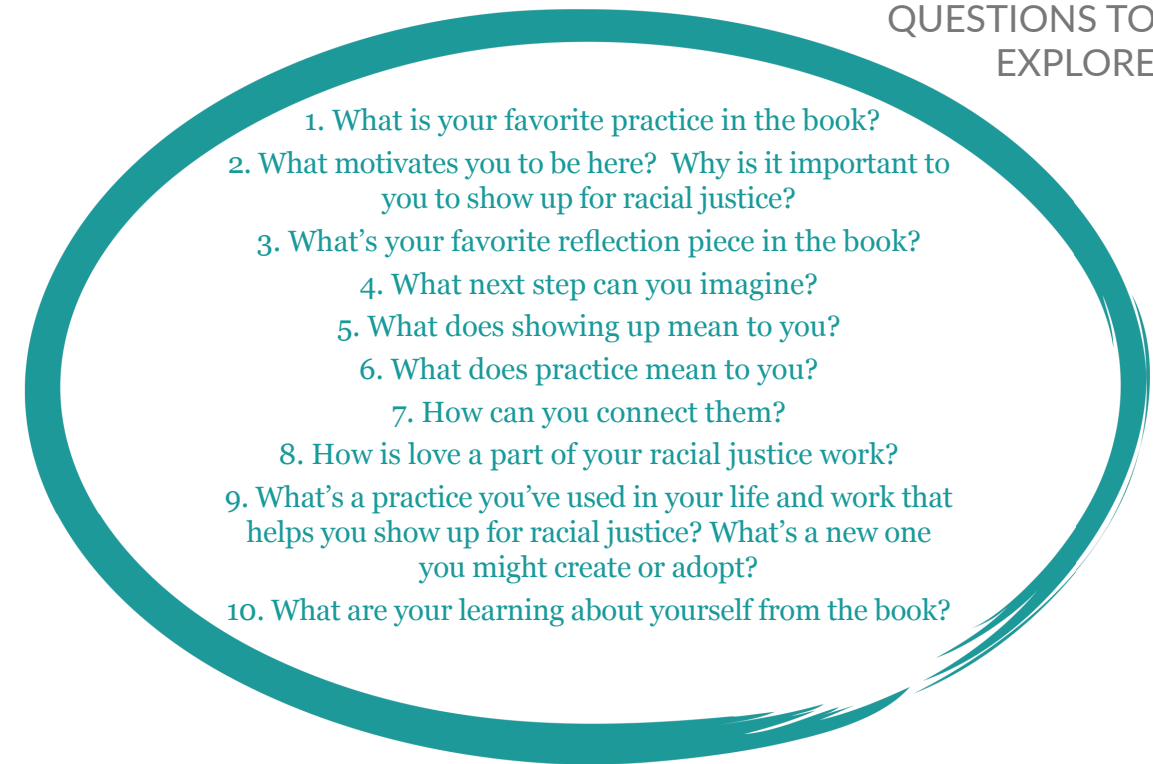
PRACTICE SHOWING UP

READING AND GATHERING GUIDE

WAYS AND PLACES TO GATHER



QUESTIONS TO EXPLORE



Gather (v):

[gath -er]

1. To collect normally separate things
2. To bring parts of a whole closer
3. To infer or conclude; to know from a different source
4. To collect molten glass on the end of a tool
5. To gain; to win

Thank you for gathering to explore how to show up as white people for racial justice. When we gather, we gather up our hopes to make a better world, to connect with one another, to explore what's messy and to get clear. We collect normally separate things—the parts of ourselves we struggle to acknowledge, the parts that feel shameful or ineffective in the fight for racial justice, the parts that have caused harm and made mistakes—to practice and remember our connectedness.

This work is not easy in a world that encourages us to invest in white supremacy, that charges up our nervous systems, schedules us so our responsibilities keep us more stressed instead of more free. Gathering helps us begin to know from a different source how to collect ourselves and each other, to become more whole and more useful for the struggle. Give yourself gratitude for opening to that process. When we connect with ourselves and our hopes for a better world we build something much more powerful than the self-doubt that separates us. We can win racial justice.

The ideas below are concrete suggestions and questions to help you start gathering. Lots and lots of love and gratitude and softness and joy to you. Let's practice showing up together. Let us gather.

GATHERING BODIES AND HEARTS



IMPACTS AND NEXT STEPS



©JARDANA PEACOCK

Order *Practice Showing Up*

Email Susannah Bartlow, Outreach Coordinator, for support, questions or ideas