

TOOLS TO HELP SUSTAIN THE WORK OF ANTIRACISM

1. [Begin by reading and learning](#). Engage antiracism work with trusted spiritual companions who are also devoted to becoming antiracist and dismantling white supremacy. Your Academy covenant group or small group from church could read the same book together, or your family might want to join together in a book discussion. Remember: If you are white, it is not BIPOC (black, indigenous, persons of color) job to teach you. If you are white, be sure to direct questions you have to trusted spiritual, antiracist, white advisors.
2. Visit [Color of Change](#) and [Black Lives Matter](#) to stay informed on action items you can take to bring about justice for black lives.
3. Remember that urgency, perfectionism, fear of conflict, either/or thinking, quantity over quality, and right to comfort are all characteristics of white supremacy. Listen to [“Parenting is Political”](#) podcast series to explore how white supremacy has insidiously taken root in your life and how you can begin to unearth it.
4. [Rest](#). We will not tear down four hundred plus years of white supremacy overnight. We must commit to being in this for the long haul, and the long haul requires rest. Turn off your phone. Close your computer. Stare at the sky. Take a nap. We need well-rested folk in order to realize the revolution of love. (Note that “The Nap Ministry” is both led by and exists for black people. We, as white folk, are lucky to get to follow along and learn from them; by us recommending you read about them is to be clear that we have much to learn by reading black people’s stories and experiences; however, their movement is not for us to co-opt or pretend it’s ours.)
5. [Examen](#). Lisa Yebuah says, “Antiracism is waking up every morning and asking ourselves hard questions and being honest about those answers...it’s practicing Examen every day.” Activism and spiritual practice; spiritual practice and activism. Inner and outer. Contemplation and action. Look inward. Ask. Examine. Pray. God holds us in Love, and Love always transforms.