

30 *days* of ANTI-RACISM

SEPTEMBER 2020		1 Pray about how God is calling you to act.	2 Draft your racial autobiography.	3 Participate in intercultural conversations.	4 Volunteer or donate in support of National Food Bank	5 Support diverse leadership.
6 Celebrate National Read-a-Book Day by purchasing an anti-racism resource.	7 Pray about how you can speak up about injustice this week.	8 Learn more about your local elections.	9 Engage in the difficult conversation.	10 Learn greetings and phrases in another language.	11 Be willing to be in the minority.	12 Support a local Black-owned business.
13 Listen to a preacher from a different cultural background than your own.	14 Plan to participate in an anti-racism demonstration.	15 Commit to continued learning in celebration of National Online Learning Day.	16 Engage in local community organizing.	17 Recognize racism in your community.	18 Find a mentor who is from a different cultural background than your own.	19 Learn about Hispanic Heritage Month.
20 Send your tithe or offering to a Black church.	21 Engage with and invest in young leaders dedicated to anti-racism work.	22 Celebrate National Voter Registration Day by registering to vote and helping another person to register.	23 Encourage an activist.	24 Support Black artists and musicians.	25 Amplify the voices of People of Color by inviting them as speakers at worship and other events.	26 Watch a documentary film or series about anti-racism.
27 Pray about how God is calling you to be more anti-racist.	28 Support non-profits engaged in the work of anti-racism.	29 Examine your implicit biases.	30 Commit to continuing the work of anti-racism in honor of National Love People Day.	  RELIGION & RACE The United Methodist Church www.gcorr.org #30DaysAntiRacism		

- 09/01/2020 Pray about how God is calling you to act. Commit to beginning each day with prayer asking God to help you become more anti-racist and a stronger ally with People of Color in our community, our church, and our world. Review your calendar and plan your activities for the month.
- 09/02/2020 Draft your racial autobiography. Journal about your own racial history. When was the first time you noticed racial differences? What did your parents and grandparents model in relationships with people of other races and cultures? **Use this questionnaire to start.**
- 09/03/2020 Participate in intercultural conversations. Find a discussion group or book club where inter-cultural or anti-racism conversations are happening and ask to join. Or start your own group.
- 09/04/2020 Volunteer or donate in support of National Food Bank Day. Racial and class disparities result in Black and Latinx people being disproportionately impoverished. Give to or volunteer in a food bank serving communities of color in your area.

09/05/2020	Support diverse leadership.	Whether in local or national elections and from the school board to your church's leadership, the expertise and perspectives of People of Color are needed. Support greater racial equity in organizations you care about.
09/06/2020	Celebrate National Read-a-Book Day by purchasing an anti-racism resource.	Morgan chose, <i>How to Be An Antiracist</i> by Ibram X. Kendi. We also recommend <i>I Bring the Voices of My People</i> by Chanequa Walker-Barnes and <i>Latino Americans and The 500-Year Legacy That Shaped A Nation</i> by Ray Suarez.
09/07/2020	Pray about how you can speak up about injustice this week.	Again, ask for the Spirit's guidance to understand how you can disrupt institutional and systemic racism in your spheres of influence.
09/08/2020	Learn more about your local elections.	Who's running for office? How are the concerns and perspectives of People of Color being discussed and addressed? Which candidates are speaking out about racism?
09/09/2020	Engage in the difficult conversation.	Often, when another white person says or does something racist in our presence, we are not sure how to respond. Anti-racists learn to interrupt racism, even though it may be uncomfortable because authentic anti-racism means addressing racism whenever you witness it. Watch this video and build your skillset.
09/10/2020	Learn greetings and phrases in another language.	Take an online class. Use an app. Or ask a friend to teach you greetings, etc. In the U.S. church, the most widely spoken language (besides English) are Spanish, Korean, Chinese, French, and Hmong. Especially if you interact with people whose first language is not English, it is a sign of courtesy to learn at least some polite phrases.
09/11/2020	Be willing to be in the minority.	Most white Americans can choose to be in spaces where there are few if any People of Color. Authentic connections with People of Color are vital to living an anti-racist faith. Attend worship at a Black, Latinx, Asian, or Native American Church. Join the NAACP (which is open to people of all races and works for racial justice). Accompany friends of color to events that celebrate their cultures.
09/12/2020	Support a local Black-owned business.	Consider local and online businesses owned and operated by African-Americans.
09/13/2020	Listen to a preacher from a different cultural background than your own.	With many houses of worship still holding virtual services, you have many choices. You can also watch pastors of diverse backgrounds preaching against racism here .
09/14/2020	Plan to participate in an anti-racism demonstration.	Check with local colleges, Black churches, and racial advocacy groups and ask how you might participate in either a virtual or actual public witness.
09/15/2020	Commit to continued learning in celebration of National Online Learning Day.	GCORR offers several online courses on implicit bias and anti-racism. Visit GCORR's online school and sign up for a course!
09/16/2020	Engage in local community organizing.	Your voice is needed to improve public education, health care, public safety for all people, elder care, criminal justice reform, etc. Put your faith into action in your community with acts of justice, not just acts of charity.

09/17/2020	Recognize racism in your community.	How are people in your city or state affected by racial bias? Where do you see inequity in access to healthcare, education, etc.?
09/18/2020	Find a mentor who is from a different cultural background than your own.	Examine your circle of friends and mentors. Seek out those who will encourage and challenge you to “see” and confront racism, as well as to work and love beyond walls of race, ethnicity, and social class.
09/19/2020	Learn about Hispanic Heritage Month.	Sept. 15 – Oct. 15 is Hispanic/Latinx Heritage Month. Learn more about the Latinx community—including your church community—nearest you and find ways to support and partner.
09/20/2020	Send your tithe or offering to a Black church.	Support the work of a Black church or ministry of presence that is serving its community such as a church feeding homeless people, a campus ministry at an HBCU that tutors low-income children, or a congregation partnering with young activists to act against racism. Make a one-time gift or commit to regular giving.
09/21/2020	Engage with and invest in young leaders dedicated to anti-racism work.	In our current climate, youth and young adults are leading musts of anti-racism activism. Join with them, make a donation, offer to make calls and give out flyers, and repost support on social media. Watch this United Methodist Town Hall on racial justice with emerging young leaders.
09/22/2020	Celebrate National Voter Registration Day by registering to vote and helping another person to register.	Christians are called to take our faith into the streets, including to the polls. Encourage the people around you to vote and share information about candidates and causes that represent your values regarding justice, flourishing for all people, nonviolence, and anti-racism. Register to vote and vote your faith.
09/23/2020	Encourage an activist.	Activists are people who actively work towards reform for positive change in society. Who are the activists in your life that inspire you?
09/24/2020	Support Black artists and musicians.	Black artists have gone largely overlooked historically. A 2019 study found that 85% of the works in the collections of all major US museums belong to white artists, with just 1.2% by Black artists. Find a new artist of color to support today.
09/25/2020	Amplify the voices of People of Color by inviting them as speakers at worship and other events	Share the mic and allow for Black, Brown, and other under-represented voices to be amplified.
09/26/2020	Watch a documentary film or series about anti-racism.	Check out this list of documentaries about race.
09/27/2020	Pray about how God is calling you to be more anti-racist.	As the month draws to an end, ask God for guidance on how you will continue to listen, learn, behave, and become a better anti-racist.
09/28/2020	Support non-profits engaged in the work of anti-racism.	Donate and volunteer in your own community; we also urge you to make a financial gift to GCORR’s endowment fund.

- 09/29/2020 Examine your implicit biases. Implicit biases are simply thoughts about people you didn't know you had. [Take this online course](#) on examining your own implicit biases or [purchase this workbook](#).
- 09/30/2020 Commit to continuing the work of anti-racism in honor of National Love People Day. Anti-racism is about dismantling and disrupting racist systems and institutions and bringing about equity. To walk with God includes loving one another in such a way that tears down walls of oppression, injustice, hate, and fear. Go forward, putting love in action to bring about a real and authentic Beloved Community.