

## Northern Great Lakes Synod Lenten 40-Day Racial Equity Challenge

Conventional wisdom says it takes about three weeks to form a new habit, so Dr. Eddie Moore, Dr. Marguerite Penick-Parks and Debby Irving developed the 21-Day Racial Equity Challenge to help all of us cultivate self-awareness and intentionality to effect social change. Pastor Andrew Plocher and Pastor Molly Eversoll have taken this challenge and cultivated new resources over a 40 day period of Lenten learning. Whether you're a new ally in the racial equity movement or a seasoned veteran, we invite you to join us for this exercise in self-reflection, learning and connection. Don't feel pressured to participate every day. We've presented a variety of options so you can engage based on your learning style and the time you have available along with built in days for you to catch up or reflect. This isn't a formal homework assignment; the point is simply to make a habit of doing something every day to broaden your perspective, identify topics for deeper learning on your own, and better equip yourself to spread equity.

### 1. **Thursday, February 18**

Jay Smooth, "How I Learned to Stop Worrying and Love Discussing Race":

<https://www.youtube.com/watch?v=MbdxeFcQtaU>

Jay Smooth is host of New York's longest running hip-hop radio show, the Underground Railroad on WBAI 99.5 FM in NY, and is an acclaimed commentator on politics and culture. In this talk, he discusses the sometimes thorny territory of how we discuss issues of race and racism, offering insightful and humorous suggestions for expanding our perception of the subject. Fighting racism isn't a discrete event, it's an ongoing process. Jay Smooth compares it to the daily practice of dental hygiene.

### 2. **Friday, February 19**

Debby Irving, "Waking up White" Ted Talk: "Finding Myself in the Story of Race":

<https://www.youtube.com/watch?v=oD5Ox5XNEpg>

Debby Irving wrote "Waking Up White" after coming to terms with her own white privilege and the sheltered, economically privileged, and predominantly white environment of her childhood and adult life. Here you'll find her TEDx talk about her journey in understanding race, racism, and white privilege.

### 3. **Saturday, February 20**

### 4. **Sunday, February 21**

*Reflection, catch-up, and/or your first gathering with a Zoom group*

### 5. **Monday, February 22**

*Reflection, catch-up, and/or your first gathering with a Zoom group*

6. **Tuesday, February 23**

Ibram X Kendi, TED Talk: “The Difference Between Being Not Racist and Anti-Racist”  
[https://www.ted.com/talks/ibram\\_x\\_kendi\\_the\\_difference\\_between\\_being\\_not\\_racist\\_and\\_antiracist](https://www.ted.com/talks/ibram_x_kendi_the_difference_between_being_not_racist_and_antiracist)

There is no such thing as being "not racist," says author and historian Ibram X. Kendi. In this vital conversation, he defines the transformative concept of antiracism to help us more clearly recognize, take responsibility for and reject prejudices in our public policies, workplaces and personal beliefs. Learn how you can actively use this awareness to uproot injustice and inequality in the world -- and replace it with love. (This virtual interview, hosted by TED's current affairs curator Whitney Pennington Rodgers and speaker development curator Cloe Shasha, was recorded June 9, 2020.)

7. **Wednesday, February 24**

Peggy McIntosh, Article: “White Privilege: Unpacking the Invisible Knapsack”  
[https://nationalseedproject.org/images/documents/Knapsack\\_plus\\_Notes-Peggy\\_McIntosh.pdf](https://nationalseedproject.org/images/documents/Knapsack_plus_Notes-Peggy_McIntosh.pdf)

In 1989, Peggy McIntosh wrote an article titled, “White Privilege: Unpacking the Invisible Knapsack.” Even thirty years later it is still considered a primer in understanding white privilege.

8. **Thursday, February 25**

Nikole Hannah-Jones, the 1619 Podcast, “The Fight for a True Democracy”  
<https://www.iheart.com/podcast/326-1619-48877024/>

Listen to the first podcast “The Fight for a True Democracy” in the powerful series “1619”. In August of 1619, a ship carrying more than 20 enslaved Africans arrived in the English colony of Virginia. America was not yet America, but this was the moment it began. No aspect of the country that would be formed here has been untouched by the 250 years of slavery that followed. On the 400th anniversary of this fateful moment, it is time to tell the story. “1619” is a New York Times audio series hosted by Nikole Hannah-Jones. There are also accompanying essays (if you have NY Times access). All the podcasts and essays are worth listening to and reading (if you have the time to do so). <https://nyti.ms/37yMFWQ>

9. **Friday, February 26**

Verna Myers, Ted Talk: “How to overcome our biases? Walk boldly toward them”  
<https://www.youtube.com/watch?v=uYyvbGINZkQ>

Our biases can be dangerous, even deadly — as we've seen in the cases of Michael Brown in Ferguson, Missouri, and Eric Garner, in Staten Island, New York. Diversity advocate Verna Myers looks closely at some of the subconscious attitudes we hold toward out-groups. She makes a plea to all people: Acknowledge your biases. Then move toward, not away from, the groups that make you uncomfortable. In a funny, impassioned, important talk, she shows us how.

10. **Saturday, February 27**

Movie options: please choose one film to watch. They come from a variety of streaming services, although some are only available for purchase.

**Just Mercy:** This film about Bryan Stevenson and the work of the Equal Justice Initiative portrays racism in our society and the justice system. It can be purchased on Amazon.

**When They See Us:** A four-part Netflix series by Ava DuVernay about the wrongful incarceration and ultimate exoneration of the “Central Park Five.” (four 1+ hour episodes)

**The Hate U Give:** A film based on the YA novel by Angie Thomas offering an intimate portrait of race in America (2 hours 13 minutes). It can be purchased on Amazon.

**Fruitvale Station:** A film with Michael B. Jordan about the killing of Oscar Grant (1 hour 25 minutes) It is available on Netflix.

**I Am Not Your Negro** Narrated by the words of James Baldwin with the voice of Samuel L. Jackson, I Am Not Your Negro connects the Civil Rights Movement to Black Lives Matter. Although Baldwin died nearly 30 years before the film's release, his observations about racial conflict are as incisive today as they were when he made them. (1 hour 33 minutes) It is available on Netflix, Hulu, and Amazon.

**Becoming,** a Netflix documentary following Michelle Obama on her book tour (1 hour 29 minutes)

11. **Sunday, February 28**

*Reflection, catch-up, and/or gathering with a Zoom group*

12. **Monday March 1**

*Reflection, catch-up, and/or gathering with a Zoom group*

13. **Tuesday, March 2**

PBS Documentary, Native America: First Look Trailer

<https://www.youtube.com/watch?v=DJy9STLb9IU>

We encourage you to consider further watching of **Native America** (2018) – Four-episode series exploring the world created by America’s First Peoples. Available on PBS-passport, iTunes, Amazon, also in local libraries. *Native America in the Classroom* offers lessons with clips from film. (60 minute episodes) [https://wnmu.pbslearningmedia.org/collection/native-america/?fbclid=IwAR0uMYGz6dBcHIZV5UfgA-VomipoRbPVLD\\_yLEWLWkS8C-6qm98rbknsYIE#.XdgI\\_dV7mUk](https://wnmu.pbslearningmedia.org/collection/native-america/?fbclid=IwAR0uMYGz6dBcHIZV5UfgA-VomipoRbPVLD_yLEWLWkS8C-6qm98rbknsYIE#.XdgI_dV7mUk)

If you are unable to access the videos and would like to read some introductory materials on Native Americans here two resources: <https://www.history.com/topics/native-american-history/native-american-cultures>

[https://en.wikipedia.org/wiki/Native\\_Americans\\_in\\_the\\_United\\_States](https://en.wikipedia.org/wiki/Native_Americans_in_the_United_States)

14. **Wednesday, March 3**

Doctrine of Discovery Articles written by those in the Northern Great Lakes Synod

Choose from the Doctrine of Discovery articles on the Northern Great Lakes Synod website (scroll down to the “Year of Discovery” section) and read at least two of the four articles (Part 1-4): <https://www.nglsynod.org/>

- a. Part 1: The Americas Before Columbus <https://jwwmedia.s3.us-east-1.amazonaws.com/ngls/pdf2020/The%20Year%20of%20Discovery%2C%20Part%20One--The%20Americas%20Before%20Columbus.pdf>
- b. Part 2: Discovery and Our American Legal History <https://jwwmedia.s3.us-east-1.amazonaws.com/ngls/pdf2020/The%20Year%20of%20Discovery%2C%20Part%20Two--Discovery%20and%20our%20American%20Legal%20History.pdf>
- c. Part 3: Discovery and the 21st Century <https://jwwmedia.s3.us-east-1.amazonaws.com/ngls/pdf2020/The%20Year%20of%20Discovery%2C%20Part%20Three--Discovery%20and%20the%2021st%20Century.pdf>
- d. Part 4: Listening To Native Forces <https://jwwmedia.s3.us-east-1.amazonaws.com/ngls/pdf2020/The%20Year%20of%20Discovery%2C%20Part%204-Listening%20to%20Native%20Voices.pdf>

**15. Thursday, March 4**

Mark Charles. “We the People’ - The Three Most Misunderstood Words in US History  
<https://www.youtube.com/watch?v=HOktqY5wY4A>

Mark Charles, the son of an American woman of Dutch heritage and a Navajo man, offers a unique perspective on three of the most misinterpreted words in American History. Explains the history of the Papal Bulls of the 15th Century which are embedded in our founding documents in the 18th Century, codified as legal precedent in the 19th Century and referenced by the Supreme Court in the 20th and 21st Centuries, the Doctrine of Discovery has been used throughout the history of the United States to keep "We the People" from including all the people.

**16. Friday, March 5**

Shenkar Vedantam and Andrés Reséndez, Podcast: “An American Secret: The Untold Story Of Native American Enslavement”

<https://www.npr.org/2017/11/20/565410514/an-american-secret-the-untold-story-of-native-american-enslavement>

All countries have national myths. The story of the first Thanksgiving, for example, evokes the warm glow of intercultural contact: European settlers, struggling to survive in the New World, and Native American tribes eager to help. But as many of us learned in history class, this story leaves a lot out. The NPR Podcast *Hidden Brain*, explores an "open secret": that from the time Christopher Columbus arrived in the New World until the year 1900, there were as many as five million Native people enslaved in America. We'll talk about this history, and the psychological reasons it was left unexamined for so long.

**17. Saturday, March 6**

Consider watching one of these feature films:

**Smoke Signals** (1999) – Two young Idaho men with radically different memories of Arnold Joseph, who has just died, road trip to retrieve Arnold's ashes. Available on iTunes and Amazon, also in local libraries. (90 minutes)

**Frozen II** (2019) – Frozen II characters travel to an ancient, autumn-bound forest of an enchanted land. Along the way, Elsa learns that the dam that protects Arendelle was built as a ruse to reduce the Northuldra's resources because of King Runeard's dislike of the tribe's connection with magic and his intention to incorporate the region into his kingdom. See Discussion Guide [HERE](#). (1 hour 40 mins)

**Rumble: The Indians Who Rocked the World** (2017) – Filmmaker Catherine Bainbridge examines the role of Native Americans in contemporary music history. She exposes a critical missing chapter, revealing how indigenous musicians helped influence popular culture. Available on iTunes and Amazon Prime, also in local libraries. (1 hour 42 minutes)

**Dakota 38** - This feature length documentary tells the story of the executed Dakota 38 and the yearly Reconciliation Ride that promotes reconciliation between Native Americans and white people. \*This documentary has graphic violent historical imagery. The full movie can be found here: <http://www.smoothfeather.com/dakota38>

**18. Sunday, March 7**

*Reflection, catch-up, and/or gathering with a Zoom group*

**19. Monday, March 8**

*Reflection, catch-up, and/or gathering with a Zoom group*

**20. Tuesday, March 9**

How do we preach a word that challenges racism and addresses the pain that communities of color are experiencing? Bishop Michael Curry preaches on racial justice and Duke University hosts a panel discussing how to preach on race and racism. Choose from either depending on the amount of time and your interest.

- a. Bishop Michael Curry: Jesus and Racial Justice Sermon  
<https://www.youtube.com/watch?v=CU79-HXM4Lw>
- b. Confronting Racism Through Preaching: A Conversation Part 1 By Duke University  
<https://www.youtube.com/watch?v=qq3EOuWRu4U>

**21. Wednesday, March 10**

Pastor Lenny Duncan, A Conversation with Pastor Duncan at Pacific Lutheran University  
[https://www.youtube.com/watch?v=ixTUxiVIp\\_E](https://www.youtube.com/watch?v=ixTUxiVIp_E)

Pastor Lenny Duncan discusses his book, “Dear Church” and its relevance for Lutherans who are the whitest denomination in the United States.

**22. Thursday, March 11**

Angela Denker, Article: “Paternalistic Racism of Nice White People”

<https://day1.org/articles/5ed944cc6615fb5022000103/angela-denker-paternalistic-racism-of-nice-white-people>

Denker is a white Christian living in Minneapolis. Her article looks at the outpouring of food after the murder of George Floyd in Minneapolis and the ways she had to step back and look at how charity was reinforcing racist stereotypes of black people.

### **23. Friday, March 12**

Bryan Stevenson, TED Talk: “We need to talk about an injustice”

[https://www.ted.com/talks/bryan\\_stevenson\\_we\\_need\\_to\\_talk\\_about\\_an\\_injustice?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/bryan_stevenson_we_need_to_talk_about_an_injustice?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

In an engaging and personal talk -- with cameo appearances from his grandmother and Rosa Parks -- human rights lawyer Bryan Stevenson shares some hard truths about America's justice system, starting with a massive imbalance along racial lines: a third of the country's black male population has been incarcerated at some point in their lives. These issues, which are wrapped up in America's unexamined history, are rarely talked about with this level of candor, insight and persuasiveness.

### **24. Saturday, March 13**

Ava DuVernay, Netflix Documentary: The 13th

Available on <https://www.netflix.com/>

The title of Ava DuVernay's extraordinary and galvanizing documentary 13TH refers to the 13th Amendment to the Constitution, which reads “Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States.” The progression from that second qualifying clause to the horrors of mass criminalization and the sprawling American prison industry is laid out by DuVernay with bracing lucidity. With a potent mixture of archival footage and testimony from a dazzling array of activists, politicians, historians, and formerly incarcerated women and men, DuVernay creates a work of grand historical synthesis.

If you do not have access to Netflix, consider reading The Injustice of This Moment Is not an ‘Aberration,’ by Michelle Alexander

### **25. Tuesday, March 16**

Aaron Huey: TED Talk: America's Native Prisoners of War

[https://www.ted.com/talks/aaron\\_huey\\_america\\_s\\_native\\_prisoners\\_of\\_war](https://www.ted.com/talks/aaron_huey_america_s_native_prisoners_of_war)

Photojournalist Aaron Huey discusses Native American history and his time on the Pine Ridge Indian Reservation, where the struggle of the native Lakota people -- appalling, and largely ignored -- compelled him to refocus. Five years of work later, his haunting photos intertwine with a shocking history lesson.

### **26. Wednesday, March 17**

Jenna Chandler- Ward and Claudia Fox Tree, Podcast: Teaching While White: Recovering the Voice of Native Americans in the Classroom

<https://www.teachingwhilewhite.org/podcast/recoveringthevoiceofnativeamericansinschool>

Jenna Chandler-Ward interviews Native American educator Claudia Fox Tree (Arawak) about the ways we learn about Indigenous Peoples in school- or don't.

**27. Thursday, March 18**

“Unspoken: Native American Boarding Schools”

<https://www.youtube.com/watch?v=Yo1bYj-R7F0>

A moving and insightful look into the history, operation, and legacy of the federal Indian Boarding School system, whose goal was total assimilation of Native Americans at the cost of stripping away Native culture, tradition, and language.

**28. Friday, March 19**

Serial Podcast, Season 3 Episode 2: “Nice, White Parents”

<https://www.nytimes.com/2020/07/23/podcasts/nice-white-parents-serial.html>

From Serial and the New York Times, “Nice White Parents” explores the 60 year relationship between white parents and the public school down the block in New York City. We know American public schools do not guarantee each child an equal education. Two decades of school reform initiatives have not changed that. But when Chana Joffe-Walt, a reporter, looked at inequality in education, she saw that most reforms focused on who schools were failing: Black and brown kids. But what about who the schools are serving? In this five-part series, she turns her attention to what is arguably the most powerful force in our schools: White parents. Episode two explores white parents in the 1960s who fought to be part of a new, racially integrated school in Brooklyn. So why did their children never attend?

**29. Saturday, March 20**

Consider watching another film from the lists provided for February 27 or March 5.

**30. Sunday, March 21**

*Reflection, catch-up, and/or gathering with a Zoom group*

**31. Monday, March 22**

*Reflection, catch-up, and/or gathering with a Zoom group*

**32. Tuesday, March 23**

Simon Moya-Smith(Oglala Lakota): Article: “100 Ways to Support, Not Appropriate From Native People

<https://www.vice.com/en/article/pa5a3m/how-to-be-an-ally-to-native-americans-indigenous->

[people?fbclid=IwAR2kde9oL2M\\_SVvEk1hZrL2qWBDkccLn5sAiaTF6jLYuJy981mCaNvTm7S8](https://www.facebook.com/1000000000000000/?fbclid=IwAR2kde9oL2M_SVvEk1hZrL2qWBDkccLn5sAiaTF6jLYuJy981mCaNvTm7S8)

Natives have been so cancelled out of the American conversation that people don't even know where to begin to include us. "What do we call you? ... American Indian? Native American? Do you guys still live in tipis?" These questions are still asked today—and they will continue to be asked unless we put together some kind of list, a collection of do's and don'ts, and share it widely... Wait. Hang on a tick. What do we have here? Simon Moya-Smith (warning - some potentially offensive language)

### **33. Wednesday, March 24**

Mena Fombo, TED Talk: "Microaggressions: No. You Cannot Touch My Hair!"

<https://www.youtube.com/watch?v=OLQzz75yE5A>

Through her own personal story and the hair-raising experiences of other women and girls, Mena Fombo's TEDxBristol talk is a witty, yet compelling and sometimes dark exploration of the objectification of black women. It's an issue she has spent a lifetime experiencing and exploring, with both a political and creative lens.

### **34. Thursday, March 25**

Robin DiAngelo, Essay "White Fragility"

<https://libjournal.uncg.edu/ijcp/article/viewFile/249/116>

Robin DiAngelo writes and teaches about what it means to be white in a society that proclaims race meaningless, yet remains deeply divided by race. Her essay, "White Fragility" is a precursor to her best-selling book by the same name.

### **35. Optional Friday, March 26**

Dr. Stephanie Fryberg and Amanda Blackhorse, All My Relations Podcast: "Native Mascots: Really, Still?" <https://www.allmyrelationspodcast.com/podcast/episode/3313e307/ep-3-native-mascots-really-still>

In 2018 there are still over 2000 schools and professional sports teams with Native mascots, despite decades of activism and academic research demonstrating the harms of these images. Today Matika and Adrienne are in conversation with Amanda Blackhorse, Navajo social worker and mother, who was the lead plaintiff in the supreme court case against the Washington Redsk\*ns, and Stephanie Fryberg, who is the top psychological researcher on these issues and has demonstrated through lab experiments and surveys how harmful these mascots are to Native youth and how they reinforce negative stereotypes.

### **36. Saturday, March 27**

Consider watching another film from the lists provided for February 27 or March 5.

### **37. Sunday, March 28**

*Final reflection, catch-up, and/ or gathering with a Zoom group*

**38. Monday, March 29**

*Final reflection, catch-up, and/ or gathering with a Zoom group*

**39. Optional Tuesday, March 30**

Terra Brockman, Article “A Church Returns Land to American Indians”

Read this article about a church and Synod’s journey with decolonizing and reconciliation.

“A church returns land to American Indians”

<https://www.christiancentury.org/article/features/church-returns-land-american-indians>

**40. Wednesday, March 31**

Consider picking up a book at your local library, independent bookseller, or online, to continue your learning:

**Native American:**

**An Indigenous Peoples' History of the United States** by Roxanne Dunbar-Ortiz

**The Other Slavery: The Uncovered Story of Indian Enslavement in America** by Andrés Reséndez

**Bury My Heart at Wounded Knee** by Dee Alexander Brown

**All the Real Indians Died Off** by Roxanne Dunbar-Ortiz; Dina Gilio-Whitaker

**African-American:**

**How To Be An Antiracist** by Dr. Ibram X. Kendi

**Just Mercy** by Bryan Stevenson

**Why Are All The Black Kids Sitting Together In The Cafeteria? And Other Conversations About Race** by Beverly Daniel Tatum

**So You Want to Talk About Race** by Ijeoma Oluo

**The New Jim Crow: Mass Incarceration in the Age of Colorblindness** by Michelle Alexander

**Waking Up White** by Debby Irving

**I'm Still Here: Black Dignity in a World Made for Whiteness** by Austin Channing Brown

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

**My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies** by Resmaa Menakem

**The Color of Compromise** by Jemar Tisby

**Dear Church: A Love Letter from a Black Preacher to the Whitest Denomination in the US** by Lenny Duncan