TOPIC: Showing Up for Action toward Racial Justice

New Members please arrive at **12:30pm** sharp.

Facilitators please arrive at **12:15pm** sharp.

**Facilitator Prep Time 12:15pm – 1:00pm**

Select new member orientation leader, greeter, and facilitators for each section.

**New Member Orientation 12:45pm – 1:15pm**

Welcome to the space and introduction of AWARE-LA organizational model.

All Members please arrive at **1:00pm**.

**Returning Member Check-Ins 1:00pm – 1:15pm**

Informal check-ins, reconnect with each other.

**Welcome and All-Group Check-In 1:15pm – 1:30pm**

Welcome to the Saturday Dialogue. Check in: share your name, your personal gender pronouns (PGPs).

Read Communication Guidelines.

**Setting the Context 1:30pm – 1:40pm**

Introduce John Brown and Anne Braden history

Naming links to October action and intention to disrupt

**Self-Inquiry 1:40pm – 2:05pm**

**Meditation: (5 min)**

Take a moment to close your eyes and get comfortable where you’re sitting. Take a deep breath. Close your eyes. Feel yourself relax into your chair. Feel your leg muscles relax. Let your back press into the chair as it supports you. Breathe deeply. Become heavy as you let your shoulders release their tension. Let your arms fall more heavily into your body. Let the small muscles in your face relax. Take another deep breath. Focus on the space behind your eyes. Allow your mind to create a blank canvas….a space where images can arise.

Imagine that you’ve come upon a racial justice action in process as you’re out in your neighborhood. A group of white people are standing in a circle, chanting slogans, and blocking the pathway of pedestrians. Police have not yet arrived, but a number of bystanders have started to tell the group to move and are criticizing the protesters as disruptive.

*(Facilitator’s Note: Ask the following questions slowly, with a good amount of wait time in between.)*

What’s your initial reaction?

What’s happening in your body?

How do you see yourself responding? Why?

Consider, is this something that you want to move toward? Or, are there feelings that make you want to stay away?

Now start to return from this imaginative space and move back into your present reality. How does your body feel at this moment? Are you still relaxed, or has your body become tense in some areas? Feel your body sitting in your chair. Feel the temperature of the room, its coolness or warmth. Take a moment to take one last deep breath before opening your eyes again.

**Reflection (individual writing/pair share: (10 min)**

What feelings come up when you think about participating in a racial justice protest action?

**Share Out (10 min)**

**Skills-Building 2:05pm- 2:45pm**

**Large Group Discussion**

What are the different types of actions for racial justice that one can take part in?

(Brainstorm and take notes on butcher paper) – 5 min

What are the opportunities and risks involved with each of these? 15 min

**Small Group** – 20 min

Which action would benefit most from your personality and skill set?

Which type of actions would feel both outside your comfort zone and still be possible for you?

**Snack/Break 2:45pm – 2:55pm**

**Personal Solidarity/Snack 2:55pm – 3:25pm**

Groups of three have 10 minutes each for sharing/strategizing/active listening on personal/interpersonal issues around race & racism. Ask for timekeeper to make sure each person has 10 minutes. Make time for feedback if desired.

**Announcements & Volunteers 3:30pm – 3:45pm**

• Workgroup Announcements

• Community Announcements

**Pass-the-Hat & Check-Out 3:45pm – 4:00pm**

Pass the hat for AWARE-LA donations. Share 1 plus, 1 change, OR 1 insight from today.