

compassionate activism

Healing from Toxic Whiteness

Chat Log for Training Session 1 - October 8, 2016

12:17:32 From Jenny N : My name is Jenny, I'm a white person from Sweden. I'm participating in this program with the aspiration to unlearn the toxic whiteness that have shaped me and my life. I'm very excited!

12:33:58 From Sarah : Hi! I'm Sarah, and I'm calling in from Milwaukee WI. I'm mixed (black and white), and benefit from white privilege. Even though I'm a person of color, I know that toxic whiteness has shaped how I move and act in the world. I want to be more aware of it in my life, so I can better fight for racial justice.

12:43:55 From Mal : Hello! Mal from Las Vegas here :) I heard about this class through a friend and felt this was a great opportunity to gain tools to dismantle the toxic environment that is all around us at present time. The death of Terrence Crutcher made me realize I needed to do something to get the tools to know how to process conversation around Black Lives Matter with other white people.

12:44:45 From Fenanda : Hi! I'm Fenanda, and I'm a white woman from the Netherlands. I'm married to an Afro-American man, but even though we had several conversations and arguments about all kinds of issues related to whiteness and racism, I still struggle with toxic whiteness, especially because I move in (between) white and black worlds. I'd like to become more aware of my toxic whiteness, and become more racial literate.

12:47:41 From MaeBerlow : Hello! I'm Mae, I did the precursor free seminar to this one and found it to be so helpful in navigating my emotions surrounding race. I live in a major US city which is predominantly black and I see the effects of structural racism on my friends and loved ones every day. I'm looking for a way to move past my emotional fragility surrounding my own participation in structural racism and learn how to redirect my emotional energy towards healing and activism.

12:48:01 From phyllisstern : I am Aiyana, and I am in New York City! I so want to contribute to racial justice in an effective way and deal with the feelings that come up!

12:48:06 From Kathi Scott : Hi, I am Kathi, Calling in from Long Beach, California. I am black, but I was raised in a predominantly Jewish neighborhood. I am interested in this program, because although I am black, I have moved through life in a dual lifestyle. In the presence of Blacks, I feel that I am not black enough. In the world of whites, I am accepted more, but I have experienced racism in other ways. I want to understand and embrace what white people are going through, and at that time, I would like to heal myself through this understanding.

12:49:43 From @JessieHJourno : Hello! I'm Jessie, and I live in Kings Mountain, North Carolina. I'm participating in this program because I come from a racist background and I

struggle with wanting to fight for racial justice and having to unpack racist ideas. I also am a journalism student, an aspiring investigative journalist, and I want to be able to fight for racial justice with my pen/keyboard.

12:50:16 From Jennifer Vatz : Hi! I'm Jennifer from Philadelphia, PA. I am writing a book series about feminism and womens roles in subcultures and am finding it challenging to take an intersectional approach and want to learn more about that and how to have conversations with people about racism and intersectionality as well. I took the webinar on this subject and decided to sign up for the course through Everyday Feminism. I may live in a big city, but I grew up in small towns in Pennsylvania and Georgia. I also run a local feminist meetup group.

12:50:22 From alee : Hello my name is Angie Lee and I am a white woman that uses she/her pronouns and I am from La Crosse, WI. I want to take a deeper look at myself through some structured guidance. I want to be vulnerable and become better not only for myself but to engage other whites to look at themselves and how we are the biggest contributors of the oppression of other races.

12:52:11 From J Zirbel : My name is J Zirbel from Raleigh NC Rainbow Community Cares, inc. I came to this training for support for my community anti racist work with and for LGBTQ folks

12:52:27 From tencia birkebak : Tencia Birkebak from Seattle, Was

12:52:40 From smolashn : vancouver

12:52:44 From smolashn : naava :)

12:52:45 From bethn : Beth from los angeles

12:52:50 From Roberta Gillin : Bobbie from Seattle

12:52:51 From Renée : Hey everybody- I'm Renée. I've been working at a social justice non-profit in Baltimore City for 3 years. My brother in law is a police officer and my sister and parents are apart of the "thin blue line" movement which has been really difficult for me. It's been a struggle to come to terms with my anti-racism profession and my personal life with my family. Hoping to learn a lot to apply to my personal life and career.

12:53:04 From amandacummings : Hi Everyone, I'm Amanda. Calling form Los Angeles California.

12:53:21 From MaeBerlow : I'm in New Orleans <3

12:53:21 From smolashn : been doing antiracism organizing for over ten years and feel like there's a lot more to learn always - seeing more and more systemic violence and understand i will never see the depth of it.

12:53:28 From joella : Hi! I'm Joella from La Crosse, WI. White woman, she/her. Here as part of a local group that is forming to address racial injustice in our community.

12:53:40 From Mary-Frances Brangman : Mary-Frances AKA Fran from Boston

12:53:40 From Alisa : Hello, I'm Alisa in Senegal :)

12:54:01 From julia : Hi - I'm Julia based in Sheffield (UK).

12:54:13 From Kathleen : Kathleen in Northern California.

12:54:21 From katiebelanger : Hi, everyone. I'm Katie from Madison, WI.

12:54:30 From Eirik : Greetings from NY everyone =)

12:54:33 From nikkikaul61 : Hi, I'm Nikki from Mneapolis, MN

12:54:47 From lauradevos : Hi I'm Laura I'm in Seattle

12:55:14 From Leigh Ann : hi, I'm Leigh Ann from Seattle

12:55:34 From Bernie Smith : Hello. I'm Bernie from Portland OR

12:55:41 From Maria Flores : Hi, I'm Maria Flores from Milwaukee, WI.

12:55:42 From tencia birkebak : WooHoo! Seattle in the house!

12:55:43 From Madelyn : Hi all! I'm Madelyn from El Paso TX

12:56:03 From Mathew Green : Hello from Atlanta

12:56:10 From Terry : Terry Belville from Phoenix

12:56:11 From Sandy Robinson : Hi! I'm Sandy from Waupaca, Wisconsin.

12:56:23 From Ally Lyske : Hi all! I'm Ally from Toronto, Ontario (Canada eh?)

12:56:28 From Marta Brenden : I am Marta Brenden from Silver Spring MD

12:57:22 From janetgray1 : Hi, I'm Janet in Pennington, NJ—eating lunch.

12:57:23 From smolashn : hi, confused, what's happening now?

12:57:26 From Lynette : I'm Lynette Prieur Lo from Onalaska, Wisconsin

12:57:28 From Arielle Spence : Hi! Another Canadian here. I'm Arielle from Vancouver, BC.

12:57:30 From Veronica : Hi all - I'm Veronica from Seattle. I'm here because I want to do a better job of leading myself, my organization, and my friends and family toward an equity orientation (race, disability, sexual orientation, religion, nationality/ethnicity, immigrant status, you name it) and I need help with compassion and healing :)

12:57:37 From Ellis : 1. Ellis from the Netherlands.
2. I would like to learn how to become an alley.

12:57:45 From Jeff B : I'm Jeff from Seattle.

12:57:50 From Adele's Laptop : Hi, Adele in Chardon OH USA.

12:58:03 From smolashn : ok! :D cool

12:58:27 From smolashn : wow awesome :)

12:58:30 From smolashn : thnx

12:58:36 From Danny : I'm Danny from Oakland

12:58:41 From lizhardwick : Liz here from Lander, Wyoming

12:58:47 From Sasha : Hi, Sasha from Berea, Kentucky

12:58:52 From Laura Humpf : I'm Laura from Seattle.

12:58:54 From sarahross : HI! I'm Sarah from Jackson Hole Wyoming. I'm here because I'm trying to organize for racial justice in a really, really white place and it's very challenging.

12:58:56 From Marieke : Hello I'm Marieke, joining from NYC.

12:59:11 From Tracy.Timmons-Gray : Hi! Tracy from Seattle. Excited to learn here with you all. Thank you for setting this up.

12:59:12 From bethwheeler2 : hi, this is Beth wheeler joining

12:59:14 From samanthabernard : Hi, I'm Samantha from NYC

12:59:22 From Rocky : Hello! My name is Melissa and I am from NJ.

12:59:26 From tencia birkebak : QUESTION: Is there a calendar somewhere of when all the meetings are?

12:59:26 From Elizabeth O : Hi I'm Elizabeth from Seattle

12:59:28 From Jessica : Hi everyone! I'm Jess and I'm joining from Brooklyn.

12:59:31 From Chelsey : Hi everyone! I'm Chelsey, from LA, California

12:59:32 From erinscott : Hi I'm Erin from Oakland

12:59:36 From Emily Donaldson : Hi all—I'm also calling in from Seattle! I am an educator (former teacher, current graduate student) and have roots in Portland, OR.

12:59:38 From Hannah : I'm Hannah, in Montréal, and I joined because it came up at a time that coincided with doing a lot of somatic work with my mentor around racism, and having stuff come up in my closest work relationship (a friend I co-founded a healing space with) that's related to race and class power dynamics between us.

12:59:45 From janetgray1 : My reasons for participating are similar to Veronica's...I'm a professor, and I want our college and my department (Women's, Gender, and Sexuality Studies) to get better at walking the walk that we talk. Plus I want to do this personally, everywhere I go with my whiteness :)

12:59:46 From Maureen Leahy : I'm Maureen from Connecticut. I'm tired of living in white supremacy.

12:59:52 From carmina : Hi! I'm Carmina from California. I'm joining because I'm an artist that is currently working on a project about skin color and I want to be able to talk to other mixed heritage folks about this from a compassionate place.

12:59:53 From kgb : Hi, I'm Katherine from Durango, CO. I'm interested in unpacking white privilege. both personal and cultural.

13:00:10 From Laura Humpf : I am here to focus on my healing as a white person so I can be more effective in the world.

13:00:29 From smolashn : does anybody happen to know how to change your username?

13:00:31 From glabe : Hi! We are a group of colleagues from Indiana who are interested in how to be a better support racial justice on our college campus and our students.

13:00:35 From Ariana Manov : Hi There! I'm Ariana from Los Angeles.

13:00:39 From Martha : I'm Martha, from NYC, here with Judith, also from NYC. we've been getting increasingly involved in activism, and are wanting to be more aware of what's going on inside.

13:01:07 From Jessica : Hi - I'm Jessica from Oakland

13:01:22 From Jenny : Hi, I'm Jenny from St. Louis, Missouri. I'm white, here to unpack toxic whiteness so I can be better at fighting racism personally, in my personal groups, and in the world.

13:01:25 From emilyalter : Hi everyone - this is Emily from Oakland, CA via Southern Maryland (for the moment).

13:01:58 From Kari van Delden : Hi I am Kari from Nome Alaska. I have been working with a large group of community members on Racial Equity issues.

13:02:35 From Katie Kuriyama : Hello, I am Katie calling from Evanston, Illinois

13:02:46 From Gabriela : hey all – gabriela from connecticut, us here

13:02:49 From Veronica : Will you be sharing the slides for download similar to last time?

13:02:55 From Dara : Welcome everyone! Please put yourself on mute and if you have questions put them here in the chat box-

13:02:57 From Joe Gilbert : Hi everyone, we are Joe and Kay, and we are both social justice educators from New Hampshire.

13:03:17 From Dara : Yes- slides will be shared

13:03:28 From Adele's Laptop : Distorted screen! Why?

13:03:43 From Generic's iPhone : hi everyone, i am sister ocean from upstate new york.

13:03:56 From Jessica : The screen is also distorted and frozen for me

13:03:56 From MaeBerlow : the powerpoint is frozen mid-minimize on my screen

13:04:08 From bethn : mine too

13:04:15 From akrol : Is there a link to the workshop she's referring to? I thought this was the first.

13:04:33 From smolashn : hang on i can get it - there was a short workshop before this

13:04:50 From Jenny : Thank you all for offering this.

13:04:57 From smolashn : https://compassionateactivism.leadpages.co/9-15-workshop-replay/?mc_cid=5d1ad6d943&mc_eid=b1d018896e

13:05:06 From akrol : Great! Thanks!

13:05:20 From Dara : There was a free session a few weeks back. We can share the materials but they will all be covered in this course

13:09:39 From akrol : You're doing great!

13:14:48 From Katie Finnegan-Clarke : hello from Bristol in England

13:14:54 From Noel : Washington, DC

13:14:57 From Jody Lynn : victoria b.c

13:14:58 From bethany : hello from Austin

13:14:59 From Jennifer Carey : Hello from San Francisco

13:14:59 From shannoncofrin : Hi I'm Shannon from Atlanta, GA

13:15:01 From sarahross : Wyoming!

13:15:03 From Susan Bragg : Maine! :)

13:15:03 From Renée : Baltimore!!!

13:15:05 From anda : Anda from Alaska

13:15:06 From akrol : Oregon

13:15:07 From lauramvest : Brooklyn!

13:15:08 From Sarah Bond-Yancey : Bellingham, WA

13:15:09 From rachelfields : Hi from Boulder, Colorado

13:15:09 From Cynthia : Hello from near Seattle, WA, USA

13:15:21 From sasha : Seattle!

13:15:21 From Alison Traina : Alameda, CA!

13:15:23 From Kathi Scott : Long Beach, CA

13:15:24 From ASUS Transformer Pad TF700T : Hi from Baltimore! <3

13:15:25 From Harah : from Detroit!

13:15:30 From rachelfields : Where in Colorado?

13:15:35 From michelle : Michelle near Seattle, but grew up in Colorado Springs!

13:15:36 From A : Cincinnati!

13:15:36 From ddebret : Santa Rosa, CA just north of California.

13:15:40 From Cindy E : Hello from Red Hook, NY

13:15:46 From J Zirbel : Here in Raleigh NC we are losing electricity on and off . . . tropical storm effects

13:15:47 From ddebret : Oops north of San Francisco

13:15:58 From akrol : senegal beguel!!!:)

13:16:13 From Alisa : nio farr !!

13:16:56 From Jody Lynn : one thing i don't beleive in is whitd supremacy

13:17:12 From @JessieHJourno : Stay safe @J Zirbel here in Kings Mountain the wind and rain is bad but I'm hoping the power stays on

13:18:46 From Tara : Hi from St. Louis :)

13:19:08 From J Zirbel : Good to stand together, thanks Jessie. J

13:19:13 From Jenny : St. Louis hi-5!

13:19:31 From Tara : yaaay!

13:24:56 From Terry : Is there a way to have only the speaker in view? Other people moving around is destracting.

13:25:34 From Sarah Bond-Yancey : Yeah Dara! My favorite: "I'm moving to Canada" which is a hilariously unhelpful perspective for an "ally"

13:25:56 From Dara : Agreed Sarah!

13:25:57 From Leigh Ann : I'm in speaker view, but when Dara and Josette speak they're not on top

13:26:04 From Renée : if you enter full screen you only see yourself and whoever is speaking- but no chat box

13:26:07 From Ilona Turner : Also you can "mute" your own video (of yourself) if you don't want everyone to see you moving around on your couch. :)

13:26:09 From @JessieHJourno : Agreed @Sarah, because I totally think, yeah, but you *can* do that...

13:26:17 From Hannah : haha, also as if us citizens can "just move to canada". not that borders are actually legitimate or ethical, but like...there is one.

13:26:22 From Ellis : Click on the MINUS in the window with a few speakers.

13:26:53 From Terry : thank you the minus works

13:27:18 From bethwheeler2 : will we be getting copies of this slideshow?

13:27:31 From Rocky : will the slideshow be available?

13:27:39 From Dara : Yes- slides will be sent out

13:28:39 From Jody Lynn : theres no need for it this day and age especially since we live in a multi racial world now a day since i beleive by this day in age we should all beable to get along by now so to say that becauxe racialism has been their since the day we were born and engrained into us well to me that just seems like a cop out and an excuse to keep up white supremacy instead of just saying hey im not going to be part of that and ill be damned if im going to be a follower ill keep being a leader and like hell will i stand by some one that is rascial ill confront that person everytime and ive been born white and yes it discusses me how people of cacasion decent and act like this it angers me down to my core

13:30:52 From Dara : Yes- Jody Lynn- and there are different ways to confront folks-

13:31:13 From Veronica to Sandra Kim (Privately) : Could you downsize the slide so we can see the whole thing? Thank you so much for this :)

13:31:18 From Dara : We can call them out as being racist- which can bring up a lot of shame

13:31:26 From Dara : Or we can try calling people in

13:32:05 From smolashn : i love the naming that racism operates by silencing or refusing to hear poc about their experiences - this is so constant and self-perpetuating

13:32:14 From Dara : <http://everydayfeminism.com/2015/01/guide-to-calling-in/>

13:33:05 From smolashn : and the completely twisting of this to tell us this is somehow 'not racist' or even 'antiracist'

13:33:23 From smolashn : so fucked. thank you for articulating it. it is such a mindfuck and taking it in is helpful

13:33:33 From clairemortifee : Are we able to be e-mailed the PowerPoint Sandra's using?

13:33:47 From Dara : yes- you will get a copy

13:33:53 From clairemortifee : thanks :)

13:34:10 From Leora : Yeah, I've been reading up on moral injury among soldiers coming back from war, and I realized that what I and most other white folks were experiencing was a sort of lesser version of that. Not that being part of a racist society can compare to the moral injury from killing someone, but we get a sort of vicarious version, sort of like how people in marginalized groups get collective trauma from hearing about the attacks against other people in their group, we get vicarious moral injury, that's my theory.

13:34:25 From smolashn : yeah

13:35:04 From @JessieHJourno : @Leora very interesting points, thanks for sharing

13:36:26 From Dara : Yes @leora a different level of collective trauma

13:37:18 From clairemortifee : Where can we learn more about the history of WP's creation?

13:37:18 From Victoria : A People's History of the US has a great chapter on info in this slide!

13:37:25 From julia : Question: Any books that you can recommend on this history?

13:37:28 From emilyalter : I love that idea of vicarious moral injury, particularly in this debilitating time when it isn't quite clear how we act morally and not by perpetuating the current system.

13:37:37 From Dara : ANd yes @smolashn- the naming of racism is now seen as racism itself

13:37:44 From akrol : I would love a book list on this history, very key. I have delved into more on the levels of development/economics but not as much in peoples struggles, European non-elites...

13:38:00 From Victoria : A people's history -- Howard Zinn

13:38:02 From akrol : especially pre 19th century

13:38:05 From Dara : Let's make a booklist via the facebook group

13:38:11 From akrol : great!

13:38:20 From Alison Traina : @clairemortifee Googling Bacon's Rebellion will give you a good place to start!

13:38:27 From clairemortifee : thanks !

13:38:35 From Hannah : also Caliban and the Witch; it's more explicitly framed as being about misogyny, but colonization & whiteness are central threads

13:38:43 From Bernie Smith : Unequal Freedom--Evelyn Nakano-Glenn

13:39:20 From gktraina : Sunnyvale California

13:39:34 From @JessieHJourno : Question: Any scholarly articles on this history, any scholars that can be recommend on this history?

13:39:59 From Maria Flores : Can you put the PowerPoint in full slide view so that we can see the entire slide? tks

13:40:40 From Dara : Please add articles and books here: <https://docs.google.com/spreadsheets/d/1pGKkhamLOU6su93VMRwqVXQGxxHPunk5jmRVUdrID54/edit?usp=sharing>

13:41:11 From @JessieHJourno : Yes, I'm struggling with my 18yo brother who doesn't understand the concept of white privilege and doesn't believe in white supremacy...yet has so many white supremacist ideas

13:42:01 From Kota : Thank you SO MUCH for making the booklist accessible outside of Facebook!

13:42:13 From Ally Lyske : Can the power point be put on full screen so we can read all of it?

13:42:56 From Ally Lyske : Thank you!

13:50:52 From gabby : Hey! Just joined, have I missed a lot?

13:51:36 From @JessieHJourno : @gabby yes but you'll be able to watch the reply. We're talking about the framework of how white supremacy damages white people and how we need to take different actions to move forward.

13:51:41 From @JessieHJourno : *replay

13:55:23 From A : I'm hearing some feedback. Is someone besides Dara unmuted? Thanks

13:55:44 From Hannah : one thing i want to add is, often also disconnection from specific ethnic heritages/lineages/ancestry as white people & loss of the healing and spiritual practices that were indigenous to places white folks come from, leaving us incomplete/ unwhole as people, and lacking tools and community and resources for healing and becoming whole (without appropriating from BIPOC)

13:56:01 From Hannah : at least, this is a huge one for me right now.

13:56:19 From Bernie Smith : good point

13:57:04 From Leigh Ann : Thanks Hannah!

13:57:27 From Alison Traina : I'm grappling with that one too, Hannah

13:58:08 From Victoria : Thank you Hannah. This definitely manifests in my life

13:59:09 From lauramvest : Learning to trust poc - was so huge for me when I read "Pedagogy of the Oppressed." That book blew my mind in so many ways. I would add it to the book list.

14:00:35 From Eirik : The point of learning how to trust PoC is so relevant to my workplace right now

14:01:47 From Josette Souza : Absolutely, we're so happy to have you here in this program with us!

14:02:04 From Josette Souza : Whoops that was supposed to be to Jody Lynn, but applies to everyone. :)

14:04:22 From bethwheeler2 : Dara, can you mute yourself? I hear you typing

14:05:49 From Sandra Kim : If and how does this pain of being disconnected from the reality of white supremacy and its impact on people of color show up in your life?

How do you relate to this pain?

14:08:01 From Kathi Scott : Josette, I don't want to be in a group.

14:08:15 From Adele's Laptop : I don't see any group?

14:08:33 From Bernie Smith : it's an oddly worded question

14:08:37 From paulahorowitz : I don't see my group either

14:09:07 From Bernie Smith : thanks for explaining it a bit more

14:13:34 From bethwheeler2 to Sandra Kim (Privately) : can you hear me?

14:20:39 From cortney to Sandra Kim (Privately) : i wasn't able to unmute myself for the call

14:20:49 From cortney to Sandra Kim (Privately) : oops, that's not very private.

14:21:03 From tencia birkebak : That was great!

14:21:07 From Veronica : Can we chat with our breakout groups separately?

14:21:11 From rachelfields : That was great! Thank you!

14:21:12 From Jenny : Thank you!

14:21:20 From Jenny : That was great!

14:21:23 From gabby : So great!

14:21:37 From Kari, Nome Alaska : Glad we had three in Group.

14:21:39 From owner : Thank you Leslea and Susan.

14:21:44 From anda : I didn't get into a group but I wanted to

14:21:56 From Susan Bragg : Thanks to Daniel and Leslea, for sharing.

14:21:57 From bethwheeler2 : not sure how to use the whiteboard

14:22:10 From phyllisstern : Feeling more feelings now ... feeling tears, anger and helplessness.

14:22:34 From cortney : i wasn't able to unmute to join the discussion.

14:22:54 From Gabriela : i don't have those options

14:22:54 From cortney : sry if i missed the flag on how to do that

14:23:06 From Gabriela : yup, see the green box

14:23:20 From Bernie Smith : I'm guessing the chat room in the breakout rooms are specific to the rooms only? 'Everyone' means everyone in the room?

14:23:26 From Gabriela : i says options but only has request remote control

14:23:29 From Gabriela : *it

14:23:41 From akrol : Separate wolds

14:23:44 From Gabriela : ah, it's appeared now

14:23:46 From akrol : Worlds away

14:23:46 From gabby : Felt so vulnerable but good!

14:23:54 From Elizabeth O : Actually feeling connected right now because of this program

14:23:55 From sarahross : Reminder that this work has an impact on our bodies/energy level/self

14:24:07 From phyllisstern : Fear and tears.

14:24:09 From Sarah : As a POC it was comforting to talk with a white woman who is feeling some of the same pain I am.

14:24:18 From Terry : Different story but same guilt and fear.

14:24:21 From Mathew Green : learning how to jump in and open up

14:24:23 From phyllisstern : feeling the numbness going away.

14:24:24 From Noel : Great to share with a real person but it also made me realize that I felt safer being honest because the person is from another place -- there's some safety in being somewhat anonymous

14:24:24 From carmina : really appreciated taking a moment to check in with all the feelings. it was a lot to take in and so many questions came up in the rabbit hole.

14:24:27 From ddebret : I was reticent when I heard we were going to do the breakout but it was great!

14:24:29 From Rachel : It felt good to share and be honest

14:24:30 From akrol : That people that are under the umbrella of “Americans” may be living in different worlds.

14:24:37 From Adele's Laptop : I didn't feel so engaged but also was surprised that all my emotions rose up when I had someone to talk to.

14:24:51 From Joe Gilbert : Ten minutes was quick!

14:24:52 From tencia birkebak : Surprising to learn how the other persons cost for disconnecting from white supremacy is so much more than mine because of where we live.

14:24:56 From Dori Steigman : Thank you Matthew! I loved the quick deep honesty. Sorry I didn't get to say goodbye.

14:24:57 From Jeff B : It's hard to confront people who share your political views but don't understand racism.

14:24:59 From Jennifer Vatz : I really appreciated the chance to talk about it and it brought up a lot of feelings towards my geographical upbringing - we don't understand what we cannot see and interact with... and in some cases don't care about it what doesn't directly affect us.

14:25:02 From aprilglaser : Felt unsure and hesitant at first, but in both sharing and listening I was able to relax and open to the questions and conversation. I learned a lot about myself and some unconscious habits

14:25:07 From Jessica : I felt relief to talk to other white folks that feel similarly to me

14:25:07 From Jenny : I forgot the question as soon as I got into the group, and couldn't see the chat to remember it, but our talk was awesome.

14:25:08 From Katie Finnegan-Clarke : too quick, but great to chat - especially internationally

14:25:16 From Leezers : really comfortable feeling, despite talking to strangers. Loved the openness, learned that there is different approaches to dealing with the problems white supremacy shows up in our lives

14:25:22 From Madelyn : Acknowledged that I have an impulse to resist feelings of anger and pain and grief when I learn more about the daily racism POC face, the racism that people I care about experience constantly

14:25:25 From Sarah : useful to hear others had simliar situations/feelings

14:25:27 From Leezers : felt support just through being able to be vulnerable

14:25:40 From Chelsey : relief that this "exists" and that it isn't something that just affects me

14:25:40 From lizhardwick : affirming. also aware of my desire to show up in a particular way.

14:28:25 From Terry : Can the white board be saved. Great picture of feelings of toxic whiteness/

14:28:27 From Alavida : Yes, perfectionism = white supremacist value

14:28:33 From Ilona Turner : Yeah it's such a relief to get to show someone else in private what an uncertain mess I secretly am!

14:28:38 From akrol : perfectionism also so crippling

14:29:05 From Carly : How is Anti-blackness showing up specifically

14:29:06 From Rocky : How does the pain manifest behaviorally??

14:29:33 From Ally Lyske : Can you expand on the term white supremacy?

14:29:44 From Roberta Gillin : I find it hard to superimpose the concept of SYSTEMIC racism. with individual experiences.

14:29:49 From gktraina : What does it mean "POC do not need white people to save them from racism that's outside, over there

14:30:04 From lauramvest : Carly - that's a great question. I am wondering if we will cover specific forms of white supremacy such as anti-blackness as well. Thanks for bringing that up.

14:30:15 From Rachel : Can you explain how you're defining white supremacy? (Like some define it as white nationalist groups but I think larger systemic racism)

14:30:34 From Carly : In anti-blackness creating a different disconnect between white people and black folks and white people and other non-black POC

14:30:55 From Ally Lyske : Yes thank you

14:31:29 From Victoria : @gktraina -- i view it is this 1. POC don't need saviors. they don't need someone to swoop in and save them from the injustices. this idea reinforces white supremacy. 2 - we all must dismantle the racism that exists inside of us, due to social programming. it is not outside, or over there, it is a web of thoughts that exists inside of most, if not all of us

14:31:32 From Adele's Laptop : I feel like as I start to see the the curtain pulled back on the mechanisms of racism, I get pushback from white people to stay in my lane and quit doing that. I am really getting a beating from certain people over this. Like the bluelivesmatter thing that comes up when I support blacklivesmatter.

14:31:49 From Cynthia : White supremacy at its simplest is us being taught that white people are better. This shows up in toddlers who will tell experimenters that the white doll is good/pretty and the black doll is bad/ugly

14:32:10 From akrol : I think there's also an inhibition to action because a fear of doing something right or wrong in this fight from the place of white allyship. Trying to get a better idea of when to actively listen and when to take an action.

14:32:45 From Dara : Blackness as a fulcrum: <http://www.racefiles.com/2012/05/04/blackness-is-the-fulcrum/>

14:32:46 From Cynthia : We learn white supremacy at a very young age.

14:34:34 From Bernie Smith : Adele's laptop...that's a common problem. You're not alone in that experience.

14:35:21 From amandac : Dara- I can't click on that link while we are on this talk

14:35:30 From Josette Souza : We'll send the chat!

14:35:54 From @JessieHJourno : If you're on a Mac you can right click a link and add it to your reading list

14:35:55 From Terry : copy to notebook for later

14:36:03 From Cynthia : How many attendees come from outside the United States? Racism exists everywhere, but manifests differently in different places. I'm wondering how the needs of folks outside of the US are being met here.

14:36:08 From Jenny : Thank you!

14:36:30 From julia : Really what happened?

14:36:38 From julia : Sorry

14:36:58 From Sandra Kim : We're on a break and will be coming back at 45 minute mark

14:37:04 From Jesse Browne : Am from Australia, is still relevant, issues very similar there too

14:37:31 From Sasha : JessieHjourno thank you for saying that! I have had a Mac for a little over a year and didn't know that. You have just made my life all that much easier. Thank you!

14:37:49 From Jesse Browne : Been in US about 4 years

14:38:07 From Luke Wojtaszek : When you talked about the history of white supremacy, you explained that racism was created by the ruling elite. While I understand the historical perspective, I have trouble connecting how this shows up in systemic racism as it exists now. Is there really a ruling elite that is actively making the decisions that perpetuate racism? Also, you mentioned that all people with privilege experience a form of disconnection and emotional harm. Would this apply to the current "ruling elite" as well?

14:39:12 From Hannah : luke, i think the harm is that when we are perpetuating racism, it is a blow to our own humanity—that disconnect from other people, dehumanizing them, is also dehumanizing to us. so yes, i do think it's harmful to the ruling elite as well, though they likely are not particularly aware of that.

14:39:51 From Fenanda : @ Cynthia: From the Netherlands. I learn a lot about racism through US issues, although I always need to translate it to issues in the Netherlands, and find examples, or else it is being dismissed as "Yes, but that's in the US, we don't have that problem". Luckily there are more and more people here speaking out, and academics writing about the Dutch situation, and history as colonisers, and how it formed the Dutch White identity

14:39:58 From Hannah : also i'm in canada and it's hard to know how one's needs are being met by us-created content. it's similar, but it's not the same, and finding the differences isn't always easy both as a white person and within a context where this stuff doesn't want to be looked at, so histories tend to be hidden.

14:40:19 From Hannah : canada has a huge national myth that slavery wasn't really a thing here, but it was. but on a different scale. and so what does that mean? i'm not totally sure.

14:40:52 From Hannah : it's interesting that the netherlands has that "but we're not the us" cop-out too!

14:42:53 From Bernie Smith : Luke: the historical perspective is the foundation of how systemic racism has manifested in our current institutions. That's the brief answer, anyway.

14:43:04 From Bernie Smith : it's a great question.

14:43:04 From Kailey : Hannah I'm also in Canada, and I find that is a cop out excuse a lot of the time when i try to bring up systemic racism as a discussion with white friend. "oh its so much worse in the US"....there's so many people I know, who are completely unaware of Canada's history of slavery and the horrors done to the indigenous people here.

14:43:37 From Terry : Growing up in a small, mostly white town, we thought we didn't have a racism issue. We didn't have to look at racism because we were all white.

14:44:32 From Lori : Hi I am Lori in Oregon. Sorry to be late. Unexpected family arrived. But I will be on now.

14:44:36 From Hannah : yeah & ongoing horrors! 90+% of indigenous folks in grassy narrows tested positive for mercury poisoning due to a spill like a decade ago that could be cleaned up. and all that "clean hydro power" in quebec comes from dammed water on unceded native land.

14:48:03 From Eirik : So important!!

14:48:35 From Jenny : I have had those conversations with white friends, who tried to tell me that white supremacy and racism don't exist anywhere else except the USA. :(

14:49:29 From Kathleen : Look at the story of Zulaikha Patel in South Africa.

14:49:31 From smolashn : yes thank you american folks for catching this :) if the canadians on here wanna cohort up and work through our own shit i'm game. :D

14:50:09 From Bernie Smith : one place to explore how racism manifested in one's country is by exploring the history of citizenship--who was granted citizenship, who wasn't, and the battles for the rights that citizenship afforded. Who was excluded. And how that resulted in how certain racial geographical areas were set up with outcoes of wealth, education and overall access to resources

14:50:45 From sarahross : My family are white settlers in Central Africa (Zambia, but they fought for white rule during Rhodesian Civil War) and though it's a majority black country, white people still enact white supremacy, and it shows up EVERYWHERE. It's definitely a despairing feeling to think about if and how white supremacy will be dismantled there.

14:50:49 From Victoria : White supremacy also manifest as globalization and capitalism. the uprooting of cultures and systems of trade for our culture of meritocracy, money and hierararchy

14:51:48 From smolashn : listening to things so far it feels like i can sort of surround the numb area (the area of disconnection) and at least recognize it. and yet i think if it really is this deeply epigenetic barrier it's going to take neural/physiological transformation to repair - like so much other healing work. can just thinking about it repair it/open us back up to empathy?

14:53:38 From Bernie Smith : or...could it be capitalism -->White supremacy-->globalization?

14:55:13 From Mathew Green : I feel like white supremacy and patriarchy and capitalism and all systems of oppression are different mainfestations of the same thing. I don't know what it's called, but they are animated by the same force, motivated by the same goals.

14:56:10 From akrol : In post-colonial studies I have read that part of that dehumanization of white people towards people of color could be traced to the rise and falls of empires in Europe and the dehumanization that happened in the processes of empirical rule and collapse all the way to Roman times (Roman empire collapse, European subjects/ small castles become big Empires i.e. French/Brit)

14:56:15 From Victoria : could that force be fear? fear manifesting as "scarcity of resources" mindset that disconnects us all from our connection and humanity?

14:56:17 From Bernie Smith : Harvard Implicit Bias test

14:57:27 From Hannah : i'm into connecting with other people living in canada, but also i'm more here for the practical tools of being with white racial shame and guilt, and moving with and through those things, than talking about theory or excavating history! i want to do the body & heart stuff because that's what i need in my actual relationships with the BIPOC in my life.

14:58:29 From Terry : I don't want to be silent any longer. How do I educate with just spewing anger? What I hope from this webinar.

14:58:30 From Alavida : I think POC expect us to make mistakes. As a woman, I expect men to make mistakes.

14:59:06 From Victoria : Mistakes are how i learn! but its only through owning those mistakes that the growth happens

14:59:06 From Mal : I see it rather as the need to develop trust

14:59:14 From Kailey : I agree with Hannah, but I think understanding the history is important - for me anyway - in order to really talk to other white folks. Doing the emotional and personal work is essential, in my opinion, in order to talk freely and openly with others

14:59:34 From paulahorowitz : happy to talk about this question. Was painful to feel the shame I was having about able to do so little in the system and myself. Also, what is BIPOC- I know POC- People of Color- What's the BI?

15:01:04 From Hannah : Black & Indigenous...I have been told it's to out the specificity/ root-ness of anti-Blackness & colonization in the project of white supremacy.

15:01:23 From janetgray1 : Thank you, Hannah.

15:02:17 From Bernie Smith : I think a big part is building a support system as one's support system erodes. I think a big fear is seeing people you've known and love turning away from you as you become educated on the issue.

15:02:50 From Sandra Kim : If and how does this pain of being disconnected from yourself and your emotional system?

How do you relate to this pain?

15:03:00 From Mathew Green : will we be with the same group?

15:03:09 From Susan Bragg : How do we do deal the fact that lots of white people may not be in a place to be open to that pain? So if you are struggling, or in poverty, etc, how can I ask you to open yourself to more pain when you are already overwhelmed by the consequences other oppressive structures (I'm looking at you, Capitalism)?

15:03:10 From Mal : @Bernie - this is where I am at right now, but I don't want to turn away from them...i want to bring them in. I want to get through this pain and anger and disbelief

15:03:53 From Kathleen : I didn't get a breakout room invite

15:03:57 From Bernie Smith : it's a tough spot to be in. Very isolating

15:04:09 From rachelfields : I haven't gotten an invite yet.

15:04:14 From allegra to Sandra Kim (Privately) : this is awesome. and just to say, there isn't a verb in this question, so it's a little confusing

15:04:43 From Sandra Kim : if you haven't gotten an invitation but want to join a breakout room, please share here

15:04:43 From rah04f : May I have an invitation?

15:05:00 From Jessica : It looks like Sandra hasn't broken us out yet?

15:05:12 From Kailey : Have not received an invite, but would like to participate in a breakout room

15:06:03 From Sandra Kim : sent! if others want to join but didn't get an invite, please let me know

15:06:31 From Sarah : hi! I had to sign out and sign back in -- can i join a breakout?

15:06:50 From Sandra Kim : Sent!

15:08:16 From rah04f : I'm afraid I still haven't received anything...Is there somewhere I should be looking?

15:08:39 From Sandra Kim : i just sent it to raf04f. let me know if you don't get it

15:09:49 From anda : no invite here either

15:10:56 From sarahross : Oh no!! Tara and Leigh Ann I'm so sorry I by accident pressed the leave button prematurely!!

15:11:04 From Veronica : Thank you Rachel and katiebelanger

15:11:10 From Jennifer Carey : sandra, you are muted

15:11:15 From Alavida : Terrible noise

15:11:18 From michelle : Chat room 24 - Exactly!

15:11:52 From juliadaniel : thanks alee and leezers, u all are doing awesome stuff!

15:12:06 From lauramvest : Thank you for the opportunity to have these conversations and connections across countries and oceans. It's a powerful experience to share it with others abroad, etc.

15:12:14 From J Zirbel : Got assigned one, but no one else came.

15:12:18 From Rocky to Sandra Kim (Privately) : I accepted an invite but did not receive a partner :(

15:12:24 From smolashn : @hannah yes same :)

15:12:35 From Bernie Smith : time flies in those rooms

15:12:39 From Victoria : thank you for allowing us time to connect and reflect!!

15:12:51 From bethwheeler2 : I was signed in with someone- troderick, but they never joined in.

15:13:15 From smolashn : feels like the details of canadian racism are variant from american racism - kicks up the 'minimizing / ignoring' and the 'naming racism is racist' and kicks down the awareness of overt racism?

15:13:28 From Gabriela : again, was nice to hear that my difficulties are shared by others and see my struggles reflected in others

15:13:30 From Lori : The freeze response which part of disconnection can produce shame feelings. Self compassion is the counter

15:13:32 From smolashn : but the core numbness -t hat feels the same

15:13:39 From Madelyn : Realized that I don't feel like I deserve to feel (let alone express) grief/trauma/pain about racism because I'm the one benefitting from white supremacy. Really powerful to hear another white person express something similar

15:13:41 From Jessica : I feel present to an emptiness. My mind goes blank and at first... i don't feel anything

15:13:52 From Rachel : feels like an underlying bubbling caldron

15:13:56 From carmina : embracing vs rejecting the messiness of learning

15:14:07 From aprilglaser : really amazed to learn about how much I avoid/leave my body in the face of so much pain

15:14:17 From allegra : afraid of the "rabbit hole" of how much pain there is that we've been shutting out and how much attention and effort it will take to feel and deal

15:14:18 From bethwheeler2 : The role of addictions in coping

15:14:19 From Noel : finger-pointing at white people for elements of racism that i recognize from earlier in my own journey

15:14:23 From smolashn : i don't know if it's pain so much as --- numbness.

15:14:25 From Elizabeth O : Belief that needing to take care of yourself or invalidating your own feeling / needs a barrier. Also not realizing this is a long process and that you can work through the initial overwhelm. I think these effects are part of the oppressive system - they incapacitate us

15:14:27 From paulahorowitz : the need to talk to other white people validated!

15:14:35 From Jenny : Questioning whether my voice, as a white person, matters-- realizing that I as a white person can more easily get interviews, for example, and so how do I make sure I'm amplifying my friends' and colleagues' of color voices and lives?

15:14:36 From Sarah : Hard to talk about these things, but I'm glad the other person is trying. We had a lot of feeling of frustration

15:14:48 From Jennifer Vatza : It brought up feelings of guilt about being called out for my white privilege by other white people, when I want to use it to do good in the world... but I'm constantly told that my voice doesn't matter.

15:14:51 From Lynette : vulnerability is a strength

15:15:09 From @JessieHJourno : I always feel like I need to avoid my problems as a white person with racism and I do feel uncomfortable...still.

15:15:24 From Ariana Manov : fascinating engagement

15:15:40 From Susan Bragg : I'm realizing how my upbringing in a sort of buttoned-up, New England culture where emotionality (about anything) is really de-valued is super related to enabling to white supremacy. Sounds obvious, but it's just sort of sinking in...

15:15:41 From Jenny : Embracing the pain, realizing that I am part of the system of racism regardless of whether I want to be.

15:15:42 From Madelyn : Habitual disconnection from my body--thinking I'm fine emotionally but having body reactions (tensions, stomach aches, light-headedness) that tell me otherwise

15:15:42 From Terry : We need a like button!

15:15:47 From smolashn : i've noticed it multiple times when faced with Black ppl grieving and i want to be with the grief and find - numbness instead. in a room full of grieving people. and yet it's not about just 'not personally knowing' the person killed or harmed because i can empathize hard with a woman survivor of gendered violence even when they are a total stranger. so it's something wrong in me - who we identify with, who we are capable of empathizing with.

15:15:53 From Sasha : not wanting to take away from a PoC's experience or be guilty of "white tears" and so coming across cold about issues that I actually care deeply about

15:16:14 From smolashn : how do we write on the white board?

15:16:17 From Dara to Sandra Kim (Privately) : Is there an updated version of core pain #3?

15:16:27 From akrol : ditto sasha!

15:16:52 From Kathleen : Sasha, absolutely, yes that.

15:17:03 From Jenny : How can I, as a white person, best amplify my colleagues' of color voices?

Oops, I am slow!

15:18:48 From allegra : Is a component of maintaining racism ignoring my pain as a white person in favor of only focusing on the pain of POC?

15:19:09 From Terry : What about being dismissed as just a liberal for calling it out when you hear it? Even in family.

15:19:44 From gabby : Not ignoring, just not centering.

15:19:46 From Adele's Laptop : Yes, when we call things out we are told to stay in our lane and butt out.

15:19:58 From Ilona Turner : Sasha: yes!

15:20:11 From Mal : wow, this is so important. i also am quick to judge other white liberal people if they aren't as progressive or aware of intersectionalities.

15:20:23 From gabby : When it is intraracial in BIPOC spaces, it's not for us to educate, etc. Just support and listen.

15:20:26 From Terry : yes

15:21:15 From Kailey : yes dara! how CAN we bring other white folks into this conversation, especially when they are resistant to recognizing their own emotions

15:21:50 From Veronica : This is SO relevant and helpful to me right now. Thank you!

15:22:02 From janetgray1 : Yes...thanks, Dara...

15:22:07 From Josette Souza : @Kailey – we'll talk about that next weekend. :)

15:22:23 From Kailey : awesome. looking forward to that

15:22:29 From bethwheeler2 : I have two black boys, and I bring these conversations to my family and it actually can feel like life and death for my kids with my family

15:22:59 From Fenanda : For me its very helpful too. Just had a friend tell me yesterday, that she doesn't want to see me anymore because of this :(

15:23:30 From Bernie Smith : Fenanda---me too. It sucks

15:23:31 From Terry : agree to disagree?

15:23:33 From smolashn to Sandra Kim (Privately) : hey wondering if it might be possible to do an 'advanced' seminar - some of the most important things where i feel i can learn i wanna dig deeper into - around the numbness and the capacity for compassion and accountability without talking over and taking up shit tons of space and recentring whiteness - and yet a lot doesn't resonate anymore cuz i feel like i learned some of it ten years ago (like 'reverse racism, talking about racism is racist/colourblindness/trying to be perfect etc.) and i wonder if there are others in here who want to push themselves further after doing a lot of this kind of work. if you find others seem to want that i'd love to have a cohort of folks who are pushing further more than beginning...

15:23:37 From janetgray1 : Yes--this seems so critical to me. The process is about humanization/rehumanization of ourselves and others--including the person we want to criticize.

15:23:38 From Leigh Ann : Fenanda, that's really hard.

15:23:39 From Katie Finnegan-Clarke : isn't 'perfection' a core characteristic of white supremacy?

15:23:52 From Kathleen : Fenanda, I'm sorry. That person isn't really a friend. :(

15:24:23 From janetgray1 : Terry, I don't think that's it--not just "agree to disagree." It's more than that...

15:24:55 From Terry : but at some point it is.

15:24:58 From Bernie Smith : agreeing to disagree can be a form of self-care.

15:25:27 From Fenanda : I hardly touched the subject racism. Realised through this webinar that my worldview is completely different since I'm with my Afro-American husband and my questioning of the white worldview (without even mentioning white) is interpreted as "hostile" and "angry"...

15:25:33 From smolashn to Sandra Kim (Privately) : yeah it's important to support other white ppl as we all learn together but it also feels important to say that telling it nicely if you're hte one being actively harmed isn't the responsibility of the one being harmed... there is that thing about a responsibility of oppressed ppl to 'say it nicely' that feels insane

15:25:46 From Terry : that's the point I was trying to make. sorry janetgray if I wasn't clear

15:26:02 From smolashn to Sandra Kim (Privately) : ooh sorry that was for the whole group lol

15:26:14 From smolashn : yeah it's important to support other white ppl as we all learn together but it also feels important to say that telling it nicely if you're hte one being actively harmed isn't the responsibility of the one being harmed... there is that thing about a responsibility of oppressed ppl to 'say it nicely' that feels insane

15:26:18 From Terry : i was responding to what dara was saying

15:26:39 From Bernie Smith : one thing that can help is remembering where some of us were at some point, and seeing it in others, while remembering how hard it was to get from that place to where you are now

- 15:27:17 From Bernie Smith : regarding less conscious people
- 15:27:41 From Susan Bragg : How do we “give ourselves space to make mistakes” when well-meaning white people trying their best have often done the most oppressive damage? I sometimes feel like being white means there is no way I can not hurt other people...
- 15:27:42 From janetgray1 : “coming from a place of curiosity”—yes
- 15:27:45 From smolashn : i like that. that 'everybody is in a different place' and that's normal and ok - place of curiosity. this is helpful. doesn't it take a lot of patience holy shit
- 15:27:57 From Cynthia : Any system of oppression, much less all of them combined, are so complex that none of us can know everything. Humility is essential in this work. I try to think about where I was a year ago, five years ago, 2 decades ago--what didn't I know then? Surely there is much that I don't know now.
- 15:28:12 From Sandra Kim : If and how does this pain of being disconnected from people with different degrees of consciousness show up in your life?
- How do you relate to this pain?
- 15:28:51 From smolashn : i feel more fear of disconnect with those who see more than me, haven't thought of it in terms of disconnect with those who see less/family etc
- 15:29:04 From Ellis : Thanks, Bernie. That is helpful. (a bit above)
- 15:29:28 From anda : Where will the invite show up?
- 15:31:21 From Eirik : Sorry I'm not joining - my computer doesn't have an internal mic or a webcam, I wish I could participate though =/
- 15:35:07 From Ellis : Though I cannot join a breakout room, I would like to share that this is a very isolating pain. I wish I could stop getting into arguments with my dad about it, as I'll probably never convince him and he will not change. But it still hurts.
- 15:38:37 From Mal : that was so wonderful! thank you, @maureen. i felt an instant connection and ability to be honest with my feelings that have manifested within the duration of this course thus far.
- 15:38:40 From Sasha : I want to make sure I am muted on my phone. Do I need to press * anything to get muted again?
- 15:38:43 From Fenanda : @ Ellis Yes, it is very isolating. I do have positive news too though: I reconnected with a guy who I've “called out on” his “white reflexes” (his words) years ago and he told me recently how much I've changed his life and view, and we're going to meet up again next week to see how we can share our experiences as white people becoming racially conscious, and how to become white allies.
- 15:38:43 From carmina : In relation to staying curious: how do we ask questions without being too nosy? how do we be open to people's stories without being overburdening or a demanding?
- 15:38:59 From Mal : we are in a time in the US where these discussions are so necessary
- 15:39:10 From bethwheeler2 : I got a person this time!!

15:39:10 From Eirik : Thanks for sharing Ellis

15:39:11 From Terry : First seminar where I can say I LOVE these breakouts

15:39:12 From lauramvest : the feeling of thinking I'm better than people who are less experienced with these topics - which just perpetuates the problem. Also, how to have convos with people with seemingly opposite ideas than me?

15:39:16 From Noel : Great to discuss relationships with POC who don't share my power analysis. Not a convo that I've been able to have before

15:39:16 From Kari, Nome Alaska : I think it is so much harder with my family than others

15:39:26 From smolashn : yeah, realizing things that are already happening - undoing gaslighting

15:39:34 From Jenny : Hard, hard,hard with family, for sure

15:39:39 From lizhardwick : So much ego can get in the way

15:39:43 From Adele's Laptop : From this breakout, realizing that I am getting gaslighted for failing to center whiteness *head spinning*

15:39:54 From akrol : 'where do we put our energies? holding space for empathy with white conservatives vs standing up for blm..mutually exclusive? both? all? some? which?

15:39:56 From Katie Finnegan-Clarke : people are so interesting! i love breakouts too

15:39:56 From Jennifer Vatz : We talked about how to deal with other people in terms of calling out and calling in. Both can be tricky areas to navigate. We can come across as condescending without meaning to do so.

15:39:58 From Madelyn : Challenging not to distance myself from my family and where they're at

15:39:59 From paulahorowitz : helpful to ask questions when in disagreement! Thanks Sasha- what was the article?

15:40:10 From Melissa : can push to think and do differently

15:40:11 From sarahross : I've begun to notice how much of my activism comes from a feeling of self righteousness and indignation...particularly around feminism. How do I validate and honor these feelings without kind of performatively (new word lol) creating a power imbalance...I have this education/perspective/language, while you don't?

15:40:16 From Katie Finnegan-Clarke : how do we do this work coming from a place that isn't ego?

15:40:17 From Jennifer Carey : great exploratory conversation started about why we feel so angry / hateful towards others when they feel differently than we do on this

15:40:20 From Marta Brenden : Breakout is wonderful, not long enough. Connection, shared suffering

15:40:20 From Terry : How to ask questions and stay open.

15:40:21 From vj : Can be hard to know how to even start the conversation with family

15:40:22 From Lynette : How do we balance the needs of us as whites to process and learn without it being on the backs of POCs?

15:40:29 From Dori Steigman : I don't know how to not feel superior when I attempt to have these discussions. I don't want to feel that way and my way of dealing with that has been to not have these conversations. I know I can find a better way.

15:40:29 From michelle : How to ask questions without sounding like WE have the right answer!

15:40:41 From Emily Donaldson : thinking about the fine line between thinking I'm superior because I'm more "woke" than others and also deeply wanting to bring people along on this journey towards justice. How do I "call in" without thinking that my views are "more right?"

15:40:42 From Kailey : SaraRoss thats a great question and really valid for myself

15:40:42 From smolashn : how to protect the self from gaslighting (ie hold empathy without completely losing myself and what the other person says is unreal)

15:40:53 From Mathew Green : looking forward to talking to you all in the fb group - let's get that going!

15:41:03 From smolashn : where's the fb group btw

15:41:37 From Dori Steigman : Yes @EmilyDonaldson! You stated my feelings too.

15:41:39 From smolashn : it's fucking hard to remain curious and empathic after being gaslighted for so long and so hard

15:41:47 From Jenny : Yes, smolashn

15:41:51 From Jesse Browne : can someone please explain the term 'gaslighting'? thanks

15:41:53 From smolashn : (naava sorry)

15:41:54 From Maureen Leahy : I am so judgmental towards people who don't "get it". :(

15:42:10 From Jenny : Jesse Browne, there's a movie, Gaslight

15:42:11 From Fenanda : I almost can't believe this is happening - that there's finally a place where we can talk about this and heal and fight racial injustice.

15:42:14 From janetgray1 : gaslighting: someone manipulates the other person into feeling like they're crazy or out of touch with reality

15:42:15 From smolashn : <https://norasamaran.com/2016/06/28/on-gaslighting/>

15:42:26 From Jesse Browne : got it, thanks

15:42:27 From allegra : I think the feeling of disconnected can also "prove" that we're less racist

15:42:36 From Melissa : thanks janet

15:42:59 From gktraina : I am so grateful for this time...

15:43:05 From Lori : gaslighting comes from a movie where a man was making a woman thinks she was crazy by telling her what she was clearly see and hearing was not really happening.

15:43:08 From Ellis : Thanks Janet, thanks Jesse for the question :)

15:43:41 From Kathi Scott : Thank you awesome ladies for bring forth this opportunity for healing in this format.

15:44:33 From smolashn : i thought it comes from a feeling of powerlessness

15:44:44 From smolashn : this is helpful

15:45:16 From Terry : When I'm secure in my stance, it doesn't hurt to hear an opposing opinion

15:45:30 From smolashn : a coercive demand onto the past

15:45:31 From smolashn : huh

15:45:51 From Lori : Yes Terry

15:47:05 From Lori : Difficult emotions get stuck when we resist them. It is so counter intuitive to embrace kindly and gently what we are feeling but that is the way to move them.

15:47:09 From paulahorowitz : Thanks Claire!

15:47:31 From Terry : yes true

15:47:46 From Bernie Smith : also the cognitive dissonance of reconditioning

15:56:12 From vj : thank you

15:56:18 From Jessica : thank you

15:56:54 From Jennifer Carey : deep heartache that needs release

15:57:00 From Fenanda : Feeling very lonely

15:57:05 From phyllisstern : Can you record this? Would like to do it again.

15:57:11 From bethwheeler2 : increased compassion

15:57:12 From Noel : forgiving myself

15:57:16 From Jenny : shift in pain

15:57:17 From smolashn : unclear what trust would feel like to do this work

15:57:26 From Madelyn : anxiety around feelings of deservingness

15:57:27 From smolashn : would need embodied trust i think

15:57:29 From Jessica : that was hard to say "you matter". I have a lot of shame about the thing i was thinking about. it felt like i don't deserve to matter, when i have white privilege and that privilege hurts POC

15:57:31 From Eirik : flashbacks

15:57:39 From paulahorowitz : I realized it was that I felt two opposite feelings-
hopeless and hopeful.

15:57:42 From @JessieHJourno : +1 @Jessica

15:57:43 From Maureen Leahy : Sadness and compassion towards myself

15:57:45 From Jenny : moved to "I'm sorry"

15:57:58 From Madelyn : needed: to forgive myself

15:58:02 From sarahross : Oops sent this to one person, sorry person! Not quite able to
access myself

15:58:08 From smolashn : hopefulness that there may be tools to do this work

15:58:23 From Laura Humpf : Patience and knowing that this will change.

15:58:23 From janetgray1 : So—that was amazing. I traced my failure to call out my
Canadian nephews for racist jokes to my sister (their mother) having been sexually assaulted
by two different white leaders of their church...she's gone now, and I think the assaults are
still a family secret. Old rage mixed with helplessness.

15:58:44 From Katie Kuriyama : permission to feel compassion

15:58:51 From Arielle Spence : The need for forgiveness coming up against the worry
that I will be too forgiving of myself/not do the hard work

15:58:59 From Jenny : janetgray-- Love to you.

15:59:00 From smolashn : anger at ppl who are unwilling to do it ;D

15:59:07 From Maureen Leahy : Wow, @janetgray1, that's pretty intense! *hugs(

15:59:10 From lauramvest : thank you for sharing Janetgrau

15:59:23 From smolashn : janetgray1 that's a powerful insight!

15:59:28 From janetgray1 : Anyway—take-away: being stuck as an anti-racist may be
linked to trauma that seems remote...

15:59:37 From bethwheeler2 : you are a great teacher, Sandra

15:59:37 From smolashn : <3

15:59:58 From Jenny : Saying, "I see you" is so powerful.

16:00:04 From Jessica : I keep wanting to click away from this screen... to distract
myself. Its uncomfortable to notice that shifty/awkwardness in myself. and I'm grateful to
observe it

16:00:23 From smolashn : jessica yes!! same. inner sort of bouncing-off

16:00:28 From Leigh Ann : loneliness is a cloak I put around myself

16:00:31 From allegra : needing gentle time together and forgiveness of others and
myself

16:01:06 From Kailey : that matters. this is huge for me. feeling guilt and shame... that matters. it's not wrong or bad.... it is what it is, and that matters

16:01:14 From Jenny : vulnerability as anti-racist work

16:01:26 From smolashn : :) yes vulnerability

16:01:36 From lauramvest : 3 forms of disconnection

16:01:42 From vj : i see you and I care

16:01:54 From lauramvest : the power in acknowledging what happened

16:02:00 From Lori : Yes Jenny.

16:02:01 From carmina : messiness is okay

16:02:04 From allegra : It is what it is - stay present in reality

16:02:06 From Kari, Nome Alaska : this is worth working through

16:02:07 From Jessica : to be gentle with myself and other white people

16:02:08 From Eirik : trauma informed perspective of antiracism

16:02:14 From Alison Traina : We need to listen to and believe POC *even if* we don't understand

16:02:16 From Jennifer Carey : relaxing into the humanity of people in a different place than I am about racism

16:02:16 From Noel : forgiving myself is key to working with others

16:02:16 From paulahorowitz : asking questions to those who are in disagreement.

16:02:18 From Rain : holding care for people that i am trying to call in

16:02:21 From Marieke : Common experiences

16:02:22 From Jeff B : Frankly, it's nice to know that Sandra and co. aren't calling for guillotines like the far leftists out there. It's great to feel validated and I hope I can extend that validation to others who are on this journey too.

16:02:24 From Jennifer Vatz : not to be condescending to others

16:02:25 From alee : Ready to do the work!

16:02:26 From bethn : perfection is a white construct

16:02:26 From MelissaW : perfectionism as a white construct!

16:02:28 From Marta Brenden : Curiosity of those who differ from my understanding

16:02:30 From Maureen Leahy : I need you to survive.

16:02:30 From Marieke : Connection

16:02:32 From anda : vulnerability

16:02:33 From Ally Lyske : It's okay to make mistakes

16:02:33 From emilyalter : People have different degrees of consciousness, but that is not a fault or a reflection of their capacity, so compassion and understanding towards them is critical

16:02:34 From Adele's Laptop : run to the pain

16:02:35 From Sandy Robinson : Calling in

16:02:39 From Gabriela : the realization that my desire for folks to think like me can be a manifestation of oppressive thinking and that i can allow for spaciousness between my opinions and other peoples'

16:02:41 From Emily Donaldson : starting with the heart-work before trying to do the head-work

16:02:41 From Melissa : perfection is a construction and it's painful

16:02:42 From Fenanda : That there IS a group (this one!) that wants to reflect, heal and work on this together and I'm not that lonely :)

16:02:43 From Jessica : the only way out is through!

16:02:47 From Jenny : perfection is white supremacist

16:02:50 From Victoria : racism is based in fear

16:02:57 From Elizabeth O : Tools to effectively deal with the current adaptation of racism are emerging

16:02:59 From Leigh Ann : perfectionism keeps oppression alive

16:03:02 From bethwheeler2 : we must move through disconnection to connection

16:03:09 From smolashn : decentring is not the same as 'guillotine'

16:03:15 From Ellis : empathy

16:03:16 From Madelyn : getting in touch with my pain is a necessary part of working through toxic whiteness, it's not self-indulgence to sit with and acknowledge my pain

16:03:16 From Jessica : +1 @LeighAnn

16:03:16 From Jenny : mindfulness as a tool in anti-racism work

16:03:20 From Victoria : toxic whiteness includes need to be clean and pure

16:03:32 From bethwheeler2 : you Rock

16:03:37 From gabby : Thanks so much!

16:03:38 From Jenny : Thank you all so much.

16:03:39 From Jessica : SO MUCH GRATITUDE to you al

16:03:55 From smolashn : thank you you guys this is super powerful, looking forward to digging in more

16:04:16 From Maureen Leahy : Thank you for doing this work with us today, ladies. I am very grateful to you all.

16:04:18 From Marta Brenden : Thank you, and thank you, Everyone. It's great to be part of this journey.

16:04:20 From alee : keep working everyone! Thanks!

16:04:25 From Lynette : Keep noticing.

16:04:33 From Noel : just had the most powerful emotion so far -- relief and gratitude for this group, to the point of tears. thank you so much

16:05:04 From gabby : “backwash” and “smelt-it-dealt-it” are good ways to remember not to feel shame calling in, and noticing.

16:05:05 From Mathew Green : Happy Indigenous Peoples' Day weekend everybody!

16:05:07 From Kailey : empathy and compassion for yourself is crucial before showing compassion for others

16:05:11 From Terry : Thank you!!

16:05:12 From Susan Bragg : “Backwash!” that’s what I’m taking! Thanks, Dara, I’ve never had a name for that experience!

16:05:21 From Sandy Robinson : Thank you!

16:05:23 From bethwheeler2 : I think when we try to shake up the oppressive systems, the backlash internally can be that much greater

16:05:27 From Lynette : thank you!

16:05:30 From Renée : how quickly will the videos be available? i won’t be able to make it next Saturday

16:05:33 From bethwheeler2 : it is white supremacy coming in to shut us up

16:05:37 From smolashn : lol yeah shame and backwash from all possible angles haha

16:05:39 From Jenny : Thank you!

16:05:40 From Victoria : <3

16:05:40 From smolashn : thank you !

16:05:41 From julia : thank you

16:05:41 From Terry : Bye

16:05:43 From Fenanda : thank you

16:05:43 From Jennifer Vatz : thanks!!

16:05:44 From kendallmackey : thank you!!

16:05:45 From Luke Wojtaszek : thank you

16:05:45 From @JessieHJourno : thank you!

16:05:47 From Eirik : Thank you all <3!

16:05:48 From Madelyn : Thank you so much!

16:05:50 From Kailey : thank you!!

16:05:50 From Jessica : thank you!

16:05:51 From Leigh Ann : Thank you!

16:05:56 From Alavida : thank you!!

16:05:56 From Kathi Scott : Thank you so much for this.

16:05:57 From Cynthia : Thank you all!

16:05:58 From Emily Donaldson : Thank you!!

16:06:00 From Lori : thanks!

16:06:01 From Kathleen : Thank you!!!!

16:06:08 From Alison Traina : Thank you!

16:06:14 From Cynthia : We still hear you all!

16:06:18 From Cynthia : :)

16:07:11 From Leora : Thanks for the program! Something like this has been sorely
needed.

16:07:19 From Josette Souza : Thakns so much you all!