



# Anti-Racism Training on Zoom

April 25, May 9 and 23, 6:00-8:00 p.m. (CST)

**Register NOW!** This training will expand your ability to recognize and call out racism and begin to transform our communities from those that primarily benefit dominant culture to communities that are equitable and just for all. The Anti-Racism Training is **OPEN to those both inside and OUTSIDE of St. Andrew Christian Church (SACC) -- please forward this email to your friends!**

**The Book:** We will read and discuss *The Racial Healing Handbook: Practical Activities to Help You Challenge Privilege, Confront Systemic Racism and Engage in Collective Healing*, by Anneliese Singh, Ph.D., LPC. Check your local bookstore or order online through Amazon.

**Participants:** The book is written for both White people and Black and Indigenous People of Color (BIPOC). Everyone is welcome to join. If you are BIPOC please be assured that you will NOT be expected to educate white people. Your only goal during this training is to identify racism and heal some of the hurt it causes for you.

**Where and When:** ZOOM discussion groups will meet for two hours. Chapters 1-4 will be discussed in the first session. Chapters 5-7 will be discussed in the second session. Chapters 8-10 will be discussed in the last session.

**Content:** The book is a mix of content and journaling prompts. Everything you need to participate is inside the book, including prompts and a space to write (if you so desire). It takes approximately 30-45 minutes to read each chapter and respond in writing to the prompts.

We will explore the book in three sections: 1) Understanding our racial identity, internalized racism, the history of racism, and racism in relationships 2) Raising our race-consciousness, catching ourselves in the flow of racism, grieving and naming racism and 3) Learning to be an ally/co-conspirator and reclaiming our whole selves.

**Facilitators:** Judi Barkema and Avis Smith will facilitate the discussion. Both are active members of SACC and involved in racial justice work both inside and outside the church.

**Registration:** There is a \$20 registration fee. Financial aid is available and SACC members receive a \$10 discount. Funds collected will support anti-racism efforts. **If there are less than 15 people registered for the class, it will be cancelled.** Please spread the word and invite others to join the study!

Register [HERE](#). **Registration deadline is Friday, April 8th.**