

Dear Trinity Members and Friends,

This week we are focusing on cultural racism, the internalized, embodied belief that one culture's traditions, artistic expressions, norms, and practices are superior to those of other cultures. Cultural racism is reinforced by ugly or demeaning stereotypes of other races and cultures. Sometimes it takes the form of Xenophobia, a fear of people from other races or traditions, that can result in aggressive behaviors toward people who have been cast as "other," meaning outside of the norm. The longer a person has been taught that they are on the inside or the outside of that cultural narrative of what is ideal or normal, the more difficult it is to overcome this form of racism.

This form of racism can take very visible forms, or largely invisible forms. The choice to exclude authors of color from reading lists, or to choose stories that feature protagonists who are white, is the kind of choice that can be made consciously or unconsciously. However, it takes intentionality to break through the cultural wall that has elevated European authors while disregarding the contributions of authors from other backgrounds.

In this week's sermon, Pastor Judith will be highlighting the voice of Resmaa Menakem, a counselor and trauma specialist, who recently gave an interview to Krista Tippett on her NPR blog, On Being. We invite you to listen to or read the entire interview at this link.

<https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/>

Menakem's book, "My Grandmother's Hands: Racialized Trauma and the Pathway to Mending our Hearts and Bodies," can be found at this link if the interview or sermon sparks your interest to read more.

<https://bookshop.org/books/my-grandmother-s-hands-racialized-trauma-and-the-pathway-to-mending-our-hearts-and-bodies-9781942094470/9781942094470>

For a somewhat different way of engaging the embodied experience Menakem speaks and writes about, we invite you to read and/or discuss the following poem, appropriate for older elementary and up.

<http://www.edchange.org/publications/becoming-joeey.pdf>

Join me at 4:00 on the open zoom coffee hour to discuss the interview, the poem, the sermon or your own ideas about overcoming cultural racism.

Grace and Peace,

Pastor Judith