



Responding to Racist Violence

Here are a few of the MANY actions you can take to combat racism, even from home during these Covid times: The national Episcopal Church recommends that we respond by *Learning*, *Praying*, and *Acting*.

Learn

From our own Dismantling Racism in our Town Team

See attached checklist for local action, including local Lexington businesses to support that are owned by People of Color (POC): attached to this email and living document still being updated by facilitators of Dismantling Racism in Our Town curriculum.

[Intended especially for people of color] Radical Self-Care in the Face of Mounting Racial Stress (2019 article, promoted in May, 2020 MI

newsletter): <https://www.psychologytoday.com/us/blog/healing-through-social-justice/201911/radical-self-care-in-the-face-mounting-racial-stress>

COVID-19, Health Disparities and Systemic Racism: How do we respond as people of faith? <https://episcopalchurch.org/posts/ogr/covid-19-health-disparities-and-systemic-racism-how-do-we-respond-people-faith>

Learning with Children

Children's books from Embrace Race:

<https://www.embracerace.org/resources/26-childrens-books-to-support-conversations-on-race-racism-resistance>

Also for white parents, "How do I make sure I'm not raising the next Amy Cooper?:" <https://amp-cnn-com.cdn.ampproject.org/c/s/amp.cnn.com/cnn/2020/05/28/health/parents-raising-white-children-racism-wellness/index.html>



Pray

Video of Keedron Bryant, a 12 year old Gospel singer who shared this moving song of how he is feeling right now. Sit with it and pray with it. <https://youtu.be/cu9R08xFCtg>

Episcopal Prayers for Reconciliation and Justice

From The Episcopal Church Standing Commission on Liturgy and Music.

<https://liturgyandmusic.files.wordpress.com/2018/01/prayers-sclm-racial-reconciliation-and-justice-final1-3.pdf>

Scriptures for Justice, Lament, and Solidarity

Exodus 10:17-21

Psalm 10

Micah 6:8

Exodus 22:21-23

Psalm 13

Ephesians 6:12-15

Isaiah 58:6-7

Psalm 103

Hebrews 13:1-3

Isaiah 61

Psalm 89

Luke 4:15-21

Act

Attend a Redeemer Racial Equity Action Group meeting

Wed. June 10th (Zoom) -- Contact Rev. Andrew or Deb Jacoby- Twigg or see the weekly announcements

Contact your federal, state and local officials

Learn how to contact your federal, state, and local elected leaders

<https://www.usa.gov/elected-officials>

Donate to Bail Funds

<https://www.communityjusticeexchange.org/nbfn-directory>

And for further resources:

Episcopal Church resources to Learn, Pray, and Act:

<https://episcopalchurch.org/responding-to-racist-violence>

Lists from other organizations:

bit.ly/ANTIRACISMRESOURCES