

Agenda
MoRE
10/8/2020
1:30-4:30

Peer Leader: Claudia Brandenburg

Time Keeper: Doris Hampton

Dear MoRE friends,

A warm welcome to all of you.

We will be using Ruth King's prescribed agenda in October for the first time.

10 minutes Settling and reflection on gratitude

- 5 minutes Review RA Group Meeting Ground Rules.
- Read aloud **"When Listening"**
 - Pay attention to what is being said and honor the courage it takes to say it.
 - Relax and release expectations. Maintain compassionate patience and silent acceptance.
 - Notice how you are being touched and shaped by what is being said.
 - No questions should be asked of the person sharing. This includes no probing, pursuing understanding, opinions or judgments are to be shared, verbally or non-verbally.
 - Receive what is being said as a gift that is being slowly unwrapped. Stay curious. You can't know what the gift will be until it has opened, and is always opening.
 - Listeners are not to share or compare their own story when someone is sharing. Do not in any way take away attention from the person speaking.
 - When you feel uneasy, tune into what you are feeling while also staying present to what is being shared.

5 minutes Inspirational reading - Frederick Douglas by Robert Hayden

When it is finally ours, this freedom, this liberty, this beautiful and terrible thing, needful to man as air, useable as earth; when it belongs at last to our children, when it is truly instinct, brain matter, diastole, systole, reflex action; when it is finally won; when it is more than the gaudy mumbo jumbo of politicians; this man, this Douglass, this former slave, this Negro beaten to his knees, exiled, visioning a world where none is lonely, none hunted, none alien, this man, superb in love and logic, this man shall be remembered. Oh, not with statues' rhetoric, not with legends and poems and wreaths of bronze alone, but with the lives grown out of his life, the lives fleshing his dream of the beautiful, and needful thing.

Frederick Douglass was an American social reformer, abolitionist, orator, writer, and statesman. After escaping from slavery in Maryland, he became a national leader of the abolitionist movement in Massachusetts and New York, becoming famous for his oratory and incisive antislavery writings. Born in 1818 in MD and died in 1985 in Washington, DC. He was married twice and had several children.

Robert Hayden was an American poet, essayist and educator. He served as Consultant in Poetry to the Library of Congress from 1976 to 1978, a role today known as US Poet Laureate. He was the first African American writer to hold the office. He was born in Detroit, MI in 1913 and died in Ann Arbor, MI in 1980.

70 Minutes **Racial Conditioning Inquiry.** Allow three deep breaths between each speaker.

Everyone Answers: What were the significant political/cultural events or challenges within the decade of your birth? How do you imagine the climate impacted your parents/ancestors, and how you were seen and cared for? **Each person has 5 minutes.**

40 minutes **Select One to Talk About: 5 minutes a person.**

- Tell the story of your earliest memory of knowing you were a race, being radicalized, and/or of knowing that race matters? Use all of your senses to share this remembrance. In what ways does this memory inform your view/actions about race? Does this memory serve you or hinder you? Does it connect you or keep you separate from your own race; other races? From humanity?
- Share an early and flagrant experience of when you witnessed and/or experienced physical or emotional harm as a result of racial dominance, racial oppression, and/or internalized oppression. How were you impacted? What was lost? What's unfinished?
- Under what circumstances do you notice race or talk about race? What thoughts, feelings, and emotions are commonly stimulated in these circumstances? Do they support constraints freedom? Connection or distance?

BREAK: 15 MINUTES

30 minutes: **Open Engagement: Unstructured time.** Openly share how you have been impacted; insights, understanding, and relevance to social justice. Stay connected with learning instead of the impulse to judge/fix problems. Enjoy each other.

20 minutes **Group Development Inquiry: 30 minutes for all.**

- How does it feel being together in our RA Group?
- Where did we get stuck or feel stuck?
- How were our individual inclusion needs met?

10 minutes Closing meditation. Briefly sit in silence. Each person shares a sentence or two of gratitude.