

Lifespan Faith Development for Adults & Older Youth “at home” or “on-the-go”

For May 7, 2017 –Theme of the Month: EMBODIMENT

Curated by Mary B. Collins, Director of Lifespan Faith Development, curated from Soul Matters

YouTube

Black Privilege by Crystal Valentine (3:38 mins) < *Powerful spoken poem!*

<https://www.youtube.com/watch?v=7rYL83kHQ8Y>

SPIRITUAL EXERCISE: Embody Your Privilege The embodiment of (or lack of) privilege is arguably *the* defining characteristic of our relationships and our life’s trajectory. And yet most of us in this culture are taught to ignore privilege, even pretend that it doesn’t exist. The website BuzzFeed has created a powerful video and shared a challenging set of questions to help us get in touch with our privilege and its consequences. So, for this exercise:

- Go to the BuzzFeed website: <http://www.vagabomb.com/What-Is-Privilege-Let-This-Demonstrative-Experiment-Answer-That-for-You/>
- **Read the Article** and **Watch the video!!!** (3:59 minutes) and then reflect on the questions that are shared. (*it will help people who say, “but I worked hard to get where I am today” to think by making privilege visible ...*)
- Find a way to participate in the experiment/questionnaire either by organizing a handful of your friends or imagining yourself doing it with a circle of your family, neighbors and co-workers. Share what it means to begin to embody and be aware of your privilege.

PODCAST: Who We Want to Become: Beyond the New Jim Crow (51:00 minute *Podcast from On*

Being -with Michelle Alexander, an associate professor of law at Ohio State University. She published The New Jim Crow: Mass Incarceration in the Age of Colorblindness in 2010, and it’s gradually become a phenomenon, a source of national discussion and reflection.)

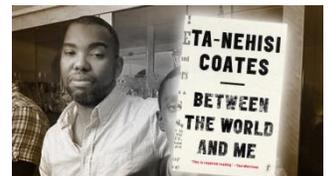
What world do we want to embody? What does it look like to embody hope and justice as a culture? The civil rights lawyer Michelle Alexander calls the punitive culture that has

emerged the ‘new Jim Crow,’ and is making it visible in the name of a fierce hope and belief in our collective capacity to engender the transformation to which this moment is calling. <http://www.onbeing.org/programs/michelle-alexander-who-we-want-to-become-beyond-the-new-jim-crow/>

BOOK: Between the World and Me by Ta-Nehisi Coates

Although the book has been widely praised as a monumental text about black life, it’s more specifically a book about how to live free in a black male body.

Review: <http://www.newyorker.com/culture/cultural-comment/ta-nehisi-coates-and-a-generation-waking-up>



DOCUMENTARY MOVIE: I Am Not Your Negro An inspiring documentary on the legacy of African-American writer and activist, James Baldwin. It’s a raw and moving engagement with our embodiment of racism. Trailer: <https://www.youtube.com/watch?v=L5ZeLuVHTbq>

Review: <http://www.spiritualityandpractice.com/films/reviews/view/28329/i-am-not-your-negro>

QUOTE by Rumi

“If love were only spiritual,
The practices of fasting and prayer would not exist
The gifts lovers give each other
Are nothing but outward forms
But they testify to invisible love,
Just as outward acts of kindness
Reveal a loving heart. “



Everybody Here Is a Cloud by Cloud Cult

“...And everybody here is a cloud And everybody here will evaporate this
You came up off the ground, From a million little pieces, Have you found where your place is?
Have you found where your place is?... <https://www.youtube.com/watch?v=28IjHKVU6mo>