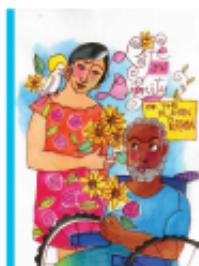


Resources for Understanding and Discussing Racism

Catholics profess the belief that human beings are created in the image and likeness of God and therefore are sacred. This belief has been enshrined in our Catholic Social Teaching-a body of principles that reflect ways to put our beliefs into practice and guide our mission to create a just society. Recent events have reminded us all how far short of these ideals we are as an American society. We hope the resources below will enable you to learn more about the sin of racism, know how to discuss it with others, and commit yourself to advocating for the dignity and equality of all human persons.

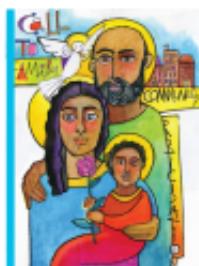
the seven themes of **CATHOLIC SOCIAL TEACHING** for children



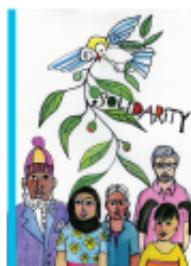
- 1**
God made each person, so every life is important and should be protected.



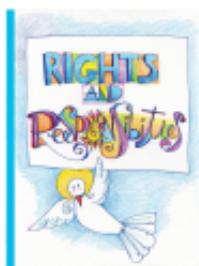
- 5**
Work is important in God's plan for adults and their families, so jobs and pay should be fair.



- 2**
God made us to be part of communities, families and countries, so all people can share and help each other.



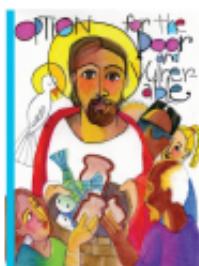
- 6**
God made everyone, so we are all brothers and sisters in God's family wherever we live.



- 3**
God wants us to help make sure everyone is safe and healthy and can have a good life.



- 7**
The world was made by God, so we take care of all creation.



- 4**
God wants us to help people who are poor, who don't have enough food, a safe place to live, or a community.

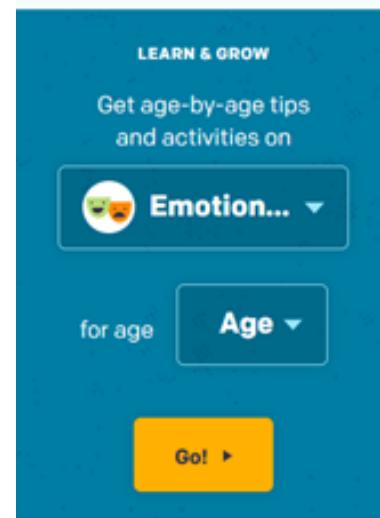


These themes are based on United States Conference of Catholic Bishops,
Sharing Catholic Social Teaching: Challenges and Directions.
© Copyright 2017, United States Conference of Catholic Bishops
and Catholic Relief Services. All rights reserved.
Photos courtesy of Brother Mickey McGrath, OSFS.

<https://www.pbs.org/parents/thrive/how-to-teach-children-about-cultural-awareness-and-diversity>

This site offers a huge range of resources for parents on many topics and even allows the user to choose the general subject category of interest and the age of your child to quickly find desired information. Currently the site has a list of helpful children's books, as shown below.

The screenshot shows a section titled "Raising Kids Who Thrive" with a sub-section "Articles from Parents and Experts". It features a grid of book covers and article thumbnails. One prominent book cover is "Hair Love" by Matthew A. Reinhart. Below the main content is a sidebar titled "13 Children's Books About Race and Diversity" which lists books like "Little Leaders: Bold Women Who Changed History" and "Whose Knees Are These?". A call-to-action button at the bottom right says "More Articles >".



The tools boxes shown above & below allow you to quickly narrow down topics & find age appropriate information for your family. Racism and diversity is located in the Emotions & Self Awareness category.

The screenshot shows a section titled "Help Your Child Learn & Grow" with a sub-section "Get age-by-age tips and activities for:". It features icons for various categories: Emotions & Self-Awareness (two faces), Social Skills (two people with stars), Character (heart), Literacy (ABC letters), Math (calculator), Science (test tube), and Arts (pencils). Below each icon is a small text label: "EMOTIONS & SELF-AWARENESS", "SOCIAL SKILLS", "CHARACTER", "LITERACY", "MATH", "SCIENCE", and "ARTS".

Sesameworkshop.org

<https://www.cnn.com/2020/06/06/app-news-section/cnn-sesame-street-race-town-hall-app-june-6-2020-app/index.html>

Not surprisingly, Sesame Street has addressed diversity, racism and the current protests in general in a “town hall” meeting. They use Sesame Street characters, subject matter experts, and kids ranging in age from 3 to 16 in this all inclusive format. While the town hall has already taken place, you can watch it with the link provided above.

The screenshot shows the Sesame Workshop website. At the top, there is a purple banner with white text: "Click here to support children and families during COVID-19. And click here to visit our COVID-19 resources initiative "Caring for Each Other."". Below the banner is a video player showing a scene from Sesame Street where Grover is interacting with two young children. The video title is "Racism Has No Place on Our Street.". Below the video, there is a subtitle: "Sesame Street was built on diversity, inclusion, and, especially, kindness. Today and every day we stand together with our Black colleagues, partners, and the entire Black community to speak out against racism, to promote understanding, and to create a world that is smarter, stronger, and kinder.".

<https://www.parenttoolkit.com/social-and-emotional-development/advice/social-awareness/how-to-talk-to-kids-about-race-and-racism>

This site is broken down into sections like “Actually Talk About It,” “Navigate Curiosity,” and “Acknowledge Mistakes.” There’s a “Make it Relatable” section that offers an interesting and fun activity to help kids see the complex and extensive problems racism creates. Many additional topics are covered on this site. It is also categorized by topic and age range for easy searching.

The screenshot shows the Parent Toolkit website with a green header. The main title is "How to Talk to Kids about Race and Racism". Below the title, a sub-headline reads "There's no question: talking about race can be sensitive, and yes, even a bit messy." A "SHARE THIS PAGE" button is visible. The page is categorized under "ADVICE". Below the title, there are five tabs: "ACTUALLY TALK ABOUT IT.", "SET THE EXAMPLE.", "NAVIGATE THEIR CURIOSITY.", "MAKE IT RELATABLE.", "ADDRESS MISTAKES.", and "BE AN ADVOCATE.". A large image of four diverse children smiling is centered below the tabs. To the right, a sidebar titled "BACK TO SCHOOLKIT" provides information about preparing students for school. At the bottom right, there are links to "EXPLORE" and "FOLLOW PARENT TOOLKIT ON".

[USCCB.org \(United States Conference of Catholic Bishops\)](http://www.usccb.org/issues-and-action/human-life-and-dignity/racism/educational-resources-on-racism.cfm)

<http://www.usccb.org/issues-and-action/human-life-and-dignity/racism/educational-resources-on-racism.cfm>

USCCB offers an extensive list of educational resources, videos, and articles regarding racism. This site offers relevant information for all age groups and is broken down with K - adult resources. (see example screen below)

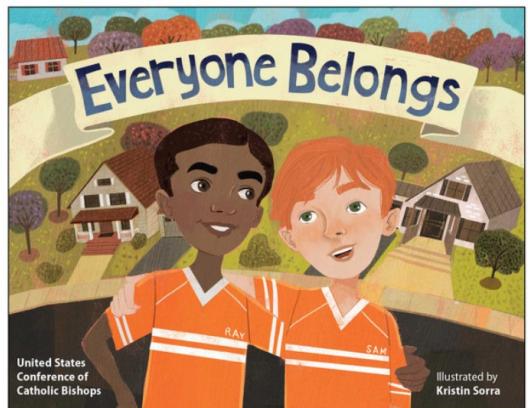
The screenshot shows the USCCB website page for educational resources on racism. The left sidebar lists various topics such as Abstinence and Chastity, Assisted Suicide, Asylums, and more. The main content area is organized into several sections: "Grade 3 Activity: How Do We Respect Human Dignity?", "Grade 4 Activity: The Beatitudes Show Us True Happiness", "Grade 5 Activity A: Racism Imperils the Unity of the Body of Christ", "Grade 5 Activity B: Implicit Bias and the Unity of the Body of Christ", "Grade 6 Activity: The Unity of God's Family", "Grade 7 Activity: Social Sin, Racism, and Our Response - The Native American Experience", "Grade 8 Activity: Understanding Individual vs. Institutional Racism", "Everyone Belongs" (a children's book), "HIGH SCHOOL EDUCATIONAL RESOURCES", "COLLEGE/UNIVERSITY EDUCATIONAL RESOURCES", and "ADULT EDUCATIONAL RESOURCES". The right sidebar includes links to "Combatting Racism Home", "Who We Are", "Committee Mandate", "Statements & Letters", "Educational Resources", "Parish Resources", "Videos", and "Articles". It also features sections for "ITEMS OF INTEREST" with links to "25th Anniversary 'Brothers and Sisters to Us: US Bishops' Pastoral Statement on Racism", "50th Anniversary Response to Letter from Birmingham Jail", "March on Washington Anniversary: Time To Face Unmet Goals", "Archbishop Kurtz Urges All to Pray, for Human Dignity in Message for Martin Luther King Jr. Day", and "Archbishop Kurtz Expresses 'Grief at Deep Sadness' Over Charleston Church Shooting". A "see all 20 pages" link is also present. At the bottom, there are images of the "United States Catholic Catechism for Adults" and the "CATECHISM OF THE CATHOLIC CHURCH".

Loyolapress.com

<https://store.loyolapress.com/everyone-belongs>

Everyone Belongs was inspired by the USCCB's statement "Open Wide Our Hearts: The Enduring Call to Love, A Pastoral Letter Against Racism."

This book allows readers to reflect on the reality of racism in our society, to see it through the lens of history and faith, and act with respect, understanding, and friendship. In this illustrated book for children ages 5-12, Ray is a boy whose family fled violence in their home country to come to the United States as refugees. The family moves into a new neighborhood and Ray begins making new friends. His excitement is interrupted, however, when someone spray paints a hurtful message on their garage: "Go home!" *Everyone Belongs* is a book about recognizing the value of our differences, respecting each other, and forgiveness.



This book is available at loyolapress.com for \$8.95, as are FREE downloadable activity sheets for kids in grades K - 5.
(Portions of the above book description taken from Loyola Press)

NPR.org (National Public Radio)

<https://www.npr.org/2019/04/24/716700866/talking-race-with-young-children>

A free 20 minute podcast about handling conversations about race, racism, diversity and inclusion, even with very young children.

<https://www.npr.org/2020/06/03/869071246/how-white-parents-can-talk-to-their-kids-about-race>

A free 10 minute podcast called "How White Parents Can Talk to Their Kids about Race"

Many additional podcasts are available, such as "What to Say to Kids When the News is Scary." Information is also available in other types of formats at [NPR.org](https://npr.org).

A screenshot of the NPR.org website. At the top, there is a navigation bar with links for 'ARTS & LIFE', 'MUSIC', 'SHOWS & PODCASTS', and 'SEARCH'. Below the navigation, there is a section titled 'PARENTING: DIFFICULT CONVERSATIONS' with the title 'Talking Race With Young Children'. The date 'April 26, 2019 · 12:09 PM ET' is listed next to the title. Below the title, there is a '20-Minute Listen' button. To the left of the main content, there is a sidebar with a 'SUBSCRIBE' button and social media sharing icons for Facebook, Twitter, and Email. At the bottom of the page, there is a colorful illustration of a woman and a child looking at a store window with a 'SALE' sign.

NMAAHC.si.edu (National Museum of African American History and Culture)

<https://nmaahc.si.edu/learn/talking-about-race>

This dynamic website offers videos with people like Archbishop Desmond Tutu, recommendations for teaching children about bias, the historical foundations of racism and examples of community building initiatives across the country.

Tolerance.org

<https://www.tolerance.org/topics/race-ethnicity>

Tolerance.org is designed for teachers in particular and since parents are the first teachers, it's a great resource. It offers tolerance information related to race, religion, personal ability, and more and has recommendations based on age and reading level.

A free PDF download of "Beyond the Golden Rule" is a particularly helpful resource. (See link listed above.)

The screenshot shows the Tolerance.org website with a black header bar containing various links and social media icons. Below the header, there's a navigation menu with categories like About, Topics, Frameworks, Grants, US vs Hate, Mix It Up!, Podcasts, LOG IN, JOIN, and a search icon. The main content area features a title 'Beyond the Golden Rule' in large, bold, dark letters. To the left of the title is an image of the book cover for 'Beyond the Golden Rule: A PARENT'S GUIDE to Preventing and Responding to Prejudice'. The book cover features a diverse group of children. To the right of the title is a descriptive text block. At the bottom right of the main content area is a blue button labeled 'BUILD A LEARNING PLAN'.

You can download this PDF free! →

Beyond the Golden Rule

Whether you are the parent of a 3-year-old who is curious about why a friend's skin is brown, the parent of a 9-year-old who has been called a slur because of his religion, or the parent of a 15-year-old who snubs those outside of her social clique at school, this book is designed to help you teach your children to honor the differences in themselves and in others — and to reject prejudice and intolerance.

Three age-specific sections feature everyday parents sharing personal stories about the challenges and rewards of raising children in today's diverse world. Psychologists, educators and parenting experts offer practical, age-appropriate advice to help you integrate lessons of respect and tolerance in day-to-day activities. And a final section offers guidance for reflecting upon your own biases, and how those biases affect your parenting.

As we stand in solidarity with all in our nation seeking both justice and peace,
let us pray together.

Prayer to Overcome Racism

Mary, Friend and Mother to All, through your Son, God has found a way to unite himself to every human being, called to be one people, sisters and brothers to each other.

We ask for your help in calling on your Son, seeking forgiveness for the times when we have failed to love and respect one another.

We ask for your help in obtaining from your Son the grace we need to overcome the evil of racism and to build a just society.

We ask for your help in following your Son, so that prejudice and animosity will no longer infect our minds and hearts but will be replaced with a love that respects the dignity of each person.

Mother of the Church, the Spirit of your Son Jesus warms our hearts: pray for us.
Amen



CST 101

THEMES FROM

CATHOLIC SOCIAL TEACHING

The Church's social teaching is a rich treasure of wisdom about building a just society and living lives of holiness amidst the challenges of modern society. Modern Catholic social teaching has been articulated through a tradition of papal, conciliar, and episcopal documents. The depth and richness of this tradition can be understood best through a direct reading of these documents. In these brief reflections, we highlight several of the key themes that are at the heart of our Catholic social tradition.



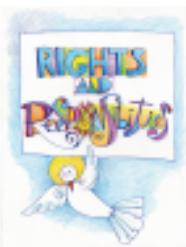
LIFE AND DIGNITY OF THE HUMAN PERSON

The Catholic Church proclaims that human life is sacred and that the dignity of the human person is the foundation of a moral vision for society. This belief is the foundation of all the principles of our social teaching. In our society, human life is under direct attack from abortion and euthanasia. Human life is threatened by cloning, embryonic stem cell research, and the use of the death penalty. The intentional targeting of civilians in war or terrorist attacks is always wrong. Catholic teaching calls on us to work to avoid war. Nations must protect the right to life by finding effective ways to prevent conflicts and resolve them by peaceful means. We believe that every person is precious, that people are more important than things, and that the measure of every institution is whether it threatens or enhances the life and dignity of the human person.



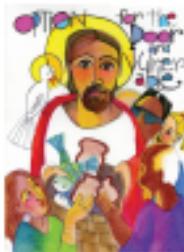
CALL TO FAMILY, COMMUNITY, AND PARTICIPATION

The person is not only sacred but also social. How we organize our society—in economics and politics, in law and policy—directly affects human dignity and the capacity of individuals to grow in community. Marriage and family are the central social institutions that must be supported and strengthened, not undermined. We believe people have a right and a duty to participate in society, seeking together the common good and well-being of all, especially the poor and vulnerable.



RIGHTS AND RESPONSIBILITIES

The Catholic tradition teaches that human dignity can be protected and a healthy community can be achieved only if human rights are protected and responsibilities are met. Therefore, every person has a fundamental right to life and a right to those things required for human decency. Corresponding to these rights are duties and responsibilities—to one another, to our families, and to the larger society.



OPTION FOR THE POOR AND VULNERABLE

A basic moral test is how our most vulnerable members are faring. In a society marred by deepening divisions between rich and poor, our tradition recalls the story of the Last Judgment (Mt 25:31–46) and instructs us to put the needs of the poor and vulnerable first.



THE DIGNITY OF WORK AND THE RIGHTS OF WORKERS

The economy must serve people, not the other way around. Work is more than a way to make a living; it is a form of continuing participation in God's creation. If the dignity of work is to be protected, then the basic rights of workers must be respected—the right to productive work, to decent and fair wages, to the organization and joining of unions, to private property, and to economic initiative.



SOLIDARITY

We are one human family whatever our national, racial, ethnic, economic, and ideological differences. We are our brothers' and sisters' keepers, wherever they may be. Loving our neighbor has global dimensions in a shrinking world. At the core of the virtue of solidarity is the pursuit of justice and peace. Blessed Pope Paul VI taught that "If you want peace, work for justice."¹ The Gospel calls us to be peacemakers. Our love for all our sisters and brothers demands that we promote peace in a world surrounded by violence and conflict.



CARE FOR GOD'S CREATION

We show our respect for the Creator by our stewardship of creation. Care for the earth is not just an Earth Day slogan, it is a requirement of our faith. We are called to protect people and the planet, living our faith in relationship with all of God's creation. This environmental challenge has fundamental moral and ethical dimensions that cannot be ignored.



Text for this poster is drawn from United States Conference of Catholic Bishops, *Sharing Catholic Social Teaching: Challenges and Directions*. © Copyright 2017, United States Conference of Catholic Bishops and Catholic Relief Services. All rights reserved. Photos courtesy of Brother Mickey McGrath, OSFS.

¹Paul VI, *For the Celebration of the Day of Peace* (Rome, January 1, 1972).

101

Resources for Adults

USCCB.org (United States Conference of Catholic Bishops)

USCCB offers a huge variety of helpful information. Below, are a couple of specific articles of interest.

<http://www.usccb.org/issues-and-action/human-life-and-dignity/racism/upload/examining-our-subconscious-perceptions.pdf>

This particular resource offers an Examination of Subconscious Perceptions through a short activity and article. It illustrates how subconscious thoughts are often based on words, people, or objects that we commonly associate with each other. In *Open Wide Our Hearts*, the bishops write that these often unconscious biases contribute to a failure to value each person's dignity.

<http://www.usccb.org/issues-and-action/human-life-and-dignity/racism/upload/racism-and-systemic-racism.pdf>

This article explains Systemic Racism, its impact on society, and how we as Christians are called to examine our own hearts and consciences.

Open Wide Your Hearts

Read and study the Bishops' 2018 pastoral letter against racism, *Open Wide Our Hearts* at the following link.

<http://www.usccb.org/issues-and-action/human-life-and-dignity/racism/upload/open-wide-our-hearts.pdf>

Then utilize the study guide to deepen your prayer and learning at

<http://www.usccb.org/issues-and-action/human-life-and-dignity/racism/upload/study-guide-open-hearts-2019-09.pdf>

Prayer for Open Hearts and Conversion

by Alison M. Benders in [Reading, Praying, Living The US Bishops' Open Wide Our Hearts](#) A Faith Formation Guide

Good and gracious God, you love each of us with a wide-open love.

We pray for our own conversion and the conversion of all your faithful people.

Wake us up to justice!

Racial injustice in our nation and in the world surrounds us and infects us. We hear it in the media, see it in our communities, and recognize it in our mistrusting relationships and personal divisions. We bring these experiences and our broken hearts to you now. We are overwhelmed with the profound sin of our nation.

Wake us up to justice!

We ask you for humble spirits and open hearts to journey from the shackles of racial oppression into the joys of a just community. As a eucharistic community united in Jesus' self-giving love, impel us to embody justice in our lives together. We are embraced and secure in the breadth and depth of your wide-open love.

Wake us up to justice!

Amen

National Catholic Reporter article about El Paso's Bishop Mark Seitz and his thoughts on Black Lives Matter

<https://www.ncronline.org/news/opinion/el-pasos-bishop-mark-seitz-black-lives-matter>

Many additional articles can be found at National Catholic Reporter. A search of “discussing racism” produces a vast list of possibilities.



SMP.org (St. Mary's Press)

<https://www.smp.org/series/92/eLearning/>

Enroll in the 10 lesson mini-course Understanding Racism which is suitable for high school age students through adults. This interactive course will help you explore the origins of racism, how it affects others, and how to confront and stand in solidarity with people from all walks of life. Use the access code m6k7t8s8 to enroll. Cost is \$9.95.

The screenshot shows the St. Mary's Press website with a red header bar. The main navigation menu includes Teacher Resources, Contact Us, My Account, Login, and a My Cart button. Below the menu, there are links for Bibles, Sacraments, High School, Middle School, Elementary, Youth Ministry, and All Products. A message at the top states: "Due to our COVID-19 measures in place, our shipping process is slower than usual. We're here for you. Read our COVID-19 Action Plan: reflecting the Shelter in Place Orders by the State of Minnesota." The central feature is a product card for "Understanding Racism", which is described as a 10-lesson mini-course. It includes a star rating, a price of \$9.95, and a call-to-action button "Call 800-533-8095 to order". To the right, there are sections for "View Complete Series" (with icons for Solidarity, Understanding Catholicism, Creating Justice, and eLearning), "Related Products" (with icons for Understanding Catholicism and Creating Justice), and a sidebar with a "Free book resources" link and social media icons.

<https://ignatiansolidarity.net/blog/2020/06/03/an-examen-for-white-allies-2/>

An Examen for White Allies by Maddie Murphy / June 3, 2020

Ignatian spirituality invites us to become *contemplatives in action, an invitation for us to view the way in which we can be in this world. It asks us to be aware not only of the world around us, but how we move, act, and love within it.* Being an ally for racial justice asks us to do the very same thing—that is, to reflect and be aware of the systemic racial oppression our society is built upon, and on how we not only benefit from it, but on how we can use our power and privilege to dismantle it and support people of color. In short, it asks us to be present and put in the work.

It is not only civilly important for me, but morally and spiritually imperative that I reflect on the ways my whiteness supports or challenges racism—in my daily thoughts, words, and actions. Thus, I have reworked the traditional [Ignatian Examen](#) to be used as a tool for white folks hoping to act as racial allies. A common version of the Examen is as follows:

1. Become aware of God's presence
2. Review the day with gratitude
3. Pay attention to your emotions
4. Choose one feature of the day and pray from it
5. Look forward to tomorrow.

Below is my adaptation of an Examen for white allies in our Ignatian family:

1. Become aware of God's presence.

Think about the God of the oppressed, the true and loving God—think about the people God called {his} own. Remember the people {he} sought to protect, the people {he} pulled prophets from, were the poor and marginalized of society.

Reflect on the poor and marginalized of today's society—who do you see? Remember God's love for them by seeing them, and how you are called into God's love by loving them and resisting the systems, thoughts, and institutions that seek to prevent love and community. Remember there is no room for racism in love. Reflect on the systems that seek to keep us from loving one another. Recognize that God's own face is reflected in the faces of the marginalized of our society. God's face is in a brown, Jewish carpenter's, just as much as it is in the Black American woman's, or in the forgotten American Indian's, or in the faces of the family of color seeking asylum from violence and political unrest.

Find God in all things and all people—especially those racism seeks to divide us from through hate, discrimination, and systemic institutionalized oppression.

2. Review how you used your white privilege today.

If a person of color was telling you their experience, did you listen with openness and compassion? Or did you argue, ignore, or interrupt?

In your place of work/service, did you use all available resources to make things culturally sensitive for your coworkers or clients, or did you assume American Western whiteness as the status quo?

Did you reflect on the land you stand on, or the rights you have that our justice system sees as racial privileges?

Did you speak up when a white friend/relative/coworker said or acted in a problematic way, or did you choose silence over action?

Allow yourself to remain present in all reflection—in the moments you are proud of your actions, but especially in the moments where you are not. Do not shy away from examples of your need and capacity for growth and love.

3. Pay attention to your emotions.

In reflecting on how you utilized your privilege today, what are your feelings? Is there shame, anger, discomfort, fear, or hatred? Are there prejudices you hold that you are becoming aware of? Are there parts of your day where you felt confused, not sure whether something you said, did, or heard was problematic or oppressive?

However uncomfortable, sit with the discomfort; lean into it and begin to educate yourself from the actions of the day. Write down things you wish to learn more of, or journal about the challenges of allyship. Do not push away from your emotions – they are key in addressing white privilege and white supremacy.

4. Choose one moment of the day where you used your privilege to either make or take space from people of color—reflect on that moment.

Find one moment from the day where you can find your white privilege at work in either an oppressive or just way. If it was something you are proud of, then take the moment to recognize and hold gratitude for the improvement and the opportunity you took to choose love and unity over divisiveness.

Pray for the courage, insight, humility, and self-awareness to continue to grow as a white ally for racial justice.

Recognize the need and call for more growth and education. If it is a moment where you abused your privilege, focus on what prejudices, notions, or structures were influential in your action. Reflect on how that moment was harmful and divisive. Brainstorm ways to work towards restorative racial healing in the future.

Pray for guidance, perseverance, and awareness for the future.

5. Look forward to tomorrow.

Reflect on ways you can move closer towards allyship. Are there social justice groups or organizations asking for white allies that you can join or give support to? Are there books, articles, or other forms of media on race that you can turn to for education? Are there white folk in your life you may need to have uncomfortable conversations on race with?

Make conscious, practical, and intentional action plans to use your power to help dismantle racism. Be prepared to translate this spiritual work into concrete, physical actions. As St. Ignatius says, “Love is shown more in deeds than in words.”

Racism is a violence that manifests within minds, souls, actions, institutions, and systems. It is a penetrative, infectious violence that, even after years of social justice actions, protests, and victories, continues to persist. There is much to be done to resist and dismantle racism. **Part of that as white folks is to make space within our moral and spiritual lives for continuous reflection, honesty, and self-improvement.** It is on us to put in the work—physically, mentally, and spiritually—to educate ourselves and position ourselves to be better allies, and, most importantly, to help us love better. The root of racism is hate, and we are not called to hate, but to love.

Maddie Murphy was a volunteer with Jesuit Volunteer Corps Northwest in 2017-2018, serving as the Community Support Coordinator at Wintonia Community Housing. She graduated from Fordham University and is from Wayzata, Minnesota.

This piece is an excerpt from an article on the Ignatian Solidarity Network.

Examine your conscience around racism with this reflection on Unity in the Body of Christ: [scripture reflections](#).