

Resources to Support the Journey

Watch

[Bittersweet, Interview with Walter Brueggemann](#) (15 minutes)

Having stopped and slowed, now we ask: What is mine to do? Who have I long heard, but not really listened to? Who is grieving, and how can I grieve with them? How can I be in real solidarity with those not like myself? Where to start and what do I fear?

[The Danger of a Single Story](#) (18 minutes)

Our lives, our cultures, are composed of many overlapping stories. Novelist Chimamanda Adichie tells the story of how she found her authentic cultural voice – and warns that if we hear only a single story about another person or country, we risk a critical misunderstanding.

[How to Deconstruct Racism One Headline at a Time](#) (10 minutes)

TED Talk by Baratunde Thurston that explores patterns revealing our racist framing, language, and behaviors.

[Just Mercy](#) (2hrs 17 minutes)

Based on a true story, the movie focuses on the life of the civil-rights attorney Bryan Stevenson (Michael B. Jordan) as he fights to overturn the wrongful murder conviction of Walter McMillian. Offered free of charge through June on various streaming services.

Listen

[Unlocking Us: Brené Brown](#) (1 hour)

Author Brené Brown interviews professor Ibram X. Kendi, *New York Times* bestselling author of *How to Be an Antiracist* and the Director of the Antiracist Research and Policy Center at American University. They discuss racial disparities, policy, and equality, but truly focus on *How to Be an Antiracist*, which is a groundbreaking approach to understanding uprooting racism and inequality in our society and in ourselves.

[Codeswitch](#) (25 minutes)

A podcast exploring and exposing issues of race in America.

Read

How to be an Antiracist, by Ibram X Kendi

A follow-up to his National Book Award-winning *Stamped from the Beginning*, he explains that racism is ultimately structural. Racism directs attention away from harmful, inequitable policies and turns that attention on the people harmed by those policies. Kendi employs history, science, and ethics to describe different forms of racism;

at the same time, he follows the events and experiences of his own life, adapting a memoir approach that personalizes his arguments.

***Jesus and the Disinherited*, Howard Thurman**

In this classic theological treatise, the acclaimed theologian and religious leader Howard Thurman (1900-1981) demonstrates how the gospel may be read as a manual of resistance for the poor and disenfranchised. Jesus is a partner in the pain of the oppressed and the example of His life offers a solution to ending the descent into moral nihilism. Hatred does not empower--it decays. Only through self-love and love of one another can God's justice prevail.

***Between the World and Me*, Ta-Nehisi Coates**

In a profound work that pivots from the biggest questions about American history and ideals to the most intimate concerns of a father for his son, Ta-Nehisi Coates offers a powerful new framework for understanding our nation's history and current crisis. Americans have built an empire on the idea of "race," a falsehood that damages us all but falls most heavily on the bodies of black women and men—bodies exploited through slavery and segregation, and, today, threatened, locked up, and murdered out of all proportion. What is it like to inhabit a black body and find a way to live within it? And how can we all honestly reckon with this fraught history and free ourselves from its burden?

***Waking Up White*, Debby Irving**

This book offers a rare window on how white Americans are socialized. Irving's focus on the mechanics of racism operating in just one life – her own – invites readers to reconsider the roots of their own perspectives – and their role in dismantling old myths.

Act

[Guide to Allyship](#)

An evolving open-source guide to help you become a more thoughtful and effective ally.

[75 Things White People Can do for Racial Justice](#)

Wanting to know how to be supportive and involved? Here's a great start.

[Coming to the Table's Training for White Allies](#)

David Campt, founder of [White Ally Toolkit](#), will lead a five-session, online blended learning experience called: "Empathy is Your Superpower: How White Allies Can Boost Their Persuasive Skills" on Tuesdays at 9:30pm, June 9 and 23, July 2 and 21, and August 4 and 8. This seminar will help participants learn best practices in persuasion around racism. Use discount code: CTTTSPAAR10BUCKS to get a 10% discount.