

Recommendations from “Anti-racism work as Spiritual Practice”

By: Donovan Hayden

Intention

- Speak specifically about anti-Black racism in Canada
- Commit to small consistent actions

Attention

- Recognize visitor status
- Trust the authority of Black, Indigenous, and racialized people
- Accept feedback from racialized people about racist harm you have caused and learn from it
- Be mindful of what you are saying and how long you are saying it

Practices for the Congregation

- Adopt the 8th principle
- Share and send letter of solidarity to activist groups
- Host and participate anti-racism workshops
 - Beloved Conversations (Meadville Lombard Theological School)
www.meadville.edu/fahs-collaborative/fahs-curriculum-catalogue/beloved-conversations/
 - Dismantling Racism in Canada (Rev. Pat Trudeau and Wilburn Hayden)
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Individual practices

- Read Black authors
- Read resources and articles by Black Unitarians
<https://www.uua.org/worship/collections/black-lives-matter>
- Learn about Defund the Police and alternatives to policing
 - <https://defund.ca/>
 - Congregational Action Toolkit:
<https://www.showingupforracialjustice.org/community-safety-campaign>.
- Donate
 - Local activist and Black community groups
 - GoFundMe’s for people/families harmed by police
- Speak Up
 - Write and call officials
 - Amplify the voices of Black and Indigenous people to your networks
 - Attend protests
 - Identify and openly oppose racism within your sphere