# PRACTICE SHOWING UP

## READING AND GATHERING GUIDE

WAYS AND PLACES TO GATHER

At church

Write

Sit (in meditation)

Make food that harkens to your origins

Use an arts & crafts or movement activity to express the book's impact

Strategize/plan a healing action based on a practice

Read and discuss the book or your favorite passage d Parent group

Practice together



**GATHERING BODIES AND HEARTS** 

## Remember to incorporate

Room to move

Plenty of water

Nourishment (food there or nearby if you can, or ask folks to bring)

Close-by accessible restrooms

Support for you

Debriefing plan

Create collective agenda

#### 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 selfdoubt 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.

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Order Practice Showing Up

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

### **QUESTIONS TO EXPLORE**

- 1. What is your favorite practice in the book?
- 2. What motivates you to be here? Why is it important to you to show up for racial justice?
- 3. What's your favorite reflection piece in the book?
  - 4. What next step can you imagine?
  - 5. What does showing up mean to you?
  - 6. What does practice mean to you?
    - 7. How can you connect them?
- 8. How is love a part of your racial justice work?
- 9. What's a practice you've used in your life and work that helps you show up for racial justice? What's a new one you might create or adopt?
- 10. What are your learning about yourself from the book?

#### **IMPACTS AND NEXT STEPS**

Donate to a POC healing individual, org or initiative

Share your practice experiences on social media

Share with friends

Make-your-own practice

Read or watch a new resource that stretches you

Start or continue a journaling practice